

THIS WEEK AT

MOUNTAIN VIEW

PRAYER + FASTING SIGN-UP

We have a great resource for those of you wanting to be more involved in prayer and fasting at MVCC! You can both sign up to receive ways to pray for others and submit prayer requests for people in the body to be praying for. These go out as weekly emails (but can also be anonymous) that include what we're fasting for that week. Scan the QR code for more information!



LOST AND FOUND

If you think you left something at the church, please be sure to stop by our Lost and Found table by the Connect Table! This table will be set up for two weeks and then everything left will be donated. If you think you left anything valuable at the church, please touch base with the Connect Table!

CHURCH PLANTING CATALYST

MARCH 8TH FROM 8:30AM-12PM | WINDSOR COMMUNITY CHURCH

Don't forget to register for our upcoming Church Planting Catalyst! This will be an incredible morning learning what the Lord says about church planting and why we value it so highly in the Crossway Network. Visit mvccchurch.org/catalyst to register today!

WOMEN'S MINISTRY EVENTS

Our Women's Ministry has a lot of amazing events coming up in the next couple of months! We're going to enjoy time together as we dive into God's Word and His creation. **March 8th** is the snowshoe hike, **April 4th - 5th** is the Stay-Retreat, and **April 9th** is the start of the Habakkuk Bible Study. Scan the QR code for more info on each event!



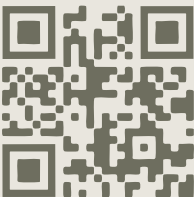
MVCC BUDGET UPDATE

FISCAL YEAR TO DATE

Anticipated: Actual:
\$1,855,852 \$2,074,484

JANUARY 2025

Anticipated: Actual:
\$218,829 \$281,038



CONNECT WITH US

Text "connect" to (970) 659 6619 to **get plugged in and stay up-to-date** on the events at Mountain View. Also, scan this QR code to see **MVCC's beliefs, mission, and vision**—or visit mvccchurch.org.

PATHWAYS OF GOD'S GRACE
FASTING
Ezra 8:21-23

HUMBLING OURSELVES BEFORE THE LORD THROUGH FASTING

Ezra 8:21-23

Matthew 6:16-18

Acts 13:1-3

WHAT IS FASTING?

REASONS WHY WE WOULD WANT TO FAST:

- To express our humble dependence on the Lord (*1 Kings 21:27-29*)
- To petition the Lord for a specific need (*Ezra 8:21-23, 2 Chronicles 20:2-4*)
- To see the mission of God go forth in great ways (*Acts 13:3*)
- To seek specific direction (*Judges 20:24-28, Acts 14:23*)
- To sharpen our spiritual focus (*Daniel 10*)
- To lament and grieve (*2 Samuel 1:12, Daniel 9:3-5, Joel 2:12*)
- To seek spiritual breakthrough (*Mark 9:28-29, Isaiah 58:6-7*)
- To worship and express our love for God (*Acts 13:2*)

DISCUSSION & REFLECTION QUESTIONS

- What stood out most to you from this sermon? Why?
- How would you describe the purpose of fasting?
- What are barriers that would keep you from fasting?
- Have you ever experienced the blessing of fasting? Share about that experience.