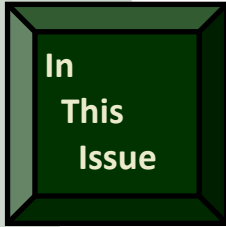




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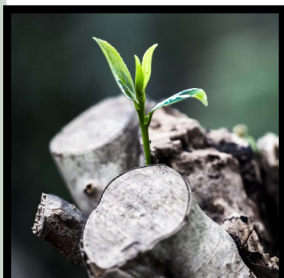
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30 Day Media Fast



Would you be willing to join me on a media fast from now until Easter? I challenged MBC to a media fast during Lent season in 2022 and would like to issue you the challenge once again. Fasting for spiritual purposes can be an expression of grief, penitence, humility before God, pursuit of a deeper experience with God, or to seek an answer from God. It is typically refraining from food for a time. Fasting is mentioned many times in the Old Testament (Ex: Daniel 9:3; Ezra 8:23; Nehemiah 1:4; Esther 4:16). It is a discipline that has been practiced in the church from its beginning. Jesus assumed His followers would fast when He said things like "Whenever you fast" and "when you fast" (Matthew 6:16, 17), and "they will fast in that day" (Mark 2:19).

A more modern practice is a partial fast, which is abstaining from a certain food, drink, or other activity. The idea is to reduce the distraction of food, drink, or an activity, and allow a physical feeling (hunger/denial) to keep a spiritual goal at the forefront of one's thoughts. It also allows the person to take the time they would spend with a particular food, drink, or activity, and spend it with God.

The goal of a media fast is the reduction of anxiety, anger, and stress. It is to increase inner peace, to deepen our relationships with the Lord, and to restore relationships that may have been strained or damaged. The turmoil we see or read about every day in our world has robbed many of us of the joy-filled life we should be experiencing. Media is occupying considerable amounts of time for a lot of us. I don't think I'm exaggerating to say that it has surfaced some things in our, words, actions, feelings, or thoughts, that are not pleasing to the Lord.

Here are the three parts of my suggestion (the same as I suggested 2 years ago): **1) Refrain** - stop watching or listening to media for the fast; **2) Replace** - use that extra time for Bible reading, prayer, meditation, or edifying conversation; **3) Restore** - bring back the habits and relationships that have suffered or fallen by the wayside.

All you need to do is choose the media(s) and degree to which you will **refrain** - it may be certain social, news, or entertainment media, or all of them. Social media, like Facebook, unfortunately can bring out the worst in people, whether in what they read or write. News media, like TV, internet, or talk radio, can also bring out a lot of negativity in us. Entertainment, including TV, video, and gaming, can engulf large amounts of time with nothing to show for our time, or raise our discontent or frustration levels. Before you get defensive, I recognize that some of us use internet or social media for business or education, to stay up on what's happening in our world, or to unwind, without it upsetting. Your challenge will be to limit the extra click on the feed or the extra show that pops up.

Where to start? Start with any media that brings out a negative reaction such as angry words or feelings, or feelings of regret (Ex: for wasting time). The second criteria I would suggest is your ability to do something about what you are taking in. Much of what upsets are things that we cannot do anything about (except get upset). If all that any activity does is get us angry, upset, or depressed, why give it any attention?

Willing to give it a try? Recognize that it will be a spiritual battle you will encounter because your adversary doesn't want you to be free of the things that cause fear, anger, guilt, or division. Bathe in prayer, seek God's help, and don't give up. I am confident you will notice and appreciate the difference this fast will make in you. Will you join me?

