

## FASTING? HOW'S IT GOING?

Dear Friend,

This week's In Touch is a mid-week check-up, an encourager. Last Sunday I asked the congregation and those watching by Facebook to join me in fasting this week. Each of us have personal reasons we could fast for, but I especially asked people, in unity, to pray and fast for the spiritual health and growth of Franklin Church.

So...how's it going? If this is the first time you have heard about this fasting request, why not start now? There is no end date, each of us need to just listen to the spirit for an end date. Almost every fast has a time when it gets harder to do. It's kind of like a distance race. Starting is not hard, the end of the race is not hard – you see the finish line. However, somewhere in the middle, when you can no longer see the start line or the finish line, the race (fast) can get difficult. The mind and the body fight each other. The mind says, "I've got to do this, I know I can do this," but the body says, "Oh no you can't – I am tired, in pain, and want to quit."

You may not experience this kind of battle, but if you are fasting, there will likely be a point where you say to yourself, "I'm breaking this fast early, God knows I did it for a while and God still loves me." This is all true but quitting early is not what you started the fast for! Your church needs your fasting and your praying! Remember, you will reap a reward if you do not give up!

In Christ's Love.  
Pastor Mike

Prayers: Clarabell Harlan (COVID), FCA Day of Giving November 29<sup>th</sup>

Praise: Allyssa Gessler – Cancer-free

Events: Women's Ministry – Thursday, November 17<sup>th</sup> at 6PM: We will be having a meeting of Thankfulness, working on the blankets, and sharing together how God has blessed our lives.