

**House of Prayer**  
904 N. Mulberry St.  
Elizabethtown, KY 42701  
Office: (270) 765-4212  
[hopenalc@windstream.net](mailto:hopenalc@windstream.net)  
[www.houseofprayerelizabethtown.org](http://www.houseofprayerelizabethtown.org)  
Rev. Pam Thorson  
Rev. Chris Thorson

Sunday Schedule  
Worship 10:30 AM



**NALC**  
North American Lutheran Church



## House of Prayer Lutheran Church

904 North Mulberry Street –  
Elizabethtown, Kentucky 42701  
270 765-4212      [www.Lutheranetown.org](http://www.Lutheranetown.org)  
email: [hopenlc@windstream.net](mailto:hopenlc@windstream.net)  
Rev. Pam Thorson – Pastor

*Experience the Hope of Jesus Christ*



### March 2022

Blessings to all,

We're entering into a blessed time of the church year. For me, Lent is an especially good season. While it is more simple, Lent is not meant to be a dreary chore to get to Easter. but rather a renewing time much like winter is to the earth.



In winter, the slows down as plants have gone dormant. The earth is renewed and new life will come forth. I use Lent to grow my roots deeper in Christ and cut away some old things that need pruning.

The church has associated fasting with Lent for centuries. There is purpose in that. Fasting focuses on what is important. We can fast from food and I recommend that, but we can and should fast from distractions and empty things that take our focus away from Almighty God and his kingdom.

I intentionally focus on the person of Jesus Christ and the sacrifice he made of himself for me and for the world. Lent gives us the opportunity to count the cost of Jesus' death and subsequent resurrection and what it means for us as Christians—followers of Jesus Christ.

Lent is a renewing time of seeking the love and power of the most Holy Spirit of God to come and fill our lives and draw us into the presence of God the Father, Son, and Holy Spirit. Join us in corporate worship and join us in study as we seek a closer walk with our creator and redeemer and sustainer of our being.

I wish you well.

