



nowmageddon! We interrupt our normal sermon series on the Sermon on the Mount this morning for a lesson on snow. That’s right, snow. You might not have realized what the bible says about it, or how related subjects to snow affect your spirit. Find out about it this morning.

**IN NEED OF PRAYER :** **Rachel Bartley** is starting to get some strength back and has been in therapy at the local nursing home. **Jennifer Schaefer’s** was able to start her chemo and became sick a couple days after, which is the normal way that goes. Pray that she gets strength to prepare for her next treatment. **Sheila Fox** is out of the hospital. **Betty Martin**, Connie McHenry’s cousin in Putnam County, had an aneurism in her brain and they had to do surgery. Betty is still unconscious but has shown some good signs. Your prayers are requested for Edgar Sprowls after his surgery. Lily, granddaughter to Patricia Evans, is at home recovering from double pneumonia. Ruby England, Retia Rich’s mother-in-law, is in the local hospital, Rm 109. Christian Williams, related to several families here at church, is in a bad way after several surgeries.

**Ladies Day:** Advertisements are out front. **Pantry Item:** regular cut green beans. We got enough of that french stuff.

**Lesson Prep class:** On Tuesdays in February Mt. Gilead will be hosting this extension class from Tenn. Bible College. Come see us at 6pm for these sessions, there is no charge for the class.

**WORK LIST FOR JANUARY 24, 2016**

Announcements:	Roger Deckard	
Opening Prayer:	Tony Harlan	
Closing Prayer:	Larry Copas	
Scripture Reading:	Ashley Gerald	
Song Leader:	Steve Hagan	
Head Table:	Mike Starnes	
Wait on Table:	Dayton Birdwell	Cary Cornwell
	Brad Harlan	Jimmie Proffitt
Ushers:	Freddie Cornwell	Ray C. Lyon

**Here is the conclusion of the article on fasting tips.**

**Avoid Media**

Disconnecting from TV, radio, newspapers and the Internet can help you stay focused on your purpose for fasting. You will be less tempted by the constant bombardment of advertising as you become physically and emotionally challenged. Avoiding media will give you more time to focus on the Lord and [His Word](#).

**Disconnect from people**

Fasting is not necessarily a vacation, though dedicating time off and away from people during your fast can help you get the most benefit out of this precious time. Leave your email and cell phone behind. If possible, find someone who can cover your responsibilities at work and ministry. Many people fast and still carry on their normal daily activities. But if you can get away, it will give you more time in quietness and stillness with the Lord.

**Beware of Your Emotions**

Some people experience vast mood swings during a fast. One moment they are totally focused on God and the next they are wallowing in pity. Knowing that this is likely to happen will help you react properly. Learning to refocus on God and His goodness during this tough emotional time will help when your fast is over and you experience similar emotions.

**Rest**

Laziness is a problem that the Bible speaks against, but most of us today suffer from being too busy and not getting the rest we need. If you disconnect from the media and other people you will have extra time allowing you to get a full night’s sleep. During your fast you will be forced to slow down since you won’t need long meal breaks. A fast will reveal to you that you have too many activities and busyness in your day-to-day routine.

**Stay Physically Active**

You should take time to rest, but this does not mean you should do nothing. Enjoy a walk in God’s creation. Outside of His Word, His creation is one of the better ways God has revealed Himself to us.

**Be Still and Focus on God**

[Fasting](#) is a time to study God’s Word, meditate and pray. To help with this, plan a specific Bible passage or topic you want to [study](#) during your fast. Look for verses you want to memorize and meditate upon. Fasting by Jesus and the disciples was always accompanied by prayer. Spend time talking to God and allowing Him to reveal Himself to you in His Word.

--Adapted from an article at Telling Ministries LLC.

*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**

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**Birthdays**

Amy	Kendall	01/24
Trent	Lyon	01/24
Brittney	White	01/24
Daniel	Parsley	01/25
Grayson	Turner	01/25
Natasha	Warren	01/26
Ailey Grace	Strong	01/27
Tara	Harlan	01/27
Connie	McHenry	01/27
Keaton	Rich	01/27
Larry	Copas	01/28
Calvin	Shaw	01/28
Ramsey Kate	Bartley	01/30
Jarad	Bartley	01/30

**January 24, 2016**

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*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.**