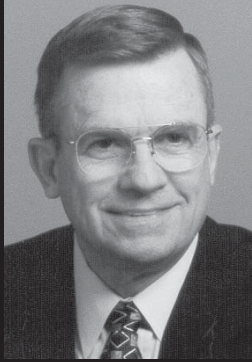




#8329 National Capital Area
United Way &
Combined Federal Campaign

Glad Tithings

"Moreover it is required of stewards that they be found trustworthy." (1 Cor. 4:2)



Ken Smith, Director

Ken Smith's Principles in Practice

Extended Fasting

More than 20 years ago, the Lord led me through a systematic approach to fasting, including extended fasts and two 40-day fasts. In the Sermon on the Mount, Jesus makes the assumption that His audience would fast. Later in the Gospel of Matthew, He indicates that although his disciples did not currently fast, the time would come when they would—presumably after He left them.

Fasts may be absolute—abstaining from all food and liquid; normal—abstaining from all food and drinking only water; or partial—abstaining from food but drinking fruit juices and other fluids. An extended fast may last for up to 40 days. Bill Bright, founder of Campus Crusade who graduated to glory last year, advocated that Christians undertake a 40-day fast each year.

Why fast?

Fasting is a powerful spiritual tool. The primary reason for fasting is obedience to God. If you believe He is calling you to fast, then

you need to respond. If you are just looking for a spiritual experience, don't bother. Fasting can make a real difference in your spiritual journey—if you are going without food in obedience to God. In fact, if God is leading you to fast and you don't, that's sin—conscious disobedience to God.

If you are considering an extended fast and you have little experience with fasting, you will probably want to work up to it, beginning with shorter fasts. Starting with a three-day fast, it took me three and one-half years to work up to my first 40-day fast.

How should you prepare for an extended fast?

First, obtain a physical examination if you haven't had one recently. This will provide you and your doctor with a baseline against which to compare things if you develop concerns during the fast. You may have difficulty in convincing a doctor that it's okay for you to engage in an extended fast, but if

(continued on page 2)

CSM Spring Specials

March brings two special opportunities for friends of CSM. First, on March 13, we are holding a special **half-day Life Management Seminar** at Christ Chapel in Woodbridge, Virginia. Ken Smith and Pastor Rob Seagars will teach this special session. Advance registration is \$10 per person or \$15 at the door. Clergy and full-time Christian workers attend free. This is a great chance to deal with specific time management issues. Attendees will learn how to: get enough sleep, overcome procrastination, avoid overcommitment and break the pattern of chronic tardiness.

On March 25, all of our readers are invited to join CSM for our **11th annual fund-raising banquet and 2nd annual silent auction**. Mark Earley, president of Prison Fellowship and former Virginia Attorney General, will speak at the banquet. Both events will be held at the Sheraton Premiere Hotel at Tyson's Corner, Virginia, beginning with the silent auction at 4:30 p.m. Admission is free, but tickets are required. See the enclosed invitation for details or call the CSM office at 703-591-5000.

March 13
Half-day Life
Management
Seminar at
Christ Chapel
in Woodbridge,
VA

March 25
CSM Spring
Banquet and
silent auction
at Tysons
Corner, VA



you present your plan in spiritual terms, the resistance will generally dissipate. You may or may not want to have a checkup during the fast. It might be a good idea to get one when you've completed your fast to measure any differences.

If you are a coffee drinker, you may want to continue drinking coffee over the first few days of the fast to avoid headaches that come from abruptly going without caffeine. Or you can ease off coffee several days before you begin your fast. It's important to remember that coffee is a diuretic, which could lead to dehydration during a fast.

What should you do during your fast?

Exercise—You may lose muscle during a fast—aerobic exercises and weight lifting can help prevent loss of strength. If you continue to work out after a fast, you can likely regain whatever muscle you lose.

Water—It's important to drink plenty of water during a fast. You may also wish to add liquid protein and fruit juices to your diet. The more water you drink, the better you will feel and the healthier you will be, but water alone can make life very boring.

Daily routines—Maintain your normal routines—sit with your family during meals, go to lunch with people. There's no need to be secretive about your fast, but no need to make a big deal of it either. Often people will be interested in why you feel called to fast and what the experience is like for you. Taking a multi-vitamin daily during your fast is a good idea.

How long should you fast?

Set your objective as you believe the Lord is calling you to do. But be open to breaking the fast as soon as He says to, regardless of your original goal. For example, you may decide to break an extended fast before you had planned to, for any number of reasons, and especially if you think you are catching a cold or the flu.

