

— TEACHING POINTS —

A different kind of fast: Isaiah 58: 6-11

Title: Cry of the Karen  
Date: May 2, 2010  
Speaker: Steve Harling  
Key Text: Isaiah 58

Israel's idea of fasting:

- seeking God day after day
- asking God for just decisions
- wanting God to come near
- humbling themselves... while continuing to do things that take advantage of those in need

The Fast God prefers:

- loosing the chains of injustice and sharing with those in need.

God promises:

If we set the oppressed free, feed the hungry, shelter the homeless, clothe the naked, and don't turn away from those in need...

...He will bless us with hope, healing, provision, protection guidance, spiritual vitality, answered prayer, and a great reputation!

*...then you will find your joy in the Lord. (v.14a)*

— GET CONNECTED —

**New to Foothills?**

Take a moment to chat with a welcome team member in the lobby before you leave today. They want to talk to you, answer your questions, and give you an idea of what our church is all about.

**Got kids?**

Kids Church is offered for all Sunday services. Sign-in for children ages six weeks to Kindergarten is in the church offices building. Sign-in for 1st–5th graders is through the breezeway to the northeast side of the building.

InnerMission 6 for 6th graders and warehouse:180 for 7th–12th graders meets during the 10:45 service.

**Feeling lost in the crowd?**

Join a Missional Community. These small groups offer a

**Foothills Community Church** | [www.foothillsonline.org](http://www.foothillsonline.org)  
8270 W 80th Ave, Unit 2 | Arvada, CO 80005  
303-420-2777 | fax 303-420-3995  
**Office:** Mon–Thu, 8:30am–4:30pm  
**Services:** Sundays: 9:00am and 10:45am