

PRAYER AND FASTING

1/1/23

Isaiah 58:6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

What Fasting Does:

- Fasting exposes our heart.
- Fasting expresses our hunger for God Himself.

What Fasting Doesn't Do:

- Fasting does not inspire God to love you.
- Fasting doesn't make God enjoy you anymore.
- Fasting isn't a get rich scheme to holiness.
- We don't fast so that God would forgive us
- Fasting is not a substitute for obedience.

Dangers Of Fasting with Prayer:

Legalism

Be

Spiritual Pride.

Why Should We Fast With Prayer?

2. Prepare Yourself Physically 3. Prepare to brake the Fast

1.	Desiring a	hunger for God.
2.	For	.
3.	For	(for yourself or another)
4.		_ for others.
5.	Overcoming	or bondages.
Pre	pared:	
1.	Prepare Yourself Spiritua	ally

	