

## Prayer List

### Church Family

Shirley Baines  
Donna Barnes  
Brian Clements  
Jim & Katrina Cook  
Jimmy Cottle  
Sue Dail  
Pat Ellis  
Shirley Ellis  
Linda Fowler  
Tyne Garza  
Garry & Judy Griggs  
Lela Joyner  
Ray & Loretta Lamb  
LaRoyce Nixon  
Virginia Rountree  
Allen Salmon  
Kenny Smith  
Stan & Kathy Smith  
Shellee Stevens  
Chris Tinkham

### Shut-ins

Gerry Speight

### Community

The family of Judy Johnson  
Betty Rash  
Jodie Rose  
Eva Walters  
Mary Jane Walters

### Special Prayer Needs

Marisa & Pedro Sanchez,  
Missionaries to the Eastern Shore  
Jason Whitt, Missionary in Nairobi  
Will Cumbia, Missionary in Vienna,  
Austria.  
Daniel & Stephanie Dias,  
Missionaries to Brazil  
Nathan & Kristie Wilson Missionaries  
to Africa  
Our Military and First Responders

### May WMU Honoree: The HBC Families

During these uncertain times,  
please take a moment to call, text  
or email and check on each other.  
We could all use a little  
encouragement right now!



**Sermon on the Mount**  
***Matthew 6:16-18***  
**May 24, 2020**

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### Sunday School Material

We will have a drive through for Sunday School members to pickup next quarter books and magazines on Monday, May 25th from 10 am - 12 noon. Please drive up to the back double glass doors to receive these items. If you can't be here on Monday, please come to the church during business hours or contact your Sunday School teacher.

### Face Masks Needed

If you can make or provide face masks for Marisa Sanchez (Eastern Shore), please contact Alice Ritchie at 923-9064. There is a big need, so please help if you can!

Visit the church website, [www.hbcsuffolk.org](http://www.hbcsuffolk.org) for information and recent sermons.

— Sermon Notes —  
Sermon on the Mount- Matthew 6:16-18

\_\_\_\_\_ is a spiritual discipline to  
\_\_\_\_\_ on God.

Fasting is not for \_\_\_\_\_  
knowledge but for \_\_\_\_\_ gain.

Personal Study Questions:

What is your knowledge of fasting? What all does it entail?

Have you ever fasted? What was your experience? Did you have any fruit come of that time of fasting?

In the sermon, we said that fasting is a spiritual discipline to refocus on God. How does this practice of fasting helps us grow in the Lord? What is the benefit of fasting?

Read Leviticus 16. The only command to fast on a regular basis for the people of Israel was on the Day of Atonement. This would come once a year and it was a time to prepare for the cleansing of transgressions. Why do you think God would link fasting and the Day of Atonement together?

Is there a way to fast improperly? What did Jesus warn about concerning fasting? How do we fast properly?

What could be a focus of our fasting? For what purpose can we and should we fast for a time?

In your opinion, what was the most important takeaway from the sermon this week and why? How can you apply what stood out to you?