



rejoice! Souls are being added to the Lord and the kingdom is expanding. **Carline Wheeler** was baptized on Wednesday by Dr. Bean. Also, I don't think I had ever chronicled in the bulletin that **Brian White** was baptized at Sulpher Ridge a few weeks ago. We rejoice with every addition and hope the best for all new converts to grow into Christ in all things (Eph 4:15).

This morning, we continue with the Sermon on the Mount in chapter 6 beginning at verse 19. Tonight is our singing and fellowship

IN NEED OF PRAYER : **Rachel Bartley** has been moved to the local nursing home for therapy. **Jennifer Schaeffer's** chemo treatments were postponed and are scheduled to begin this Tuesday. **Sheila Fox** is out of the hospital. We are saddened this week at the passing of **Melvina Coulter**, mother to Mark, and of **Mollie Stephens**. We want to thank those who helped with the singing at the Coulter funeral.

Ladies Day: Our Ladies Day will be on March 19th. Advertisements will be coming out very soon as we get updated information from sister Honeycutt.

Bible Bowl: The Oak Hill Bible Bowl is March 5th. The text is on our website (www.mtgileadchurch.net). We also have hard copies of the parables here at the church building

Preaching Class: February is the month for learning more about presenting God's word. We will have a class on lesson preparation and delivery open to all for no charge (if you want college credit for the course then there is a modest charge as you complete the course online). This class will be at Mt. Gilead on Tuesdays at 6pm.

WORK LIST FOR JANUARY 17, 2016

Announcements:	Kevin Deckard	
Opening Prayer:	Bobby Gerald	
Closing Prayer:	Veachel Harlan	
Scripture Reading:	Kaleb Sweezy	
Song Leader:	Kevin Sweezy	
Head Table:	Mike McPherson	
Wait on Table:	Darrell Emberton	Shawn Massingille
	TBA	Jimmie blithe
Ushers:	Jim Stoops	Ray Cecil Lyon

This is the first half of an article on fasting tips. The conclusion will be next week.

Fasting is a common practice in Christianity. When Jesus was talking with His disciples He taught them about fasting. It was expected that His disciples would fast (Matt 6:16-18). Here are some tips for fasting.

Plan Your Fast

The [Bible](#) has examples of one-day, three-day, seven-day and forty-day fasts (Jud 20:26, Es 4:16, 1 Sam 31:13 and Matt 4 respectively). You should enter your fast with [prayer](#) and a specific plan for how long you will fast.

There are various types of fasts as well. Some people fast with only water for, while others exclude even water. Both are valid. You simply need to decide what is right for your body and your purposes.

Part of planning your fast should be to educate yourself on the reasons to fast. It is also important to know how to break your fast properly. This becomes more critical the longer your fast lasts.

Consider Your Schedule

While a fast, by nature, is inconvenient, it should be an inconvenience to you—not to those around you. You should not obligate your family to skip Christmas dinner because of your fast. This takes away the personal nature of fasting.

Tell Only the People You Must

Your spouse will need to know you are fasting. Beyond that, you would be better off not telling many people that you are fasting. Most won't understand. Fasting can also become a source of pride and boasting as you spread the news to more and more people.

Telling your elders can be a help both to you and to them. It will be an encouragement for them to pray more specifically for you during this time. And you will know that people are praying for your spiritual and physical well being. Who you tell or don't tell is your choice.

Wean Yourself Off Caffeine

Several days before your fast begins, you should start weaning yourself off caffeine. Some people experience unbearable headaches 2 to 3 days after ceasing to drink caffeinated products. During your fast you will already be acutely aware of your stomach. There is no need to add a second discomfort if it can be avoided. Adapted for an article on [Telling Ministries LLC](#)

If you want to read the Bible this year: Schedules for checking off your Bible readings (read the Bible in one year forms) are available on the desk out front.

What Must I do?

- Hear the Gospel - Acts 15:7
- Believe the Gospel - Mark 16:15,16
- Repent of Sins - Acts 17:30
- Confess Christ - Rom. 10:9,10
- Be Baptized for the Forgiveness of Sins - Acts 2:38

Then, as a Christian we must:

- **LIVE FAITHFUL UNTO DEATH - REV. 2:10**



Birthdays

Linda	Branstetter	01/18
Chelsey	Murphy	01/19
Justin	Harlan	01/19
Mike	Starnes	01/23
Amy	Kendall	01/24
Trent	Lyon	01/24
Brittney	White	01/24

January 17, 2016
P. O. Box 266, 1189 Mt. Gilead Rd., Tompkinsville, KY 42167
270-487-5342 • <http://mtgileadchurch.net>

Elders:

Veachel Harlan.....270-487-5727
Roger Deckard.....270-487-8544
Steve Carter.....270-487-8746

Deacons:

Larry Copas, Cass Thomas Froedge, Bobby D. Gerald, Kevin Deckard, Jimmy High, Ray C. Lyon, Michael McPherson, Gary Rowland, Tony Harlan

Evangelist:

Tim McHenry, 931-258-3494, cell: 427-0520
12955 Clay Co. HWY Moss, TN 38575

Schedule of Services:

Sunday: Bible Study... 9:30am
 Morning Worship... 10:05am
 Evening Worship... 6pm
Wednesday: Bible Study... 7pm

**Listen to our Sunday Morning Radio Sermon on WTKY 1370 AM
& 92.1, 102.7, 101.5 FM at 8:30am each week, and to our weekday
10min program after the Noonday news.**