For Sanctification,
Pastor Dan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MBC Office Hours: Monday—Thursday 8:00 AM—4:00 PM & Fridays 8:00 AM—Noon</p>						
 <p>3 Worship Services: The Gathering 9:00 am & Café 10:30 am Sunday School & Pipeline—9:00 am Step 4 (s.1)—9:00 am, Library All Church Potluck—Noon No Choir Practice Iglesia Biblica—2:00 pm, S Ignite—4:00-6:00 pm Fusion—6:00-8:00 pm</p>	<p>4 Prayer Meeting—6 pm, LL #102</p>	<p>5 No Primitimers Games & Lunch</p>	<p>6 Sr. Life Group—1 pm, NC Awana: Trek/Journey—5:30 pm Cubbies-T&T—6:15 pm Women's Study—6:15 pm, LL #106</p>	<p>7 Moms & Girls' Study 10 am- Noon, LL #106 Iglesia Biblica Prayer Meeting—6 pm, NC MBC Worship Practice—7:00 pm, S</p>	<p>8 Homeschool Co-op—8:45 am-3:30 pm, LL Iglesia Biblica Worship Practice—5:30 pm, S</p>	<p>2 Men's Breakfast—8-10 am, NC/K Iglesia Biblica Vigil—7 pm—Midnight</p>
 <p>10 Daylight Saving Time Begins Worship Services: The Gathering 9:00 am & Café 10:30 am Sunday School & Pipeline—9:00 am Step 4 (s.2)—9:00 am, Library Choir Practice—Noon-1 pm, LL #106 Iglesia Biblica—2:00 pm, S Ignite—4:00-6:00 pm Fusion—6:00-8:00 pm</p>	<p>11 Prayer Meeting—6 pm, LL #102 Elder Board Meeting—6 pm, LL #106 Deacon Board Meeting—6 pm, NC</p>	<p>12 Missions Ministry Meeting—5:00 pm, LL #102 Choir Practice— 7 pm-9:00 pm, LL #106</p>	<p>13 Sr. Life Group—1 pm, NC Awana: Trek/Journey—5:30 pm Cubbies-T&T—6:15 pm Women's Study—6:10 pm, LL #106</p>	<p>14 Moms & Girls' Study—10 am-Noon, LL #106 Iglesia Biblica Prayer Meeting—6 pm, NC MBC Worship Practice—7:00 pm, S</p>	<p>15 Homeschool Co-op—8:45 am-3:30 pm, LL Primitimers Pizza Hut Lunch— 11:30 am Awana Boys Overnight begins— 6 pm, All Church</p>	<p>16 Awana Boys Overnight ends—9 am Iglesia Biblica Worship Practice—5:30 pm, S Iglesia Biblica Youth Group—6-7:30 pm, NC</p>
<p>17 Worship Services: The Gathering 9:00 am & Café 10:30 am Sunday School & Pipeline—9:00 am Choir Practice—Noon-1 pm, LL #106 Iglesia Biblica—2:00 pm, S Ignite—4:00-6:00 pm Fusion—6:00-8:00 pm</p>	<p>18 Prayer Meeting—6 pm, LL #102</p>	<p>19 Choir Practice— 7 pm-8:30 pm, LL #106</p>	<p>20 Sr. Life Group—1 pm, NC Awana: Trek/Journey—5:30 pm Cubbies-T&T—6:15 pm Women's Study—6:10 pm, LL #106</p>	<p>21 Moms & Girls' Study—10 am-Noon, LL #106 Iglesia Biblica Prayer Meeting—6 pm, NC MBC Worship Practice—6:30 pm, S</p>	<p>22 Homeschool Co-op—8:45 am-3:30 pm, LL Iglesia Biblica Worship Practice—5:30 pm, S</p>	<p>23 Celebration of Life for LuAnn Meier: Visitation 10 am Service 11 am Private family Lunch following service Iglesia Biblica Youth Group—6-7:30 pm, NC</p>
 <p>24 Worship Services: The Gathering 9:00 am & Café 10:30 am Sunday School & Pipeline—9:00 am Choir Practice—Noon-1 pm, LL #106 Iglesia Biblica—2:00 pm, S Ignite—4:00-6:00 pm Fusion—6:00-8:00 pm</p>	<p>25 Prayer Meeting—6 pm, LL #102</p>	<p>26</p>	<p>27 Sr. Life Group—1 pm, NC No Awana No Women's Study</p>	<p>28 Moms & Girls' Study—10 am-Noon, LL #106 Iglesia Biblica Prayer Meeting—6 pm, NC MBC Choir & Worship Practice—7-9 pm, S</p>	<p>29 Good Friday Service—7 pm, 18 & 8th</p> 	<p>30 Iglesia Biblica Youth Group—6-7:30 pm, NC</p>
 <p>31 Easter Sunday He Is Risen! The Gathering 9:00 am & Café 10:30 am No Sunday School, Pipeline, Ignite, or Fusion</p>						



Newsletter—March 2024



HAPPY BIRTHDAY!

1 Harper Polhill
 3 Jake Hunsberger
 5 Ruth Joy Tuttle
 7 Carol Botteron
 9 John Jordan
 Roger Krauss
 Mike Newberg
 Joshua Skoumal
 12 Gabrielle Gruber
 Oliver Kuenzi

13 Kadin Paske
 Duane Zimmerman
 14 Karena Figi
 16 Rylan Kelley
 20 Connie Henderson
 23 Heidi Rische
 Luca Wilcox
 24 Dorothy Jensen
 Cora Polhill
 25 Marissa Hurlbert
 Mary Kubly

26 Regan Bartelt
 Erik Haworth
 Craig Signer
 27 Natalie Reed
 Austin Zettle
 28 Libby Thoman
 29 Dale Klitzke
 30 Eloise Ackerman
 Joan Coppes
 Amanda Ohlrich



