

# In Touch

Monthly newsletter of Karnataka congregation, Kuwait



## Are You A Disciple?

Then Jesus said to those Jews who believed him, "If you abide in my word, you are my disciples indeed".

Any one can become a Christian, it is the matter of belief. Being a disciple is not a just a religion but it is a lifestyle. A true disciple is one who abides in God's Word continually, obedient and applying the practical truth of the Word in his personal life. Reading the bible daily, meditating and spending time in God's presence enables a disciple to grow close to God and hear his still voice.

Disciple means 'taking decision' or 'learning more and more about the one whom we follow' and completely surrendering to Him and learning from Him. In other words disciple or discipleship means 'lifestyle' or 'way of life' – of our master and Saviour Jesus Christ whom we imitate.

We must be always ready to serve him faithfully in the church. Investing our time, talent and spiritual gifts

for the edification of the church and also for the encouragement and motivation of believers. We also need to actively participate in all the programs of the church like cell group meetings, intercessory prayers, always willing to take up the responsibilities assigned to us. We should be humble, caring, committed and spiritually strong in the word of God.

Our words and deeds will reflect the image of our God; our sincere character will draw other believers close to God. Our life should reflect the image of Christ through our words and actions which will have impact on other believers. Do everything with passion and with joy and cheerful heart. For the joy of the Lord is our strength. Matthew 7:14 says 'Because narrow is the gate and difficult the way which leads to heaven and there are few who will find it.'

True disciple is the one who takes up his cross daily and denies himself and follows Jesus continually. If we have

*Be a ambassador and a great witness for his kingdom.*

the desire to serve the Lord, our attitude should be of total submission, surrendering ourselves to the will of God. If we are available for him, he will equip us and give us the ability, strength, wisdom and all skills needed for his Ministry, making us fruitful in the kingdom of God.

Endure hardship and be a good soldier for the Lord. Be a ambassador and a great witness for his kingdom. We have been chosen and set apart for a divine plan and purpose for God. Philippians 4:13 "I can do all things through Christ who strengthens me". All the glory, honour, praises to HIM.



- By Raju George



Most of the time, we give excuses for not cultivating a habit of fasting and praying and spending more time with JESUS. This month 'In Touch' gives deeper insight based on the Word of God. Do you really want to FAST and become a PRAYER Warrior...

[Read more on Page 3](#)

*Do everything with passion and with joy and cheerful heart.*

## When in Trouble - Don't Dial 777

| When  | Phone #               |
|---|-----------------------|
| You are sad   | John 14               |
| You have sinned                                       | Psalm 51              |
| You are facing danger                                 | Psalm 91              |
| People have failed you                                | Psalm 27              |
| It feels as if God is far from you                    | Psalm 139             |
| Your faith needs stimulation                          | Hebrews 11            |
| You are alone and scared                              | Psalm 23              |
| You are worried                                       | Matthew 8:19-34       |
| You are hurt and critical                             | 1 Corinthians 13      |
| You wonder about Christianity                         | 2 Corinthians 5:15-18 |
| You feel like an outcast                              | Romans 8:31-39        |
| You are seeking peace                                 | Matthew 11:25-30      |
| It feels as if the world is bigger than God           | Psalm 90              |
| You need Christ like insurance                        | Romans 8:1-30         |
| You are leaving home for a trip                       | Psalm 121             |
| You are praying for yourself                          | Psalm 87              |
| You require courage for a task                        | Joshua 1              |
| Inflation's and investments are hogging your thoughts | Mark 10:17-31         |
| You are depressive                                    | Psalm 27              |
| Your bank account is empty                            | Psalm 37              |
| You lose faith in mankind                             | Corinthians 13        |
| It looks like people are unfriendly                   | John 15               |
| You are losing hope                                   | Psalm 126             |
| You feel the world is small compared to you           | Psalm 19              |
| You want to carry fruit                               | John 15               |
| Paul's secret for happiness                           | Colossians 3:12-17    |
| With big opportunity/discovery                        | Isaiah 55             |
| To get along with other people                        | Romans 12             |
| <b>ALTERNATE NUMBERS</b>                              |                       |
| For dealing with fear                                 | Psalm 3:47            |
| For security  | Psalm 121:3           |
| For assurance   | Mark 8:35             |
| For reassurance                                       | Psalm 145:18          |

All these numbers may be phoned directly. No operator assistance is necessary. All lines to heaven are available 24 hours a day. Feed your faith and doubt will starve to death.



