



2013  
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DON'T FORGET TO MAKE YOUR PORTRAIT  
APPOINTMENT FOR OUR NEW DIRECTORY!



## January Schedule:

**Sundays**      *10am Worship Service at ACOC*

**Jan. 6**            *21 Day Fast Began*

**Jan. 19-20**      *Teen Snow Tubing Trip*

**Jan. 22-26**      *Portraits Taken for Directory*  
*To make appointment, go to church website:*  
*[www.athenscoc.com](http://www.athenscoc.com)*

**Jan. 25-26**      *All Night Prayer/Break Fast*

## Athens Church of Christ

3720 Mars Hill Road

Phone: 770-725-2188

Watkinsville, GA 30677

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Church website: [www.athenscoc.com](http://www.athenscoc.com)

### **Fasting that Changes – Continued from page 1**

In Isaiah we see a people who fasted yet God was not moved by their fasting. "‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’” God’s response is alarming. He says, “Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one’s head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? ‘Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe him, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.” (Isaiah 58:3-9a)

I don't think this scripture necessarily means that we have to feed the poor during our fast or find people to free for our fast to be heard by God. I think that is what these people needed to do because they lived lives exploiting people and fighting. God wanted them to change their hearts. The question I think for us as we fast, is how do our hearts need to change? In my personal fast, I am not fasting for myself to pay off debt and to lose weight and to be where I want to be spiritually. I am fasting for myself to change. I am fasting to see where I lack in my attitude about health, finances, and spirituality. I want my heart to be different.

I hope this helps you think further about the fasting that we are doing. If we end this fast the same people with the same hearts doing the same things, was this really a time acceptable to The Lord? Was it really for God?  
~Tim Sanders

### **PICTURE DIRECTORY FOR 2013**

**Please make your appointment soon!** Everyone will receive a **free picture directory and a free 8 x 10 photo**. This will help us all put names with faces! There is **no charge** to the church or to you unless you want to buy extra portraits.

**Go to [www.athenscoc.com](http://www.athenscoc.com)–Athens Church of Christ website.** Click on “We need you to be part of our family album.” It is the third photo of the four that keep changing on the home page of our church website. Select number in your group. Select the date. Select the time. Fill in the information needed. This only takes a couple minutes.

The appointment dates are January 22-26. You can also see Dana before or after service and she can help schedule your appointment or you can call the church office at 770-725-2188.

### **PRAYER REQUESTS:**

**Scott Kennedy's father, Ed Kennedy**, passed away last week. Cards may be sent to: Scott and Nina Kennedy, 67 Post Oak Circle, Crawford, GA 30630 and Nancy Kennedy, 1241 Ashland Drive, Statham, GA 30666.

**Mike Rose's father, Charles Alvin "Al" Rose**, passed away Tuesday. Visitation and services were on Friday in Vicksburg, Mississippi. Mike's address: 1020 Joie Drive, Bogart, GA 30622.

**Skylar Bailey** has a rare condition called Kikuchi Disease. Please pray for this condition to resolve itself very quickly, especially because of the fevers associated with it. Address: 4133 Windgrove Crossing, Suwanee, GA 30024.

**Pat Snow** is recovering from eye surgery. Address: 1260 Nona Drive, Athens, GA 30606.

**Gwen Payton** had carpal tunnel surgery on both wrists so she will have very limited use of her hands over the next few weeks. Please pray for a restful and speedy recovery. Address: 159 Featherwood Hollow, Athens, GA 30601.

**Dana Chacon's mother, Betty Snodgrass**, is home recovering from wrist surgery after a fall. Address: 233 Fairway Circle, Naples, FL 34110.

**Ken Lauderdale** was diagnosed with cancer and is getting treatment in Houston, TX. You can keep up with him on his care page on [caringbridge.org](http://caringbridge.org). Address: 7550 Kirby Street, #1521, Houston, TX 77030.

**Allison's Veal's sister, Leigh Ann Neyland**, was diagnosed with breast cancer and has started chemotherapy. Her address is: 3985 Manor House Dr., Marietta, Ga. 30062

**Betty Bloom** is recovering from back surgery. Address: 105 Oakwood Drive, Watkinsville, GA 30677.

### **ANNOUNCEMENTS:**

**THANK YOU:** Thank you for your prayers and cards of encouragement as I have been recovering from shoulder surgery. Your faithfulness has brought me both comfort and strength. Physical therapy continues, but I am making progress!! ~Betty Jo Wallace

**Super Bowl Party** on February 3, 2013 at Athens Church of Christ on the big screen! Pick up a flier on the bulletin table in the courtyard to R.S.V.P.

### **CHRISTIAN CLASSIFIEDS**

**NEEDED:** Tabi's Angels are looking for a small to medium freezer. If you have one available for donation or purchase, please contact Carolyn Sessions.



## Sunday Bulletin

January 13, 2013

[www.athenscoc.com](http://www.athenscoc.com)

### **Fasting that Changes**

I wanted to share some things I have been learning about fasting that I think we usually miss. I think we usually fast in order to tell God we are "really serious" about something. Whether it is something that we want to see happen or something we want to see changed in our life, we often make fasting about what God is going to do. We fast and then we wait for an answer. I think that is part of fasting, but I think we are missing a big part of what fasting is all about.

David said in Psalm 51:16,17 after he had committed adultery with Bathsheba, "You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise." David did fast during this time, but he understood that God doesn't look down at our fasting and is impressed by the actions we are doing. God always looks at the heart. (1 Samuel 16:7) Well, if the act of fasting doesn't impress God, why do we fast?

Let's look at the case of the people of Bethel, who had been fasting two months out of each year for seventy years. They had questions about fasting so they went to get answers. They sent representatives to ask the priests and prophets, "Should I mourn and fast in the fifth month, as I have done for so many years?" The prophet Zechariah responded, "Then the word of the Lord Almighty came to me: "Ask all the people of the land and the priests, 'When you fasted and mourned in the fifth and seventh months for the past seventy years, was it really for me that you fasted?'" (Zechariah 7:2-5)

God has more to say to those people, but imagine fasting as a tradition and God looks at it and says, "Was that really for me?" We have a four year tradition in our church of fasting in January. I'm not saying that it is not for God, but it would be so discouraging if I found out my personal fasting wasn't pleasing to God. To sacrifice for nothing would be a shame. I certainly don't want that for me or for anyone this year. I don't want my fasting to be for me, or for the church, or anything else. I want my fasting to be for God.

But how can we tell if it is for God? I think the biggest indicator is if your fast changes your heart. I think a fast that gets God on our side is not a fast trying to get God to do something, but a fast that changes us. Now, I think we can petition God through fasting to see things happen, as there are many examples in the Bible, but I don't think it can end there.

**Continued on Page 3**