HAPPY ANNIVERSARY

6 Doug & Nancy Larson
 8 Ron & Sharon Kubly
 11 Joe & Libby Thoman
 20 Montana & Connie Henderson
 23 Adam & Grace Anderson
 Ray & Pauline Wyss
 24 Jim & Deb Hurlbert



Pizza Hut Lunch:
Friday, March 15th
 11:30 AM at Monroe Pizza Hut
 Contact Carol Hasselmann
 with questions at 815-505-3324

**(No Tuesday Games &
 Lunch this month)**

Commissioning Service & All-Church Potluck

We'll be commissioning Pastor Kevin Clark and welcoming their family to our church body **Sunday, March 3rd**. Jon Payne will be joining us from the EFCA district office. There will be an all-church potluck following the 2nd service in the Nehemiah Center at Noon.

- ◆ Each family should bring a main dish to share.
- ◆ Families with the last name beginning A – M should also bring a salad
- ◆ Families with the last name beginning N – Z should also bring a dessert



Newsletter—March 2024



I went to the No Regrets Men's Conference on February 3rd. Men, I encourage you to get the free app on your phone and listen to the messages. There is much great material to listen to.

Prayer was the topic in a few of the sessions. We hear God's voice through prayer. If you feel powerless in your life, it could be due to prayerlessness. God wants to hear from you.

Believers need other believers to help them through their life. David had a man called Nathan who helped David be accountable. Who is your Nathan? Being in a Life Group is a great way to help you in your walk with the Lord.

Reading God's Word is important as well as prayer. God's Word has power. Make reading God's Word daily a priority.

Prayer is a gift from God. When you pray, have reverence and honor for God. Pray asking for God's will, not your own will. Make sure there is no unconfessed sin in your life, which will hinder your prayers. Express your love for God, especially for sending Jesus to take the penalty for our sin.

On Valentine's Day we express our love to our spouse and relatives and friends. We can express our love to God regularly as well. Make prayer a priority in your life.

If you need a copy of the prayer list or the list of missionaries MBC supports, please see me.
Dan Keen, Prayer Ministry Leader



The Guatemala 2024 short-term mission trip has a record 22 applicants! Praise God for such an outstanding number who have responded to God's call to serve Him. Oscar Chiquito is pleased to have such a good number coming from MBC to help get the Retreat and Training Center closer to completion. He has the goal of finishing the first level by the end of July so, although we don't know yet exactly what the team may be doing, it could involve paintbrushes rather than hammers this year! Stay tuned for updates each month as planning continues for the trip.

The Missions Ministry is very excited to announce that on Sunday, July 21st one of our missionary families will be visiting us here at MBC. We support this family, but most have not met them yet, so please put this date on your calendar before other summer activities fill up your schedule. We will have a potluck after second service and hear about their unique work for the Lord in a faraway land. If you enjoyed our missionary visit last year, you won't want to miss this opportunity to hear the story of another of the families supported by MBC.

Another date to put on your calendar is May 11th when once again we will host Kids Around The World for a OneMeal Food Packing event at 18 & 8th. We will pack 30,000 meals in one morning and have fun as we do it! It is a great activity for families to do together and a good way to meet new people as we work assembly-line style scooping ingredients, sealing, labeling, and packing nutritious meals for distribution to the poor around the world. There is music, friendly competition, and last time even a big gong for kids to ring when each goal is reached! Watch for more details as we get closer to the event, but don't forget to save the morning on your calendar now.

One of our missionaries in Eastern Europe is in critical need of a new vehicle. We will designate the offering collected following the next Lord's Table on Sunday, April 7th towards the purchase of a vehicle for this missionary. Our goal is to raise \$8,000. All donations are appreciated!

Crystal Zimmerman, Missions Ministry Leader



Newsletter—March 2024



HE IS RISEN!

Easter Services are at
MBC at 9:00 & 10:30 AM
Sunday, March 31st.
Invite your family and
friends to join us!

**Community Good Friday
Service** on March 29th
at 7:00 PM at 18 & 8th
(1802 8th St.)

Next Steps at MBC

Next Steps are ways to learn more about and become involved at Monroe Bible Church. Sign up for all Next Steps classes on our website, contact the office, or use the Chromebook at the Welcome Center.

Next Steps-Step 4 (2 s.) "Our Equipping"
Sunday, March 3rd & 10th at 9:00 AM
in the upper level Library. Learn about spiritual gifts, how God has gifted you, and serving together in the church.