- Collected by **Alex Varghese**

## And God Says ...



You Say: It's impossible

God Says: "All things are possible" Luke 18:27

You Say: I'm too tired

God Says: "I will give you rest..." Matthew 11:28

You Say: I can't go on

God Says: "My grace is sufficient" 2 Cor 12:9; Ps. 91:15

You Say: I can't figure things out

God Says: "I will direct your steps" Pr.3:5-6#

You Say: I can't do it

God Says: You can do all things Philippians 4:13

You Say: I can't forgive myself

God Says: 'I Forgive you' 1John 1:9

You Say: I can't manage

God Says: "I will supply all your needs" Phil 4:19

You Say: I am afraid

God Says: "I have not given you a Spirit of Fear" 2 Timothy 1:7

You Say: I am always worried and frustrated

God Says: "Cast all your worries unto me" 1 Peter 5:7

You Say: I don't have enough faith

God Says: "I have given everyone a measure of faith" Romans 12:3

You Say: I feel all alone

God Says: "I will never leave you nor forsake you" Hebrew 13:5

You Say: I am not smart enough

God Says: "I give you wisdom" 1 Cor. 13:5

You Say: Nobody really loves me

God Says: I love you John 3:16; 13:34

You Say: I am not able

God Says: I am able 2 Corinthians 9:8

- Collected by **Jaya Satish**

# Should You Fast & Pray?

From The Pastor's Desk

I pray to JESUS that before ending this article, you will be in a position to set apart a time, a day or skip breakfast, lunch or dinner, to spend time with the lord as an individual, family or church. Godly Prayer with Fasting releases BREAKTHROUGH Spiritual Power!

The church has generally forgotten about fasting. We treat fasting as if it is not part of the Word of God. *We encourage people to pray regularly, to give sacrificially, but never to fast regularly.* We interpret fasting as a option which we can choose only if we want to; Something that's done only if and when possible. So we either postpone it or decide it is simply not possible for us.

Do you want to discipline your body and spirit ...FAST...FAST...FAST, do you want to be led by the Holy Spirit...PRAY...PRAY...PRAY. The dDevil wants you to think that you are a weak being. You may feel weak but JESUS is with you to give you strength and to make you to stand ... The only WAY to get victory in life is to FAST & PRAY.

## WHAT IS FASTING?

Fasting is abstaining from food or other things for a period of time. When Jesus spoke about fasting, he didn't say if you fast, but *"when you fast"* (Matthew 6:16). Fasting is also an expression of wholeheartedness. This is clear from Joel's call to the nation of Israel: *"Yet even now,"* says the Lord, *"return to me with all your heart, with fasting. . ."* (Joel 2:12).

## PRAYER AND FASTING

Fasting is done in combination with Praying. We cannot fast without praying, In (Matthew 17: 21) Jesus said, "However, this kind does not go out except by prayer and fasting." God said, *"When you seek me with all your heart, I will be found by you"* (Jer.

29: 13, 14). When we are willing to set aside our physical need for food to concentrate on the work of praying, God will be with us as we seek him with all our heart.

## WHEN SHOULD A BELIEVER FAST:?

The occasion for fasting is a totally voluntary decision. But a believer may decide to fast whenever there is a spiritual concern or struggle in his lives. Of course, there may be times when those in authority over us proclaim a fast, as was done by King Saul (1 Samuel 14:24) or Jehoshaphat (2 Chronicles 20:3). However, ultimately that decision is solely between us and the Lord.

## WHY SHOULD BELIEVERS FAST?

To demonstrate that we are seeking God *"with all our heart."* Fasting puts things in proper focus. It is a physical way of saying, "Food and the things of this life are not as important to me as God is." Of course, denying oneself food to focus on God and His program shows humility. *"to humble oneself before the Lord"* (Psalm 35:13; 1 Kings 21:29; Ezra 8:21). When we are really concerned about the things of God, we will humble ourselves. There *will* be times when we will abstain from the enjoyment of food and focus on that which is important to God.

## Direction in Fasting

Fasting helps us find God's will. If we expect God to reveal his direction for our lives, we must put Him first. Often this means putting aside the fulfillment of

our physical appetites, so that we can focus our attention on Him. We find an example of fasting for direction in (2 Chronicles 20:1-30). Three nations were coming against Judah to destroy them. Jehoshaphat, the king of Judah, proclaimed a fast for the whole nation and they asked the Lord what they should do. God heard their prayer and told them what to do.

In Acts 13:2 is another example of direction being given by God during a fast. Here we find the leaders of the church of Antioch worshipping and fasting. The Holy Spirit used this occasion to tell the church leaders to choose Paul and Barnabas and send them out to spread the gospel among the Gentiles.

## Benefits from the fasting

**Fasting increases our faith; Demonic power is broken; Brings unity; Destroy Strife;** God reveals things to us; God breaks spiritual bondages and addictions; Helps us take dominion over the flesh; When fasting, focus on the word of God with prayer; Victory comes after fasting.

