

ALL ABOUT

FASTING

WHAT IS IT?



Biblical fasting is defined as choosing to not do something that SUSTAINS us [like food] for spiritual purposes.

WHY DO WE DO IT?

- 1) Fasting reminds us of our dependence on God and asks Him to give us Spiritual strength.
- 2) Fasting asks God to move in powerful ways in our life and in the world around us.

IN THE BIBLE

"When you fast, do not look somber... But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father,...[He], who sees what is done in secret, will reward you." **Matthew 6:16-18**

"There...I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions...So we fasted and petitioned our God about this, and he answered our prayer." **Ezra 8:21-23**



ALSO CHECK OUT: **Isaiah 58:3-7 // Esther 4 // Luke 2:36-38 // 1 Samuel 7:6**

NEXT STEPS



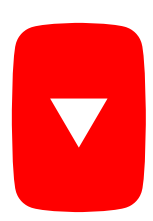
This is an opportunity for you to grow in your faith **together**, and **encourage one another** throughout your fast, because you all know what each other is going through! [even if your reason for fasting is different, which is okay] **As a small group, choose one** of the following ideas:

- Don't eat for ONE meal. Start your day with lunch, or skip lunch and hold out until your after school snack. Or skip dinner and munch at 9 pm
- Don't open your Social Media apps for 30 hours
- Give up video games or streaming shows [including YouTube] for 3 days
- For 4 days this week, give up a little bit of sleep. Wake up 15 minutes early to pray and read a short story about Jesus. Agree on a time, and help one another set alarms and text one another!

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