Pipeline

Starting March 17th we will be going through a DVD series entitled "Shepherding a Child's Heart" by Tedd Tripp. Here is a description:

Many parenting books are based on hit-or-miss theories steeped in secular thinking. This series will draw from Pastor Tripp's seasoned experience as a father and from God's Holy Word. Grounded in the Bible's divine plan for parenting, this guide defines your goals as a parent and provides the Scriptural methods for accomplishing them.

Books will be available.
Contact Bernie or Beth Roidt with questions

AWANA Boys' T & T Overnight

Church lock-in
all church in use.

Beginning Friday, March 15th
at 6:00 PM and
ending Saturday, March 16th
at 9:00 AM.

Contact Jason Elgin with questions.
Permission slips are required!



MEN'S Breakfast



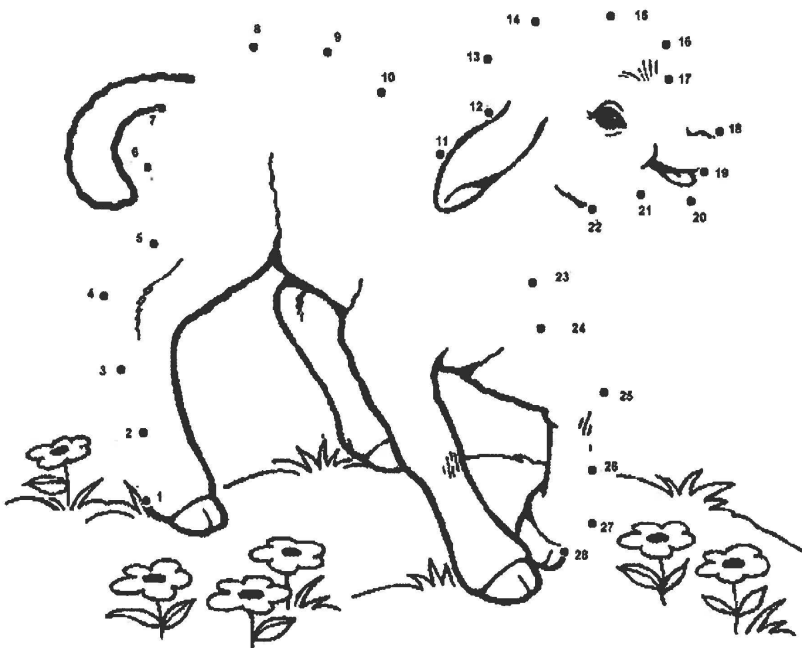
Saturday, March 2nd
8:00-10:00 AM

Women's Brunch
Saturday, March 9th
10:00 AM-1:00 PM



Newsletter—March 2024

Connect the dots to complete the picture



My sheep listen to my voice; I know them, and they follow me.

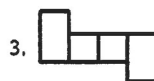
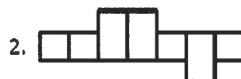
John 10:27

The Triumphal Entry

"Blessed is the king who comes in the name of the Lord!" "Peace in heaven and glory in the highest!"
Luke 19:38 (NIV)



Enter the correct words in the boxes based on the shape of the letters.



village	untie	praise	voices
colt	miracles	loud	king

Easter Sunrise Surprise

He is not here; he has risen! Luke 24:6a (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
B	M	W	Q	O	I	U	A	D	Z	S	K	R	X	G	C	Y	E	H	J	V	L	P	F	T	N

- 22-6-21-6-26-15 _____
- 3-5-2-18-26 _____
- 25-5-2-1 _____
- 13-8-6-11-18-9 _____
- 11-25-5-26-18 _____
- 16-13-7-16-6-24-6-18-9 _____
- 8-3-8-17 _____
- 13-5-22-22-18-9 _____

women	stone	away	crucified
tomb	rolled	living	raised

Easter Sunrise Surprise

He is not here; he has risen! Luke 24:6a (NIV)

Fill in the blanks. Answers are found in Luke 24:1-12 (NIV)



- The women went to the _____ on the first day of the week. (vs. 1)
A. tomb B. crucified C. risen D. body
- It was very early in the _____. (vs. 1)
A. living B. stone C. morning D. risen
- They found the _____ rolled away from the tomb. (vs. 2)
A. crucified B. body C. stone D. morning
- They did not find the _____ of Jesus. (vs. 3)
A. stone B. tomb C. risen D. body
- "Why do you look for the _____ among the dead?" (vs. 5)
A. believe B. crucified C. living D. morning
- Jesus had told them he would be _____. (vs. 7)
A. risen B. living C. stone D. crucified
- "He is not here, he has _____." (vs. 6)
A. risen B. body C. believe D. living
- Some people did not _____ what the women told them. (vs. 11)
A. crucified B. stone C. living D. believe