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Study of the Gospel of Matthew  
Sermon on the Mount - Matthew 6:16-18 "Fasting"

## Is Fasting a Command for Christians?

## Fasting in the History of the Church - Extremes

## Fasting in the Bible - Old Testament & New Testament

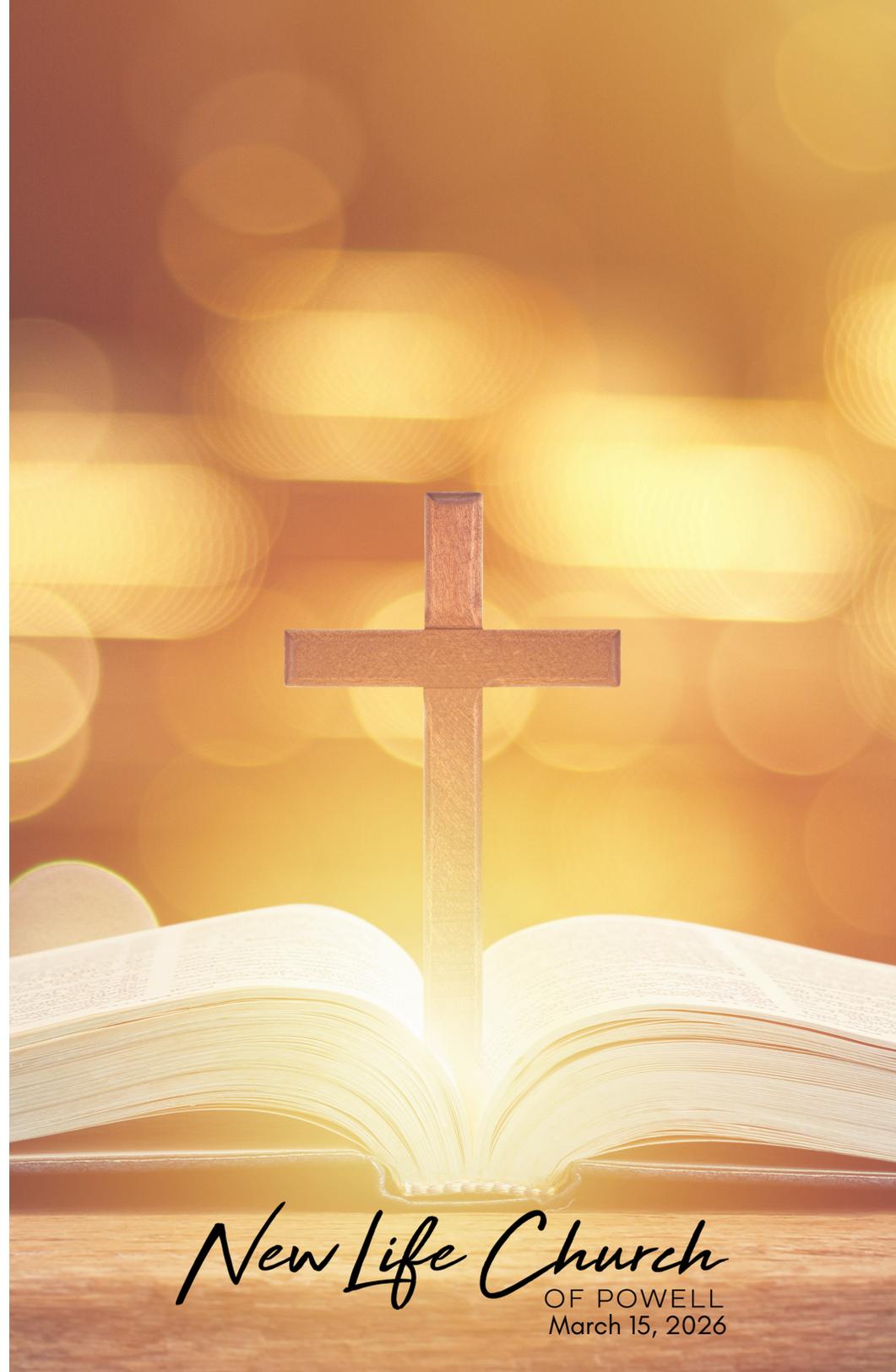
## The Purpose of Fasting

1. Why do you think Jesus included fasting in his list of "disciplines" (giving, prayer, fasting) in the Sermon on the Mount? If fasting isn't explicitly commanded in the NT, then are Christians required to fast?
2. When typically does scripture record times of fasting for God's people? What should that tell us about God's intent for the believer and fasting?
3. What should be the goal of fasting for the Christ-follower? What blessing is there when the believer fasts before the Lord? Does this teaching cause you to consider fasting more in your Christian walk?

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### **CONNECT**

[www.newlifepowell.com](http://www.newlifepowell.com) - 307.754.0424 - [newlifepowell@gmail.com](mailto:newlifepowell@gmail.com)



*New Life Church*  
OF POWELL  
March 15, 2026

# New Life Church

OF POWELL

Welcome! We are so glad you chose to worship with us today! If you are new to New Life, please stop by the Welcome Center if you have any questions. You can also stay up to date & find out all about New Life by downloading our app through the QR code at the bottom of this bulletin.

**TODAY-3/15/2026**

## Morning Worship Services

- **8:00 a.m.; 9:30 a.m. & 11:00 a.m.**
  - Nursery 0-2 years at every service
- **KidsLife Classes**-(Preschool-6th grade. Children will be released for class following praise & worship.)

*Please use our Kid Check system to register your children for classes & nursery care before dropping them off. You will find the check-in portals in the Education Wing.*

*We are looking for a preschool teacher to join our Little Hands and Feet Preschool this fall! You will get to work with some really amazing littles while you learn and grow together! You can learn more about this opportunity here:  