When you break your fast, you may want to introduce food cautiously with small portions. Or after you have some experience, you may choose to break your fast with a normal meal. Either approach can work.

What spiritual results should you expect?

You may find that you receive great spiritual insights during an extended fast or you may not. Don't gauge your success at fasting by your feelings but by whether you are doing what you believe God wants you to do. The point is to seek the Lord, and He will provide direction in His own way and time. Nevertheless a good way to attack, or perhaps counterattack, a serious problem or challenge is to include fasting along with prayer. If you have a problem and believe God is prompting you to include fasting as part of the solution, you need to be obedient and trust the solution to Him.

How should you begin?

Few people would want their first experience at fasting to last 40 days. You might want to work up to it, perhaps beginning with a three-day fast. With a month between fasts, you can work up to five-, seven-, ten- or 14-day fasts. Let 40 days be the maximum.

Where can I get more information on fasting?

There are many good books on fasting. Some that are especially helpful include *Shaping History Through Prayer and Fasting* by Derek Prince, *God's Chosen Fast* by Arthur Wallis and *Five Steps to Fasting and Prayer* by Bill Bright. *Celebration of Discipline* by Richard Foster is also very inspiring.

Is fasting right for me?

There appears to be a move of God's Spirit in recent days calling more people to fast for extended periods. If you believe God may be prompting you to fast, be willing to run the risk. It wouldn't hurt to move in the direction you believe God is encouraging you to go rather than to hang back and risk missing something He has in store for you. Whether you begin with a one-day fast or a 40-day fast, just ask Him to direct your steps.

If you begin with a short fast in mind and decide to extend it, that's fine. It's also fine if you plan a long fast but discover on day two that God wants you to break off. The essence of fasting is to seek the Lord and be willing to do whatever He wants you to. He'll take care of the details.

Sign up for Spring LMS Classes

Time for crocuses and spring cleaning. If you're still stuck in the winter doldrums and wondering if you'll ever get organized and get the clutter—both physical and metaphysical—out of your life, get started with one of CSM's upcoming Life Management Study classes—available at a church—or a computer!—near you. Our prescription for a fresh start is to take two hours of class with a trained instructor each week for 13 weeks—and get a fresh perspective on God's plan for your life.

Churches in the Washington area will begin new classes in early April. Registration deadline is April 5! Classes with the Internet LMS begin whenever you sign on. There are daily homework and practical exercises between classes—or sessions on the Internet. Your \$95 registration fee covers the student manual, workbook and a copy of Ken Smith's book *It's About Time!* and trained facilitators. Register at <http://www.csmin.org> or call the CSM office at 703-591-5000 to learn more about classes near you.

CSM is a ministry dedicated to assisting Christian individuals, families, ministries, and Christian-owned businesses to achieve their potential in the area of stewardship. CSM's Board of Reference includes: Ron Blue, president, Ron Blue and Company; Dr. Bill Bright, Campus Crusade for Christ (1921-2003); Larry Burkett, Crown Financial Ministries (1939-2003); Reid Carpenter, president, Pittsburgh Leadership Foundation; Howard Dayton, President, Crown Financial Ministries; Dr. Ted Engstrom, president emeritus, World Vision; Roger Erickson, president, Christian Business Men's Committee International (retired); the Rt. Rev. Alden M. Hathaway, Bishop of Pittsburgh (retired); Dr. Charles Hummell, faculty advisor, Intersarsity Christian Fellowship (retired); the Rt. Rev. David Colin Jones, Suffragan Bishop of Virginia; Dr. Beverly LaHaye, founder/chairman, Concerned Women for America; Rev. Martyn Minns, Rector, Truro Church; and the Rt. Rev. Dr. John Rodgers. The Pastor's Board of Reference includes Rev. James Ahlemann, Rev. Larry Andes, Rev. George Beaven, Rev. Steve Brimmer, Rev. Amos Dodge, Rev. Paul Frey, Rev. Tom Culbronson, Rev. John Guernsey, Rev. James Hamacher, Rev. David Harper, Rev. Tom Herrick, Rev. John Hutchinson, Rev. Bill Roberts, Rev. Dennis Rupert, Rev. Tom Tarrants and Rev. John Yates. Serving on CSM's Board of Directors responsible for day-to-day ministry operation are Frank Lewark, Jack Maier, Rob Seagears and Ken Smith.

Joyful Dividends

My Dear Ken:

I am glad to be on your mailing list and to read from time to time of the ministry and outreach which you and your colleagues have. You are filling a sensitive niche in our evangelical world, and I salute you for the leadership that you provide.

