



Here is an article written by  
Assoc. Pastor Chris Murphy

## Prayer & Fasting

*"But as for me, when they were sick, my clothing was sackcloth; I humbled myself with fasting; and my prayer would return to my own heart." - Psalm 35:13 (NKJV)*

There is no greater method of yielding and submission to God than prayer and fasting. There is also no greater weapon in our spiritual warfare arsenal. Satan has absolutely no defense against a saint who has chosen to engage in spiritual warfare through fasting and prayer. I believe this is why these two components are not widely taught or practiced in most churches.

Satan knows the power of a humbled and yielded saint. He knows his lies are exposed when we are 100% yielded to God. He knows his roars fall on deaf ears and his fiery darts are extinguished when we truly submit ourselves to God. Prayer and fasting puts us in the perfect position for God to demonstrate why our weakness makes Him stronger.

Like John the Baptist said, we must decrease so that He can increase within us. So long as our souls (our mind, our will, and our emotions) are calling the shots, we enter into the battlefield naked and weaponless. Leaning upon our own understanding is a big no-no in God's kingdom and yet we all do it on a regular basis. As the verse quoted above states, fasting produces humility and that is exactly what God is looking for in His people

*(Isaiah 57:15; Matthew 18:4; Matthew 23:12; James 4:6, 10; 1 Peter 5:6).*



I'll repeat, there is no greater method of yielding and submission to God than prayer and fasting. So many of God's people are looking

for Him to promote them in His kingdom. However, God isn't looking at our Church attendance records or our ministry resumes. He's looking for people who are in the position for promotion.

That position is on our face in all humility and submission to His Word, His will, and His ways. Nothing brings us to that promotion

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### Personal Message



### Psalm 40:1-2 (NLT)

1 I waited patiently for the Lord to help me, and he turned to me and heard my cry.

2 He lifted me out of the pit of despair, out of the mud and the mire.

He set my feet on solid ground and steadied me as I walked along.

### Ministry Quick Links

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position faster than fasting AND prayer.  
Why else do you think it's called "fasting"?  
Want to know more? Join us next Sunday at 9:00 am in Kidztown.



## ELIJAH RISING

At this month's The Arbor event we will have Elijah Rising as a guest speaker. Some of you may not know who they are or what they do so I wanted to share a little about them. I have included some history of them from their website but I encourage you to look them up and become aware of how prevalent human trafficking is in Houston and how you can help.

### **The history of our headquarters**

In Galleria West, one of the most sexualized districts of Houston, our headquarters building stands as a beacon of light. 5818 Southwest Freeway is a building that once housed an Asian brothel called Angela Day Spa.

Angela Day Spa was an original stop on our Van Tours, and we had followed its activities for many years. After intervening with the property owner in 2013, signed a lease on the property and watched as the traffickers were evicted.

Injustice thrives in the darkness. We aim to drive the reality of sex trafficking and sexual exploitation into the conscience of our society through van tours and our Museum of Modern-Day Slavery, a 1,000 square foot exhibit that combines information and artifacts to tell the story of sex trafficking in our city.



Elijah Rising fights sex trafficking by training people to reach men and women trapped in sexual exploitation. We host open interventions twice a month, and offer training to anyone wanting to get involved with hands on intervention.

When women are freed from sex trafficking, many of them need a family and a home. Kendleton Farms is an 84-acre community for adult female survivors and their children. Kendleton Farms has access to counseling, equine therapy, organic gardens, a family environment, and an opportunity for reliable income

Injustice thrives in the shadows. We seek to lift the veil of secrecy and drive this issue into the consciousness of our city.



HELLO SUMMER!!

Summer Camps for the youth and pre-teens are getting close.

Xplode Youth Fuge Camp Presents

**"THE CONVERGENCE:**

two paths, choose one"

Glorietta, New Mexico

July 9th - 15th

Registration Fee: \$450

Junior High and High School aged kids

Contact: Jennifer or Jaime Ramirez for more details at

[jramirez@cypressfellowship.org](mailto:jramirez@cypressfellowship.org)

CF Kidz Pre-teen Camp at Camp Tejas

**"WRESTLE:**

Pinning answers to hard questions"

Giddings, Texas

July 15th - 17th

Registration Fee: \$280

Elementary school aged kids

Contact: Lisa Soliz for more details at

[lsoliz@cypressfellowship.org](mailto:lsoliz@cypressfellowship.org)

**Upcoming Events**

R.E.A.L Women's  
Supper Club  
Friday, June 16th  
7:00 PM @ McAlisters  
(Hwy 290/Spring Cypress Rd)

Titus Women  
A group for any women  
interested in growing in Christ  
and mentoring others  
Saturday, June 3rd  
10 AM @ CF

Wingman's Breakfast  
Saturday, June 3rd  
Beginning at 8:00 AM  
@ Luby's

Wingman Meeting  
Thursday, June 15th  
7 PM @ CF  
Contact: Orrell Chatmon  
cfmen@cypressfellowship.org

CF Grounds & Maintenance Day  
Saturday, June 3rd  
10:30 @CF

The Arbor:  
A Gathering of Cypress Women  
Saturday, June 24th  
6:00 PM @ CF

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