

GraceNOTES

The official newsletter of Grace United Methodist Church in Arlington, Texas

May 2019

www.Graceumcarlington.org

EXPLORING WHAT IT MEANS TO FAST

May is the month of fasting and prayer

Editor's note: I wanted to get a young person's perspective on "Fasting". I sought out our youth journalist and the following is her response:

Fasting. To be completely honest I knew very little about the subject only knowing things from what people have told me. Fasting is abstaining from something of the flesh to glorify God and focus on a more spiritual growth. "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?'... your Heavenly Father knows what you need." - Matthew 6:31-32.

Fasting is a way to seek guidance from God. To see deliverance or protection. To express repentance and the return to God. To express love and worship to God. Fasting allows the Holy Spirit to reveal your true spiritual condition. Fasting seems like its a way to give up on the things we like the most but truly it's all for the one who loves us the most. — **Destiny Lewis, Youth Journalist**

"...only knowing things from what people have told me". The bible says, "Train children in the way they should go; when they grow old, they won't depart from it", Proverbs 22:6.

The May 2019 Corporate Financial Fast is for everyone. This is an opportunity for us as the Body of Christ to help our youth build self discipline, create new habits and support ministries. Please be sure to have them pick up an envelope today!

Thank you,
Pam Pinkerton-Whitley



The **POWER** of **PRAYER** AND **FASTING**



Matthew 6:16-18



Grace UMC Media Team

Pamela Pinkerton-Whitley
Coordinator

Shelli Sutton
Graphics

Tonia Jones
Social Media

John Williams
Branding,
Grace Notes

Jayden Johnson
Videographer

Destiny Lewis
Youth Journalist

Sheila Reid
Voice of Grace

Fred Bates
Pastor

Grace UMC Arlington seeks to bring people into a life-changing relationship with Jesus Christ by making disciples through our words and actions in cooperation with God's Grace.

2020 South Collins Street | Arlington, TX 76010 (817) 323-6276

Grace and Peace to you!

“And when you fast...” —Matthew 6:16a (ESV)

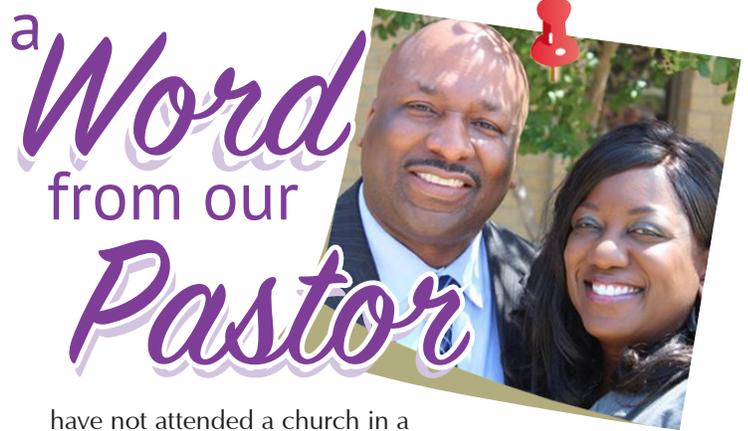
We have declared the month of May to be a month of fasting and prayer. Notice the introductory verse that says, “And when you fast...” This indicates the Jesus expected us to fast as a regular spiritual discipline that promotes a deeper level of spiritual discernment, sensitivity and intimacy with God. When we fast according to the Lord’s instructions, we should expect to experience several things.

Expect to experience;

- Clarity in discernment / understanding
- Spiritual and physical healing
- A profound intimacy and sense of God’s tangible presence
- Spiritual breakthroughs and release from strongholds (See Isaiah 58)

I am looking forward to this month of “self-denial” through fasting (both physical food and in the Financial Fast) for the sake of the Kingdom of God and his righteousness. Let’s also expect the power of the Holy Spirit to increase among us as we “Experience Grace!”

As we prepare for “Friends and Family Day” on Sunday, May 26th I pray that we look not only to “invite”, but actually look to “bring” people who do not belong to another church or



have not attended a church in a long time. We are called to “bring people” and therefore should look to go above and beyond the obligatory “nice” invitation and ask someone to come with you, personally meet them in the parking lot, and even stay with them throughout the entire service. Let’s urge our friends and family to come, and then come again to, “Experience Grace.”

Thank you for your continued support in prayer, service, gifts, presence, and witness as **Grace UMC Arlington** continues to “bring people into a life changing relationship with Jesus Christ, by making disciples through our words and actions in cooperation with God’s grace.”

We continue to love you and pray for your **growth in grace and in the knowledge of the Lord and Savior Jesus Christ.**

—Pastor Bates and Lady Rona

May						
SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Worship Meeting 6:15 pm Prayer 6:30 pm Bible Class 7 pm	2	3	4 May the Fourth be With You!
5 Cinco de Mayo	6	7 Choir Rehearsal 7 pm	8 Worship mtg 6:15 Bible Class 7 pm	9	10	11 College Prep 8-10 am
12 Mother’s Day	13 Finance Mtg 6:15 Ad Council 7 pm	14 Choir Rehearsal 7 pm	15 Prayer in sanctuary 6:30 pm Worship mtg 6:15 pm Benevolent Committee 6:15 pm Outreach 6:15 pm Bible Class 7 pm	16	17	18 Armed Forces Day Prayer 9 am
19 Mary & Robert C. Jones Scholarship	20	21 Choir Rehearsal 7 pm	22 Worship Meeting 6:15 pm Bible Class 7 pm	23 Info for Grace Notes DUE TODAY!	24	25 Prayer 9 am UMW/UMM 10am SPPRC 11am Compassionate Care 11:15 am
26 FRIENDS & FAMILY DAY	27 Memorial Day	28 Choir Rehearsal 7 pm	29 Worship Meeting 6 pm Bible Class 7 pm	30	31	



Save the Date!
Pastor Appreciation—July 14

Congratulations Mary & Robert C. Jones Scholarship recipients!