It is interesting to me to know that you are going international with the program and that, of course, is almost boundless. What you represent in the Kingdom is significant, and I praise God for you and the leadership you provide.

Every blessing, your friend in Christ.
Ted W. Engstrom
President Emeritus, World Vision

On the Life Management Study 13-week course...

Great course. Good for anyone trying to get their life more organized! I highly recommend it.

Darcy King, Virginia

On the It's About Time! 6-week small group study...

This book has given me the tools necessary for growth in the management of the resources that God has given to me. It has enabled me to see God more and believe that through Him I can fulfill the visions and dreams He has placed in my spirit.

Haffiz Mohammed, Trinidad, West Indies

Ministry News

Welcome aboard to Amy O'Brien, our 2004 spring banquet and silent auction coordinator.

If you need a little organizational tune-up—or you have friends who'd like to make a start on organizing their lives, our half-day Life Management Study seminar on March 13 at Christ Chapel in Woodbridge might be just the thing. LMS 13-week classes are also beginning throughout the Washington area in early April.

Please be sure to save Thursday, March 25, for CSM's 11th annual banquet and 2nd annual silent auction. Mark Earley, president of Prison Fellowship and former Virginia Attorney General, is our speaker. Details are in the enclosed flyer.

We're excited about the growing international interest in *It's About Time!* In addition to requests from Kenya and Pakistan, we have been contacted by Christians in India to request permission to translate the book into two different languages. Many thanks to Roeder & Associates and Eidson & Bonello for their help in preparing licensing agreements and copyright documents.

CSM's Executive Council—George Beaven, Greg Citizen, Jim Cope, Frank Lewark, Sharon Meisel, Carl Meyer, Bud Roeder, Clint Smith, Ken Smith, Ralph Solberg and Wayde York—are continuing to meet monthly to develop a ten-year plan for the ministry. Ruth Kriz and Ralph Solberg are continuing to lead the team developing the 6th edition of the LMS.

Prayer Corner

PRAISE GOD FOR...

- ◆ Financial stability for CSM during the past year.
- ◆ Amy O'Brien, our silent auction and banquet coordinator.
- ◆ Members of the CSM board of directors, board of reference, executive council and advisory council.
- ◆ Members of the CSM program committee: DJ Chuang, Paula Wilson, Chuck Wadey and Wayde York.

PRAYFOR...

- ◆ Translation of *It's About Time!* into Swahili (Kenya), Urdu (Pakistan), Hindi (India) and Malayalam (India).
- ◆ Publication of *It's About Time!* in Nigeria.
- ◆ Attendance at the March 13 Life Management Seminar and the March 25 banquet and silent auction.
- ◆ Expansion of the Life Management Study beyond the Washington area.
- ◆ Additional churches to incorporate LMS and *It's About Time!* small group studies into their adult education curricula and additional students for both LMS and *It's About Time!* small groups.
- ◆ Continued expansion of the ministry in Peru and throughout South America.
- ◆ Formation of LMS and *It's About Time!* classes in March and April.
- ◆ A volunteer desktop publisher to help produce the 6th edition of the Life Management Study.
- ◆ Identification of a foundation whose purpose matches CSM's goal of helping Christians organize their lives in accordance with Biblical principles.
- ◆ Continued financial stability for the ministry.

CSM Counseling Available

Finding the road less traveled but leading in the right direction may require more than a map. If you'd like personal help finding God's plan and direction for your life, working one-on-one with a trained CSM counselor might be what you need.

You can meet either face-to-face, by phone or through email and learn to put biblical principles into practice and begin to experience God's blessing as you line up your life with His purposes. Take the first step today by calling 703-591-5000 or the CSM toll-free line 1-800-IDL-TIME (435-8463) or email the ministry at counseling@csmin.org.

Special Thanks

Kudos to Lt. Gen. Jeff Oster (USMC retired), for heading our Golf Marathon the past two years. Active in a number of parachurch ministries including Campus Crusade's Military Ministry, he has provided leadership and organizational skills to CSM. We appreciate all the time, talent and energy Jeff has devoted to the ministry.

Roycea Watson: Discovering and Doing God's Will

"It's about putting God first and finding how He would have me reach out to people," Roycea Watson says of her goal as a Christian. Taking the Life Management Study class 18 months ago—and then turning around and leading a class—has helped her move forward in identifying God's plan for her life.

A CSM volunteer, Roycea serves on the Advisory Council and on the committee for the spring banquet and silent auction. She will also be the church coordinator for the Life Management Seminar at Christ Chapel on March 13.