<https://newlifepowell.com/job-opportunities>  
You can also reach out to Amy at [kidsnewlife@gmail.com](mailto:kidsnewlife@gmail.com) or call the church office for more information.*

## Announcements



"What's Happening".

### Women

- **Tuesdays @ 1:30pm "The Early Church"** by Ray Vander Laan
- **NO Thursday Study, resumes on 3/26**
- **Hello Sweetie, Sunday March 22<sup>nd</sup> at 6:30pm**-Join us for fellowship, sweet treats and the testimony of God's faithfulness in Jessi Kinkade's life. Childcare is provided for ages 0-7 years.

### KidsLife

- **Serving opportunities: Nursery workers & KidsLife classes. Come teach truth to our kids! If you are interested please contact Amy, Stacey, or Cherie.**

### FYI

- **NO Wednesday Night Classes on 3/18**, we will resume on 3/25 for Adult Studies and Catechism Classes at 6:30-7:30pm.
- **Do you receive our weekly email?** If not and you would like to, email the church office or fill out a connect card and drop it in the office and we will get you set up. This is a great way to stay connected and know all that is happening at New Life.
- **Prayer Team** meets every *Tuesday* at 10:30am, if you are in need of prayer fill out a prayer request form and drop it in the box or submit one through our website. Our team would love to pray for you!

### Student Ministry

- **Tuesday's College Group at 6pm** here at NLC- dinner & fellowship with the Reekers.
- **NO Youth Wednesday 3/18, Enjoy your Spring Break!** See you back on 3/25 at 6pm.
- Our Youth Ministries & College Group serve a meal at their gatherings each week. If you'd like to help provide any part of their dinner, please stop by the sign up table under the 'in the know' announcement board. Your help is greatly appreciated!

### Giving

**Giving at New Life Church** - You will find our tithe & offering boxes located throughout the church. Additionally, this QR code can be scanned for quick access to the giving portal or text GIVINGNLC to 1-888-364-4483.



Download our app from Google Playstore or Apple Store to stay connected!!



Scan to get the app!!!