

Prayer & Fasting

Why Fast?

- a. Because Jesus assumes you will
- b. More time to spend with God
- c. Helps to focus on God's voice
- d. Helps discern an answer you're seeking
- e. Praying for a spiritual breakthrough
- f. Some types of prayer ministry need it
- g. New seasons of God's favour & work preceded by fasting
- h. To humble ourselves

Types of Fasting:

- a. Day
- b. 21 Day Start of Year
- c. Week
- d. Lent
- e. Other

Take some time now asking God if He would like you to fast. If yes:

When will you start?

What will you be fasting from?

Why will you be doing this fast?