Although she made a profession of faith as a child, Roycea did not begin truly "walking with the Lord" consistently until she and her husband were in Germany where he served with the military. Today, John Wesley's rule of conduct is Roycea's motto: "Do all the good you can by all the means you can in all the ways you can in all the places you can at all the times you can to all the people you can as long as ever you can."

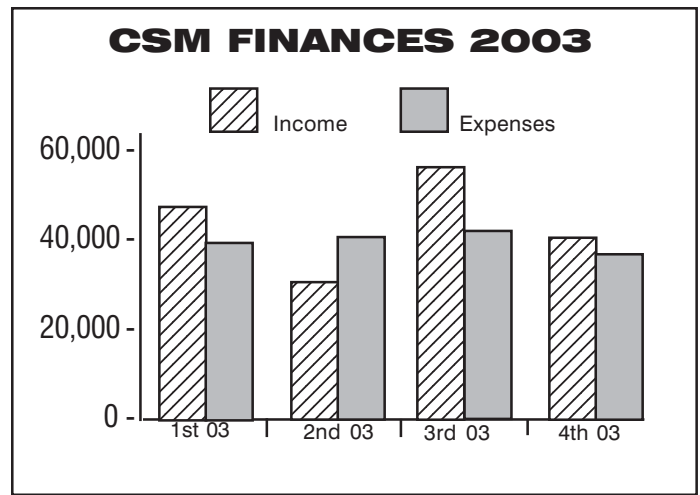
"I know that God's time is not our time," Roycea says. "We must make the most of the time God gives us—doing what He wants us to do, being open for Him to use us in the course of the day. It's about being obedient, being willing to do what God asks."

Roycea and her husband Herbert live in Manassas, Virginia, with their son and daughter. They attend Christ Chapel in Woodbridge, Virginia, where they are facilitating the Alpha program. Roycea also has been involved in children's ministry, a women's Bible study and various outreach efforts.

On Call for You

Visit the CSM website at www.csmin.org 24/7 for helpful information on managing your time and your life. You can also share your comments on *It's About Time!*, sign up for LMS or Internet Life Management Study classes or find information on other ministry activities and opportunities. In addition, the website includes past issues of *Glad Tithings* and information on Christian businesses that support the ministry.

If you'd prefer to speak with someone directly, CSM offers toll-free help during East Coast business hours. Call 1-800-IDL TIME (435-8463) to arrange personal counseling, order publications or obtain additional information. Washington area callers may dial 703-591-5000.



Christian Stewardship Ministries Advisory Council

CSM's Advisory Council is a network of pastors, lay leaders and heads of Christian businesses and ministries who are committed to applying biblical principles of stewardship to their lives. The group meets three times a year to advise the Board of Directors on setting goals and objectives and developing potential resources for CSM. The following individuals are currently serving on the Advisory Council:

Ms. Dawn Barbee	Ms. Jocelyn Hamilton	Mr. John Petty
*Mr. Ron Blue	Maj. Darrell Harris	Mr. Bill Pile
Mr. Ronald Boehme	Ms. Myrna Harris	Ms. Marcia Pokrant
Mr. David Boyd	*Rt. Rev. Alden Hathaway	Ms. Pam Priester
*Dr. William R. Bright (1921-2003)	Ms. Karen Hembree	Mr. Paul Reeves
Mr. Edward Britton	Mr. Chuck Henry	Mr. John Reyle
Mr. Robert "Bugs" Bugnon	Ms. Anne Hoffman	Mr. Mike Riley
*Mr. Larry Burkett (1939-2003)	Mr. Larry Hoffman	*Dr. John Rodgers
Mr. Christopher Call	Mr. Chuck Hughes	Mr. Bud Roeder
*Mr. Reid Carpenter	*Dr. Charles Hummell	Mr. Dick Schwaab
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*Dr. Ted Engstrom	Mr. Tony McGraw	Mr. Ken Smith
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Mr. Bob Fredericks	Mr. Frank McLearen	Mr. Steve Templeton
Mr. Ed Glancy	Ms. Sharon Meisel	Mr. Rob Topping
Ms. Betty Graves	Mr. Carl Meyer	Mr. John Vogt
Dr. Sandra-Joy Gray	*Rev. Martyn Minns	Ms. Roycea Watson
Dr. Joseph Grieco	Mr. Guy Montgomery	Ms. Paula S. Wilson
Mr. Rick Groux	Mr. John Mumford	Ms. Lenora Woods
	Rev. Dick Nielsen	Ms. Kim Yates
	Mr. Roger Penn	Mr. Ron Zabel

Don't see your name? Forgive us and please let us know. * designates members of CSM's Board of Reference

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