

# Refreshing Spring

Glorious Church of God in Christ  
300 N. Lombard St.  
Wilmington, De 19801

January 2010

Volume 1, Issue 1

## Member's Corner

- 21-Day Fast begins on Monday, January 18, 2010
- Read Isaiah 58 everyday
- Pray everyday from 7:00-7:30
- Make a conscious decision to do a good deed every day

## Welcome from our Pastor

I would like to welcome you to Refreshing Spring. I am excited about your visit with us today. I am excited about what God is going to do in our midst. I pray that you experience the love and warmth from our church family. I also pray that you be blessed through the preached word and the songs of praise and worship.

Bishop Kenneth Ringgold

## Order of Service

Prayer

Scripture Reading

Praise and Worship

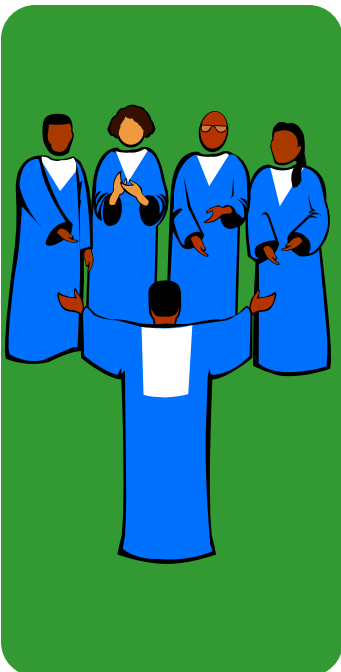
Welcome and Announcements

Ministry Of Giving

The Spoken Word

Alter call

Closing Remarks



\*Subject to change by the leading of the Holy Spirit

## Message from our Co-Pastor

**R**eceiving Gods best blessing from a fast requires a solid commitment. What is commitment? A commitment is an agreement or pledge to do something in the future, a promise or vow.

Refreshing Spring,

We are about to begin a fast for the period of 21 days. We're going to rededicate our lives to God and come before him in a repentant spirit asking him to forgive us for the complacency spirit that has overtaken us. We are going to abstain from eating food to show God that we are willing to suffer to gain a deeper walk with **HIM**. We have to take on a "whatever it takes attitude". The attitude that says, "Lord I am going to do what ever it takes to secure a deeper relationship with you."

Do you long for the life of Jesus to be clearly manifested in you? Jesus said,

"Greater works than these shall you do." Saints, we are indeed living beneath our privilege. Are we compelling men to come to Christ? Are we laying aside every weight and sin that doth easily beset us? Are we denying ourselves? Have we put off the old man and put on the new man? Romans 8:13 states, "For if we live after the flesh, ye shall die : but if ye through the spirit do mortify the deeds of the body, ye shall live." Are we demonstrating the love of Christ to our sisters and brothers?

Every Christian has three enemies: the flesh, the world and the devil. All three of these the Lord Jesus Christ overcame for us on the cross. **THE DEGREE IN WHICH YOU OVERCOME** these three depends on the degree in which you allow Jesus to live His life through you. In order to properly fight the enemy we have to be adorned in the appropriate armor: truth, righteousness, faith, salvation and the word

of God. (Ephesians 6:11-17) Thank God that he gave us the tools to fight off the fiery darts that the devil continues to throw our way. Fasting is a biblical principal taught by Jesus. There are areas of our lives that will never be victorious except through praying and fasting.(Mathew 17:21)

Jesus does not ask us to fast, he tell us to fast . He does not say **IF** you fast. He said **WHEN** you fast.

Let us unite and grow in the Lord together. Let us be victorious in our living. Let us all pray that God will fill and refill us with his precious spirit like he did on the **DAY** of **PENTECOST**. (Acts2:1-4) .When we are on one accord God said that we can ask anything and he would grant it. We can do it!!!!

Love you much,

Co-pastor

Blanche Ringgold

*"There are areas of our lives that will never be victorious except through prayer and fasting."*

## Blessings from a True Fast

Your health will spring forth speedily  
Your righteousness will go before you  
You will call on me and I will answer  
The Lord will guide you continually  
Your darkness will be as the noon day  
The glory of the Lord shall be thy reward  
The Lord shall satisfy thy soul in drought  
You will be like a water garden



## Biblical Fasting

Biblical fasting is refraining from food for a spiritual purpose. There are different types of fasts, varying by the amount of time one refrains from food to the type of food from which one refrains. The bible mentions many reasons why we ought to fast. Fasting is instrumental in our relationship with Christ. It is the vehicle

that allows us to grow closer to God and "...loose the bands of wickedness, undo heavy burdens, let the oppressed go free, and break every yoke."(Isaiah 58:6) Fasting is not only vital to our spiritual growth but is a privilege . We are to present our bodies a living sacrifice to God, holy and acceptable to him, which

is our reasonable service. (Romans 12:1)

Also, prayer and fasting go hand in hand. During a time of fasting it is important to know what you want and need from God, in order to take your requests to him in prayer.

*"Fasting is not only vital to our spiritual growth but it is a privilege."*

## Why Should I Fast?

- Are you in need of healing or a miracle?
- Do you need the tender touch of God in your life?
- Is there a dream inside you that only He can make possible?
- Are you in need of a fresh encounter?
- Do you desire a deeper, more intimate and powerful relationship with the Lord?
- Are you ready to have heightened sensitivity to the desires of God?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God's will for your life?

Taken from: <http://www.jentezenfranklin.org/fasting/fastingbasics.php>

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300 N. Lombard ST  
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## **Service Times**

**Sunday Morning Worship -  
9am**

**Wednesday - Prayer & Bible  
Study  
7:30pm**

Phone: 302-888-0107

E-mail:  
Contact@refreshingspring.org.

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VISIT OUR WEBSITE

WWW.REFRESHINGSRING.ORG

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We are very excited to debut the first issue of our newsletter. Through this newsletter we aim to educate and encourage you in your walk with Christ. You can expect to find words from our pastors, encouraging articles from fellow church members, church updates and upcoming services.

If you have any submissions (i.e. articles, poems, etc) for the February newsletter please submit them to Sister Kelly Ringgold by January 31st.

We hope you enjoy the newsletter as much as we enjoyed creating it!

Be Blessed!

## **21-Day Corporate Prayer and Fast**

### **January 18-22**

12:00 midnight -4:00pm: complete abstinence from food and water

4:00pm-12:00 Midnight: eat anything you want

### **January 23 & 24**

Saturday, 12:00 midnight-6pm: complete abstinence from food and water

6:00pm– 12:00 midnight: drink water and fruit juice

Sunday, 12:00 midnight– 12:00 noon: complete abstinence from food and water

12:00 noon– 12:00 midnight: eat anything you want

### **January 25-29**

12:00am -12:00 am fruits and vegetables anything grown from the ground no meats

### **January 30 & 31**

Saturday, 12:00 midnight -6:00pm: complete abstinence from food and water

6:00 pm– 12:00 midnight: drink water and fruit juice

Sunday, 12:00 midnight-12:00 noon: complete abstinence from food and water

12:00 noon– 12:00 midnight: eat anything you want

### **February 1-5**

12:00am- 4:00 pm: complete abstinence from food and water

4:00 pm– 12:00 midnight fruits and vegetables

### **February 6 & 7**

Saturday, 12:00 midnight -6:00pm: complete abstinence from food and water

6:00 pm– 12:00 midnight: drink water and fruit juice

Sunday, 12:00 midnight-12:00 noon: complete abstinence from food and water

12:00 noon– 12:00 midnight: eat anything you want