

February 7, 2021

www.deserthillsbaptist.com



Five Spiritual Benefits of Fasting

Many of us think of fasting as a spiritual duty to God, depriving ourselves of food and drink for a period of time in order to show our love for Him. While long-suffering is a part of being human and certainly a part of being Christian, fasting should not be included when we think about “suffering for Christ.”

On the contrary, fasting is less about what we’re giving up and more about what we’re making room for. When we fast, we exchange what we need to survive for what we need to live - more of God. Here are five spiritual benefits to fasting:

1. A Soul Cleansing. How often we forget that our bodies are the temple of the Lord - especially when deciding what to eat. Fasting is a great time to remember the spiritual connection we have to our physical bodies. Without the toxins we put in our bodies, we not only give our bodies a break from the digestive process, but we also allow our spirits to be detoxed. Fasting is a faith move, an expectation we have that God will fill us with His Holy Spirit, just as He promised. By fasting, we help cleanse the soul and make it new so we can receive the Holy Spirit and become empowered to live for Christ in a new way.

2. A New Desire for God. When we acknowledge through fasting that we need God to live, and to live more abundantly, we can begin to desire God in a new way. When we realize we need God more than we need food, we can start to understand what the Psalmist meant when he wrote, “Like the deer that pants after water, my soul longs for You.” God the sustainer of all life, wants nothing more than a closer connection with us, through fasting we can quench that new desire for more of Him in our lives.

3. A Deeper Praise. Because the body doesn’t have to do the work of digestion, it has more energy to focus on other things. In the same vein, since we are not consumed by what we are going to eat next, we have more energy to devote to God. Once we get caught up in our desire for God and our praise for His mighty acts, we won’t have time to be hungry or count down the hours until our fast is over. We’ll be celebrating the whole time.

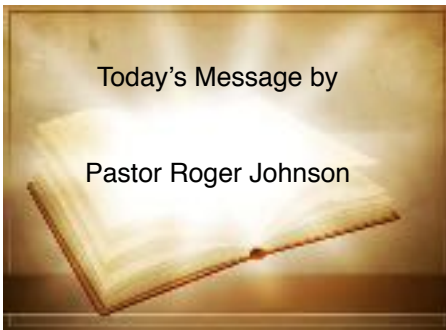
4. A Sensitivity to God’s Voice. The New Testament prophetess Anna is praised in the book of Luke for being a devoted servant to God and His temple. Because she regularly fasted and prayed, she was able to hear the voice of God speak clearly to her the day that Baby Jesus was brought into her temple to be dedicated. When God speaks to us in the midst of chaos, we’ll still be able to pick out His voice and know what He wants us to do because we have trained our ear to hear Him through fasting, prayer, study and praise.

5. A New Satisfaction. When you finish your fast, renewed, full of energy, detoxed, with a new desire, a new praise and a sensitivity to God’s voice, you will find that the absence of food was small in comparison to what you gained. Physical food never fully satisfies; in a few hours, you will need to eat again. But when you are fed from doing the work of the Lord, you will find a new satisfaction like you have never experienced.

“But He answered and said, It is written, man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” Matt. 4:4



Reminder.....
Please call all calls to Pastor
go through the office.



Today's Message by

Pastor Roger Johnson



Go to our website and check it out!
www.deserthillsbaptist.com

Sermon Notes



Sunday 2/7

- 8:30 am
- * Choir / Music Practice 9:30 - 10:30 am
- * Sunday School - ALL Ages 10:40 am
- * Youth Led Service
- * Worship
- * Children's Worship
- * Nursery

Tuesday, 2/9

- 11:30 am
 - * Sr. Adults Potluck
- Wednesday 2/10**
- 5:30 pm
 - * Prayer Warriors Meet 6:30 pm
 - * Worship Service
 - * Youth Bible Study

Friday, 2/12

- 1:00 - 2:30 pm
 - * Food Pantry
- Saturday, 2/13**
- 9:30 am
 - KKVV 1060 am
 - "The Unashamed" 12:00 pm
 - * Mixed Bible Study 5:00 pm
 - * Choir Rehearsal 6:30 pm
 - * Date Night w/Movie

Desert Hills Baptist Church
MIXED ADULTS BIBLE STUDY
SATURDAYS @ 12:00 PM
Led By Judy Bowen

We are studying the book of Philippians

* Please Bring a Snack Lunch!

COVID-19
Community UPDATE

DHBC Protocol Reminder

If you have been in contact recently with someone who tests positive for Covid-19, please quarantine yourself for 14 days. Please let us know and we will see you upon your return!

THE 5 SYMPTOMS OF UNBELIEF?

A Mini-Series by Pastor Scott Hocker
Sundays 10:40 am & Wednesdays 6:30 pm

Fasting...
Is not about a diet of burning calories. It's about burning ego, pride and sins.

The staff of Desert Hills Baptist Church is committed to being available to assist you. If you have a general or specific need, please contact us through the church website or telephone.

www.deserthillsbaptist.com

- Go to our WebSite to contact a staff member below -
- R. Scott Hocker, Pastor
 - Roger D. Johnson, Assoc. Pastor, Student Ministries
 - Zach Hocker, Youth Director
 - Judy Bowen, Pastoral Assistant/Chief Administrative Officer
 - Lana Sanchez - Pastoral Assistant/Office Manager
 - Dave Brown, Communications Director
 - Gary Helton, Outreach & Electronic Ministry
 - Bill Hughes, IT Ministry
 - Marcell Furrow, Sunday School & Education Ministry
 - Shannon Ackerman, Deacon/College & Career Minister
 - Vivian Baker & Linda Howard, Sr. Adult Ministry
 - Judy Bowen, Mixed Adult Ministry
 - Lana Paz, Worship Ministry/Children Ministry
 - Princess Moormann, Preschool Ministry
 - Barbara Harper, Ladies Outreach Ministry
 - Nancy Jones, PALS (Widow's Ministry)
 - Jack Anderson, Celebrate Recovery
 - Bill & Lisa Whennen, Food Pantry Ministry
 - Les Turner, Veterans Ministry
 - Kim Gillespie, Domestic Resource Liaison



Desert Hills Office Hours

Mon, Tues, Thurs
10:00am - 4:00 pm

Wednesday
12:00 - 5:30 pm

Friday
10:00 am - 3:00 pm

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Website
www.deserthillsbaptist.com

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