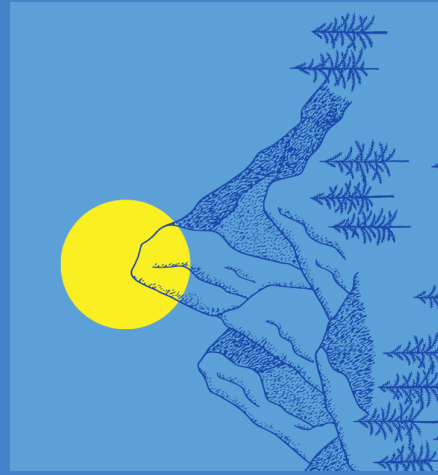


FEBRUARY FAST

At Rhema Family Church we really value connections – not only with each other, but most importantly with God. This coming year we want to connect with God more than ever! A strategic way we can do this in is to set aside a time at the start of the year to “...seek and require the Lord as our indispensable necessity” (Psalm 105:3 AMP) We are planning to set aside February to seek God together as a family. There may be a particular thing you want to seek God about, or maybe you just want to press in more to know Him and know His plan for you.



PRAYER GROUPS AT RFC

- RFC Team | Tuesday 9 - 10am | RFC |
Ps Tony Cameneti
- Israel | Tuesday 12pm-1pm | RFC |
John & Anne Maher
- Leadership | Tuesday 10am - 12pm | RFC |
Ani Martinez
- Logan | Wednesday 10am - 12pm | Park Ridge |
Diana Ryan
- Prophetic | Thursday fortnight 10:30am | RFC |
Victor & Rita Nikora
- Finance | Thursdays 12pm - 1pm | RFC |
Diana Ryan
- Missions/Outreach | Thursday 6pm -7pm | RFC |
Annalisa Robinson
- Generations| 2nd Friday 8:30am- 9:30am | RFC |
Sharlene Dunn
- Men | Saturday 7-8am | RFC |
Ps James Eddison
- Sunday Evening | Sunday 4.30 - 5.30pm | RFC |
Ps Jenny Eddison
- Pre-Service | Sunday 7am- 8am | RFC |
Diana Ryan
- Rhema Kids | Sunday | 7:30am- 8am | RFC |
Sharlene Dunn

CONTACT US

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FEBRUARY FAST

2023



Let the hearts of those rejoice who seek and require the Lord as their indispensable necessity.

Psalm 105:3 AMP

WHAT IS A FAST?

Fasting is a tool to help you tune in to God to hear His voice more clearly.

You can fast a number of different ways:

1. Complete fast – drinking only liquids
2. Partial fast – taking out of your diet specific things such as sweets, meat, bread or any “pleasant foods”
3. Selective Fast – fasting during specific time such as one meal or from sun-up to sun-down.
4. Soul fast – removing things that take your focus such as Social Media, TV or entertainment.



HOW SHOULD YOU FAST?

While a fast should present you with a level of challenge, it is important to know your body, your life schedule and your limitations. What is important is that you allow God to lead you to fast in the manner that is best for you.

Whichever way you chose to fast, make sure you replace what you're fasting with time with God. Set aside time to seek Him, read His word and pray. And expect that God will speak to you!



For Prayer Resources
click here



BIBLE PROMISES ABOUT SEEKING GOD

Jeremiah 33:3

Call to Me and I will answer you and show you great and mighty things, fenced in and hidden, which you do not know (do not distinguish and recognize, have knowledge of and understand). AMP

1 Corinthians 2:12

And we have received God's Spirit (not the world's spirit), so we can know the wonderful things God has freely given us. NLT

Hebrews 11:6

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. NLT

Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. NLT

Matthew 6:17-18

17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Psalms 105:3 AMP

Let the hearts of those rejoice who seek and require the Lord as their indispensable necessity.