

1400 Calories!!



2020 Calories!!!







It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."

Matthew 4.4

*Blessed are those who hunger
and thirst for righteousness, for
they will be filled.*

Matthew 5.6

Fasting...

- *Sharpens our senses*
- *Increases our dependence on the Lord*

*29 He gives strength to the weary
and increases the power of the weak.*

*30 Even youths grow tired and weary,
and young men stumble and fall;*

*31 but those who hope in the Lord
will renew their strength.*

*They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.*

Isaiah 40.29-31

Fasting...

- *Sharpens our senses*
- *Increases our dependence on the Lord*
- *Makes more time available*
- *Increases our hunger for the Lord*

Fasting...a few tips

- *Don't make a show of it*

¹⁶"When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6.16-18

Fasting...a few tips

- *Don't make a show of it*
- *Keep drinking (water)*
- *Don't fast if you are not well*
- *Get others to stand with you*