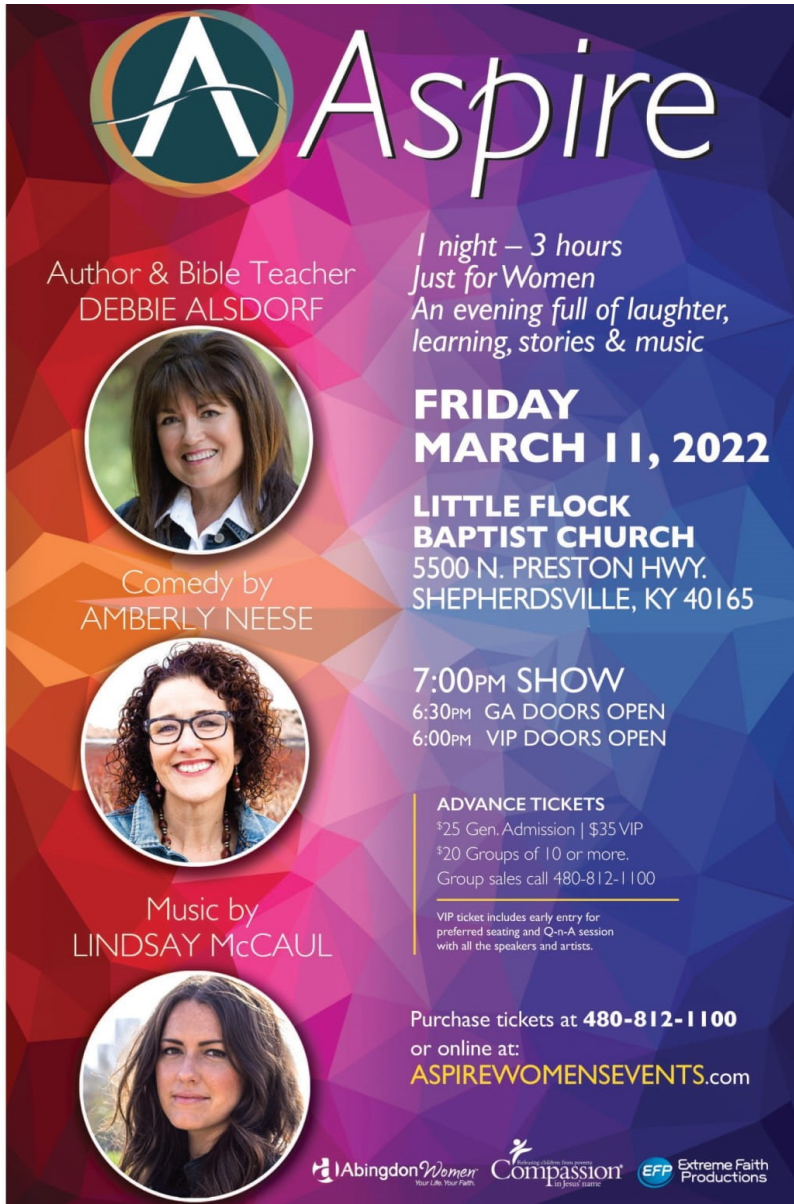
In ministry together,

Pastor Pam

## Women's Events

There are 2 spiritually inspiring and uplifting events for Women in March. Aspire is up first:

All ladies are invited for the evening of March 11. We can carpool up to Sherdsville. Tickets are \$20 for a group or \$25 if we order ahead of time. This will be an inspiring time and fun. RSVP via email: [hopenalc@windstream.net](mailto:hopenalc@windstream.net), phone: 270-765-4212, or text Pastor Pam.



**Aspire**

1 night – 3 hours  
Just for Women  
An evening full of laughter,  
learning, stories & music

**FRIDAY  
MARCH 11, 2022**

**LITTLE FLOCK  
BAPTIST CHURCH**  
5500 N. PRESTON HWY.  
SHEPHERDSVILLE, KY 40165

**7:00PM SHOW**  
6:30PM GA DOORS OPEN  
6:00PM VIP DOORS OPEN

**ADVANCE TICKETS**  
\$25 Gen. Admission | \$35 VIP  
\$20 Groups of 10 or more.  
Group sales call 480-812-1100

VIP ticket includes early entry for  
preferred seating and Q-n-A session  
with all the speakers and artists.

Purchase tickets at **480-812-1100**  
or online at:  
**ASPIREWOMENSEVENTS.com**

Author & Bible Teacher  
**DEBBIE ALSDORF**

Comedy by  
**AMBERLY NEEZE**

Music by  
**LINDSAY MCCAUL**

Abingdon Women  
Your Life Your Faith

Compassion  
in Jesus name

EFP Extreme Faith  
Productions

- To request God's help in times of crisis and calamity. (Ezra 8:21-23; Nehemiah 1:4-11).
- To strengthen prayer. (Matthew 17:21; Mark 9:17-29; Acts 10:30; 1 Corinthians 7:5).

### How to Fast for Lent: Types of Fasting

In the same way that God appointed times and seasons to fast, He also designated several types of fasts. A person should exercise wisdom and consult their physician if they have any medical concerns before they fast, otherwise it could actually be harmful to your health.

1. **Absolute Fast**—An absolute fast is conducted by abstaining from all food and water for a certain period of time. Moses and Elijah both abstained from food and water for forty days and forty nights. (Deuteronomy 9:9, 10:10, 18:25-29; 1 Kings 19:8). Some do 3-4, 14, or 21 day fasts or 1 day a week.
2. **Solid Food Fast**—A solid food fast is where an individual may drink juice and water, but chooses not to eat solid food.
3. **Partial Fast**—To fast simply means to “abstain” from something. A partial fast is where you choose to abstain from certain foods and drinks instead of complete abstinence of food or drink. The Bible tells us that Daniel abstained from bread, water, and wine for twenty-one days (Daniel 10:3).

