

WELCOME TO THE 21 DAY FAST:

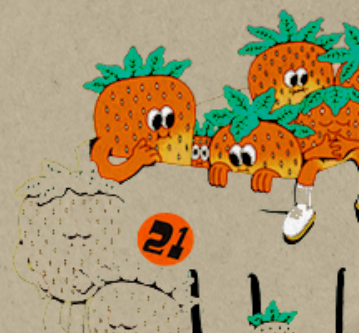
If you're not exactly sure where to start with fasting, or you just need a little bit of guidance you've come to the right place!

WHAT IS FASTING:

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, many people read the Bible, pray, or worship. Fasting is more about what you will gain than what you will give up. What you gain in worship, in reading the Bible, in being intentional with your time, and seeking God will far outweigh anything that you "give up" during a fast. A fast is a time to come away from certain things in order to draw closer to Jesus and your relationship with Him. In the Bible, fasting is almost always accompanied with prayer.

WHY FAST?

1. Fasting and prayer can help us hear from God.
2. Fasting and prayer can reveal our hidden sin.
3. Fasting and prayer can strengthen intimacy with God.
4. Fasting and prayer can teach us to pray with right motives.
5. Fasting and prayer can build our faith.
6. Fasting and prayer can be a catalyst for someone else.
7. Fasting and prayer can lead to spiritual breakthrough.

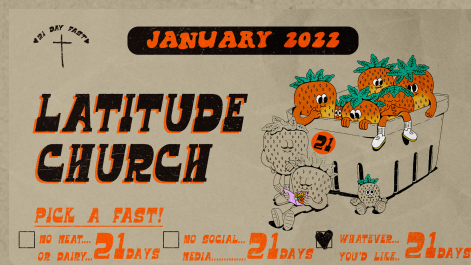


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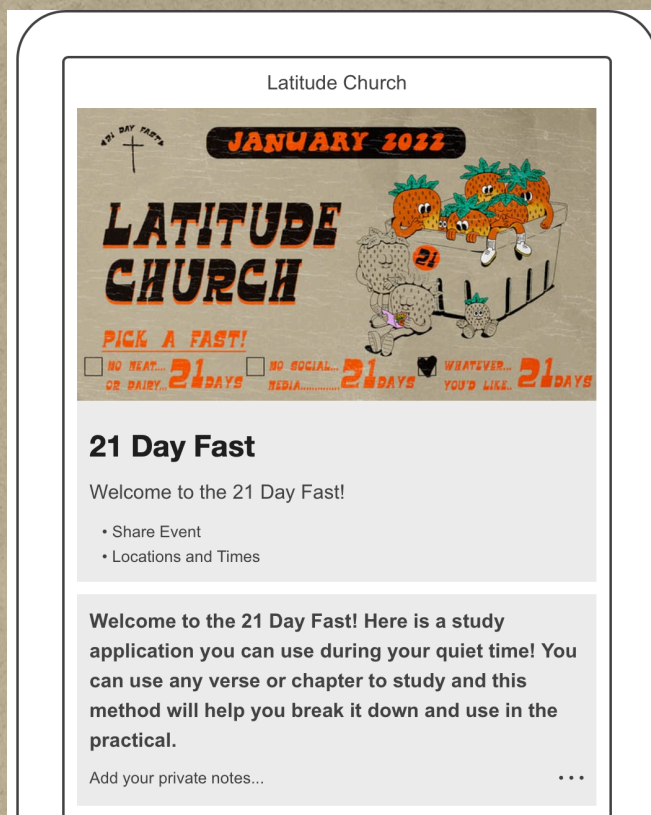
Resources for your 21 Day Fast:

Just click on any of the images below:

Here's an encouraging word from one of our staff:)



This is to help you study!



Playlist:



