



HOLDING
FAST

March 3, 2024



WELCOME

At RCC, the Bible tells us that God wants us to find our greatest joy in Him and that He desires for us to share this experience with others.

So our mission is - To encourage people to **Enjoy God Together**.

And our vision is - To **build joy-filled communities of faith** whose very existence inspires individuals to live an abundant Christian life, **made up of three key relationships - r1, r2, and r3**.

r1 – A deepening relationship with God

r2 – A life-changing relationship with other believers

r3 – An engaging relationship with those yet to believe

To get there, we have a few things that matter to us:



WE FIND OUR GREATEST JOY IN JESUS



WHAT WE THINK ABOUT GOD MATTERS



WE HELP PEOPLE HELP PEOPLE



WE CELEBRATE QUESTIONS



WE EMBRACE INEVITABLE TENSIONS



THIS IS FOR LIFE



HOLDING

FAST

MONDAYS IN MARCH

Beginning TOMORROW, March 4th, we are encouraging all of our RCC Family to join us in a fast each Monday leading up to Easter. We hope you'll join us!

Why Fast?

Fasting is an opportunity to draw near to God and connect with Him in a special way. By taking an everyday experience (eating, using social media, watching TV, etc.) and instead turning to God in prayer, we grow our reliance on Him to replace something that we traditionally treat as necessary.

Why Fast Now?

As we prepare for Easter, we want to pray for more ongoing spiritual transformation. We want to see God's love more fully and more clearly. And, we want to come away from fasting more confident that God is able and happy to supply all the spiritual needs of His people.

How Will This Work?

Each Sunday during March, we'll share a theme, related Scripture, and questions to pray over. We'll send these through email and text message so that you have them before you start your fast on Monday.

1st Monday | March 4th

GOD IS MY PROVIDER

MORNING

READ: Genesis 1:1-27

CONSIDER: Spend some time appreciating that God has created everything we experience (or at least the raw material from which everything is derived). Look at the sun, the sky, the land, the mountains...

TALK TO GOD: Get outside this morning (if you can) and talk/listen to God regarding His gracious provision.

AFTERNOON

READ: Luke 4:1-13

CONSIDER: Think about all the things that the enemy uses to distract us from our relationship with God. Look at Jesus' response to each temptation. How are you tempted to pursue provision, power, and protection apart from God? What do those things look like coming from God?

TALK TO GOD: Ask God for the wisdom to identify and reject counterfeit solutions.

EVENING

READ: Psalm 23

CONSIDER: The Lord is the Good Shepherd. He desires to be our Good Shepherd. What does that mean for us? How do we respond to Him? What's our relationship? How do we lean into that relationship more fully? How can we rest in it more fully?

TALK TO GOD: Thank God for the current and eternal truth of this Psalm.

SCRIPTURE THIS WEEK:

Matthew 6:16-18

¹⁶ "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

NOTES:

The Reward of Going Hungry

Matthew 6:16-18

Todd Chapman - March 3, 2024

Jesus encourages us to fast in order that we might receive personal reward from our Heavenly Father.

What is the reward of not eating?

Fasting helps us recognize those hungers that diminish the joy we have in Jesus.

Fasting enhances the joy experienced in increasing, deepening communion with God.

Life Group Discussion Questions

Matthew 6:16-18

For the week of March 3, 2024

1. Have you ever thought about or practiced a time of fasting? What are (or were) your thoughts about it?
2. What do you already know from the Bible about fasting?
3. In Matthew 6:16-18, how does Jesus describe the posture of the hypocrites who fast? How does He describe those who fast faithfully? Put both of these ideas in your own words.
4. In what ways can fasting identify and expose some of the appetites that may be distracting from more of Jesus?
5. What do you tend to run towards for comfort in times of pain? Why do you move towards these things?
6. Are there any practices you plan to fast from on Mondays in March? If so, what are they?
7. How can fasting help you experience more of Jesus?
8. What is the reward given to *"the hypocrites"* in Matthew 6?
9. What is the reward given to the faithful in Matthew 6? How does God reward those who minimize distractions to seek Him today?

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