### MAKE SURE THAT YOU HAVE TIME TO PRAY.

It will not do you any spiritual good if don't allow yourself time to pray. Be sure to get the most out of your fast and spend plenty of time in prayer, consider setting a few days for a retreat to totally fast and pray. When was the last time you can remember spending an entire day with the Lord? (Adapted from an article by Winfield Blevins “Want to Learn How to Fast for Lent and Why You Should Fast? ”)

### Bring a friend to Church

Do you have friends who don't know Jesus? Do you have neighbors who don't know Jesus? Do you have co-workers and others who need some encouragement and hope? Is there someone who needs healing whether in body, mind, or in spirit? Invite them to come and Experience the Hope of Jesus Christ here at House of Prayer.



## Lent Is a Good Time to Practice Fasting

### What Jesus Said About Fasting?

In the Sermon on the Mount, Jesus taught a lesson about how to fast and how not to fast: *Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your father who is in the secret place; and your father who sees in secret will reward you openly.*” (Matthew 6:16-28)

We see that it is an expected part of the life of following Jesus. He does tell us how—not with boasting or bragging to show ourselves, but in humility. Our hearts matter to God.

**What does it really mean to fast?** According to the Oxford Dictionary, fasting means to abstain from food; especially to eat sparingly or not at all or abstain from certain foods in observance of a religious duty or a token of grief.”

Fasting and religious purposes cannot be separated because they are intricately intertwined. The Bible gives us numerous references to individual and corporate fasts. There were even certain days that were designated each year for fasting and prayer. Fasting is a gift that God has given to the church in order to help us persevere in prayer. Fasting draws us closer to God and gives power to our prayers.

### Why fast for Lent? Why fast at all?

The Bible records numerous accounts where people, cities, and nations have turned to God by fasting and praying: Hannah grieved over infertility “wept and did not eat” (1 Samuel 1:7); Anna, who was an elderly widow, saw Jesus in the temple and “served God with fasting and prayer” (Luke 2:37). Saul encountered Jesus on the road to Damascus, “was three days without sight, neither ate or drank.” (Acts 9:9). Cornelius told Peter, “Four days ago I was fasting until this hour...” (Acts 10:30). Most people fast for religious and spiritual reasons, while others choose to fast for health reasons. There are several specific reasons that the Bible tells us to fast.

- To be Christ-like. (Matthew 4:1-17; Luke 4:1-13).
- To obtain spiritual purity. (Isaiah 58:5-7).
- To repent of sins. (See Jonah 3:8; Nehemiah 1:4, 9:1-3; 1 Samuel 14:24).
- To influence God. (2 Samuel 12:16-23).
- To mourn for the dead. (1 Samuel 31:13; 2 Samuel 1:12).



# IF:2022

## IF:2022 Elizabethtown For Women

Come join us with women in the community. First Christian Church march 4 @ 7:30– 9 PM. March 5 1 PM—8 PM. \$30 until Feb 28. It's a 2-day event where women all over the world gather together, get equipped, and discover the next step in their calling:

**to go and make disciples.**

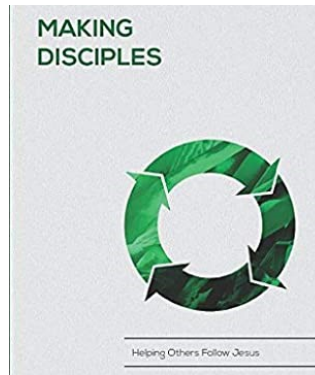
Let's register now. Seats are limited. See Robin Grega

## New Tuesday Evening Bible Study

We'll continue our discussion of Discipleship by studying “Making Disciples: Helping Others Follow Jesus.” This study is published by EVERY NATION resources.

Author **Steve Morrell** is a colleague of Pastor Pam from education at Asbury Seminary. Steve is the cofounder and current president of Every Nation, a global family of churches with a vision to plant churches and campus ministries in every nation. Every Nation has planted churches in over eighty-five countries so far.