## 1. We fast to HUMBLE ourselves before God

The Bible records two instances when people fasted. First, people fasted to express sorrow over their sin. Unlike today where repentance is often sadly understood as nothing more than "sorry Lord", true repentance involves deep sorrow over sin. (See Paul's example in Acts 9). Secondly, God's people fasted to plead God's mercy. People in dire need fasted. Nations sought God's mercy through fasting and prayer. We have fasted our self for special needs. We always fast before making major decisions.

... Continued on Page 4



Pastor Shalom with Pastor Sunil John D Souza at the Kuwait airport.

*RUTH  
Women's  
Fellowship*

*Meeting on  
Saturday  
7th November  
At  
7 PM*



Children in the church had fun drawing and painting at the parsonage in October.

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(See Ephesians 2:8)

08-31-2005

NO SON, I KINDA DOUBT HE'LL BE IN HEAVEN  
... HE'S NOT REALLY A PRAYIN' BREED



**It's time to Fast & Pray**

Place: Hall of Hope @ 6pm  
Combined Service

Join in for a day of Fasting and Prayer  
with Pastor on 27th November 09

## Fasting & Prayer (Continued from page 3)

### 2. We fast to become more effective in life and ministry.

Fasting is like de-fragmenting a computer. It is a necessary process. De-fragmenting the computer enhances performance. Fasting provides a similar effect to the spiritual life of a believer. Isaiah 58 quotes God's promises to those who fast the right way. We find nine promises when we truly fast:

1. Spiritual breakthrough – revelation-truth takes over demon-darkness in our lives (v. 8a, 10b)
2. Wholeness and Strength (v. 8b,11b)
3. God-filled life!!! (v. 8c)
4. Answered Prayer (v. 9)
5. Divine Guidance (v. 11)

6. Satisfaction (v. 11b)
7. Freshness and Growth
8. Effective Ministry (V12)
9. Joy in the Lord (v. 14)

**Conclusion:** Fasting by itself has no spiritual significance. When understood and practiced with these spiritual purposes, fasting blesses us tremendously. I hope you will resolve today to find a time to humble yourself before God, to experience God, and to get into better spiritual shape.

**SOME BIBLICAL REFERENCES TO START YOU ON FASTING**

Ex. 34:28; Deut. 9:9; 18 Nehemiah 1:4 ; Psalm 69:10;

102:4; Joel 2:15 Jonah 3:5,10; Ezra 8:21-23; 10:6; Esther 4:16; Job 33:19,20 ; Isaiah 58:6; Daniel 9:3,20-23; 10:3; 2 Samuel 12:16,17; Matthew 4:2; 6:16; 9:15; Acts 13:3; 14:23; 1 Cor. 7:5; 2 Cor. 11:27,28;

**"REMEMBER" VICTORY COMES WITH FASTING AND PRAYING!**

**Continued Next Month...  
"Types and 7 steps in Fasting..."**

**- Pastor Shalom**

Coming in November

**Church Picnic**

On the 1st Day of Eid Holidays

# How REAL Is your Faith?

Mrs. Sathya Prabha Joseph

We operate everyday on faith...

Faith is central to all of life. For example, you go to a doctor whose name you cannot pronounce and whose degrees you have never verified. He gives you a prescription you cannot read. You take it to a pharmacist you have never seen before. He gives you a chemical compound you do not understand. Then you go home and take the pill according to the instructions on the bottle. All trusting, what a sincere faith!



Faith is the foundation of all relationships, it may be between husband and wife or children and parents or in our work place. If you do not have faith you cannot do anything, we have to accept it without second thought. If we could introspect about our spiritual life, we will be in a position to know what type of relationship we are having with God. It is most essential to know, whether we live with faith or without it. Bible says in Hebrew 12:2 Jesus is the author and finisher of faith. When we read the Bible from Genesis to revelation, we can come across so many examples, for example about 'creation', Bible witness that 'God Created the world by His word; if we have faith then could believe as 'God is the Creator'. If you want to have faith in someone, first we see who he is and then we follow him or after studying about him, we accept him as a friend. This is called as 'faith.' When we think about Jesus we should follow him, Accept him, Invite Him, Trust Him, have Hope in Him.