Books are available at church and can be mailed out. Please register via email [hopenalc@windstream.net](mailto:hopenalc@windstream.net) or contact Pastor Pam. Tuesday evenings 6:30 PM on **Zoom** or at House of Prayer. Call for login or our Facebook page.



# 56

## Church Anniversary

House of Prayer was officially chartered in February of 1966. We celebrate our heritage of faith these 56 years! We look forward to what God will do with us as we pray and let the Spirit work in and through us.

Pray for House of Prayer all in the body of Christ.



## Mission District Disaster Relief Shed

Our Mission District is building a Disaster Relief Shed! All the congregations of the Heartland MD are tasked with building and stocking the shed. The supplies are ordered and it's about ready to break ground. We will join with the others churches and help build it. Here's a message from the pastor of the host site:

*Update Brothers and Sisters in Christ of the Heartland Mission District, I want to provide you with a status update on NALC Disaster Relief Shed located on the property of Peace Lutheran Church in Connersville, IN. Peace completed improvements to the grounds with the installation of new parking lot lighting, steps and railing, and a concrete shed foundation in preparation for the mission district's work. As of this writing, we are working to lay an electrical line out to the shed's foundation. We have a current ship date of materials and supplies for delivery to Peace on or shortly after March 2nd. As we get closer to what will hopefully be our first construction day in March, a set of directions to the church and the day's schedule will be sent out to each congregation of the mission district to join us in a work day. Peace Lutheran Church will take care of providing lunch for our days together.*

*God's blessings to you all!*

*Rev. Norman E. Dew, pastor @ Peace Lutheran in Connersville, Indiana*

## HoPE Serves

Thanks to Candy Goodman and Joan and Steve Klotz as well as all who cooked meals for the building crew that came from Minnesota and Ohio to work on a house in Bowling Green. We have received many boxes of toys, Bibles, quilts, cleaning supplies, shoes, hygiene kits and more from various parts of the country. The final bunch will go to Madisonville.



## Confirmation

Confirmation picks up Sunday mornings at 9:15 AM sharp. Children's Sunday School meets at the same time.

**What is Lutheran Confirmation Class?** Lutheran confirmation class is a two- or three-year study for sixth through ninth graders (and sometimes adults). Participants study God's Word using Luther's Small Catechism as their guide. Students study and memorize key Bible verses and explanations for major components of the faith:

- Ten Commandments
- the Apostles' Creed
- the Lord's Prayer
- the Sacrament of Holy Baptism
- the Office of the Keys [Matthew 16:19] and Confession
- the Sacrament Holy Communion



This time of study is followed by a public confirmation (profession of faith) and first communion. Following this confirmation, class participants are considered full, adult members of the church.

## Lenten Season

**Ash Wednesday is March 2.** This begins the season of Lent with a service that includes imposition of ashes at 7 PM.

Lent is a time of reflection and soul searching meant to reflect on the sacrifice of Jesus. It has been a time of preparation for Easter since the earliest days of the church and a preparation for Holy Baptism. Lent is observed as 40 days beginning on Ash Wednesday and ending on Maundy Thursday. In the Western Church, Sunday is a day of the Resurrection, therefore we skip Sundays in the calculation of the length of Lent. We use purple in worship suggesting somberness and solemnity.

The forty days of Lent recall the 40 day fast of Jesus in the wilderness after his baptism (Matthew 4:2, Luke 4:1-2) and Moses' 40 day fast on Mount Sinai (Exodus 34:28). It is a time of simplicity and preparation.

### Principal Themes of Lent

- Reflection on the redemption offered in Christ and its cost.
- Penitence with inner reflection
- Preparation for baptism
- Baptismal renewal
- Prayer and fasting as we draw closer to our Lord
- Service to our neighbors
- Confession of sin rooted in the promise of God that comes through the cross of Christ.