Word of God says' ***'if you have a faith like a mustard seeds, we can move mountains.'*** In the Old Testament we come across many examples of 'faith'. For example Enoch, had a sure faith that 'he did not see death but God translated or took him away'. In the Spiritual life, if we do not have a concrete faith, we are not able to see or experience the power of healing through Jesus. Hebrew 11:1 exhibits the essential characteristic in believers life, By Faith Noah build an ark though people were probably mocking him; by faith Abram left his place to a place which God was talking about and which he has not seen; by faith Sarah could conceive in her Old age; Moses had such a faith that it made him to liberate Israelites from

slavery and lead them to the promised land - a Journey of 40 years. We have read about Jericho wall how it fell. All these people are dead now but still we talk about them because they won their victories by faith. ***St. Augustine says 'Faith is to believe, what you do not see; the reward of this faith is to see what you believe.'*** ***If God wants to test your faith, are you able to obey and follow? In our spiritual life, we need a concrete faith to be a successful witness for Jesus Christ.***



James says, ***'Faith without works is dead'***; When God told Moses to liberate Israelites, he responded by saying 'I cannot talk let my brother Aaron go'. But then we read how he was able to do all things that he did, just by having faith in God. Jesus said, 'If you ask any thing in prayer and have faith you will get it.' If today, we have faith, through faith we can be saved and can receive remission for our sins by Jesus. The benefit of having faith in Jesus, gets us saved and receive the promise of everlasting life. If you have faith Jesus, he will fill our life with love, Joy, peace, prosperity and hope by the power of Holy Spirit (Romans 15:13).

## **Scriptural Assurance about 'Real Faith'**

By Faith we can have blessings and those who have faith in the name of Jesus Christ can cast out demons, they will speak in tongues (Mark 16:16), they will take up serpents and if they drink anything deadly it will by no means hurt them and when they lay hands on sick, they will recover. These are written that you may have faith in Jesus and believe that Jesus is the Christ; the Son of God and that believing you may have life in his name. John 20:31.

By Faith we love whom we have not seen, we believe in him, so we will rejoice with joy inexpressible and full of glory (1Pet. 1:8-9). Who does not have faith in God he is liar 1 John 5:10. James 2:20, faith without work is dead; man is justified by works and not by faith only (alone). In faith no one has the chance to boast himself before God. as we have save through faith by grace, by gift of God so no one should boast Eph.2:8-9.

FAITH means, 'Forsaking all in trusting Him'; How is our faith, is it REAL or FAKE?

## BIRTHDAYS IN NOVEMBER

MONTHLY NEWSLETTER OF  
KARNATAKA CONGREGATION, KUWAIT



Greet them online at  
[www.hallofhope.com](http://www.hallofhope.com)



Get In Touch ...

**Pastor Samuel Shalom— 9992 9529**

**Samuel Prakash— 9985 8291**

**James Newton—6621 3640**

**Maxwell Francis—2565 8207**

**Tuesday Fellowship:**

**3 Nov. Max & Priya, Salmiya**

**10 Nov. John & Nandini, Salmiya**

**17 Nov. Lawrence & Joyce, Salmiya**

**24 Nov. Naveen & Beena, Fahaheel**

**ಕನ್ನಡ ಬೈಬಲ್ ಅಧ್ಯಯನ**

ಸಾಲ್ಮಿಯದಲ್ಲಿ

ಶನಿವಾರ 21 ನವೆಂಬರ್,

ಸಂಜೆ 7 ಗಂಟೆಗೆ

ಎಲ್ಲರಿಗೆ ಸ್ವಾಗತ

**Join us every Friday**

**Three Worship Services :**

**10 AM : English / Kannada service**

**at Fahaheel**

**4 PM : Kannada Service**

**at Annxe Hall, NECK**

**6 PM : English Service**

**at 'Hall of Hope' NECK.**

**# A Single combined service Every Last Friday of the month — 6 PM at Hall of Hope**

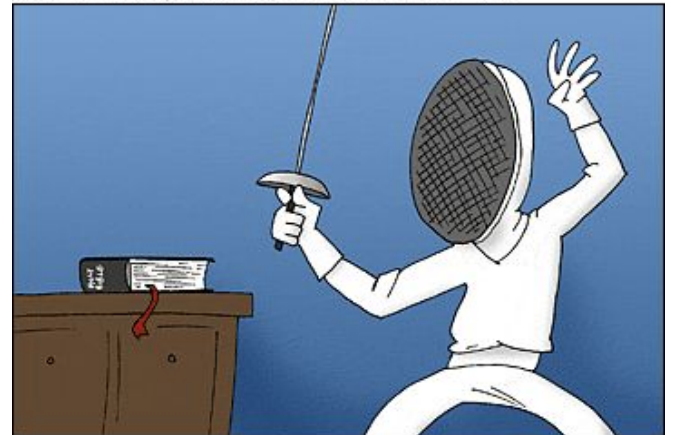
**We also have Cell Groups every Sunday @ 7 PM at Salmiya & Fahaheel**

**Special Prize:**

**How many miracles recorded in the Book of Exodus...?**

**Come with 'written data' on the day of picnic and grab the 'special prize'**

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Thanks to Joshua Zambrano (See Hebrews 4:12) 11-12-2007

**ZACH WAS INTERESTED IN READING THE BIBLE, BUT WASN'T TAKING ANY CHANCES WITH THE RUMORS OF ITS DOUBLE-EDGED SWORD POTENTIAL.**