



FASTING AND PRAYER

Hungry for God

Importance & Benefits:

WHY IS FASTING IMPORTANT AND WHAT ARE ITS BENEFITS?

Importance & Benefits:



JESUS INSTRUCTED HIS DISCIPLES TO FAST.

(Matthew 9:14-15)



Importance & Benefits:



**JESUS TAUGHT THAT FASTING
IS NECESSARY TO OVERCOME
DEMONIC PROBLEMS THAT
CANNOT BE SOLVED BY
HUMAN LOGIC OR SCIENCE.**

(Matthew 17:21 NKJV)

Importance & Benefits:



Jesus used the phrase
"When you fast"
instead of "if you
fast," indicating that
fasting is expected.



**DON'T
QUIT**

Importance & Benefits:



USE THIS OUTLINE INSTEAD



Importance & Benefits:





**FASTING HAS BEEN
SCIENTIFICALLY
PROVEN TO IMPROVE
OVERALL HEALTH.**



**Regular fasting
helps to control and
eliminate sinful
desires.**

Importance & Benefits:





FASTING HELPS DEVELOP SELF-DISCIPLINE

Importance & Benefits:



Fasting allows the human spirit to receive profound experiences and revelations from God.





FASTING BRINGS HUMILITY TO OUR SOUL.

Importance & Benefits:



**Many significant
spiritual
movements have
been born out of
individual or
collective fasting
and prayer.**

Importance & Benefits:





IMPORTANCE & BENEFITS

**DO YOU THINK
YOU'LL GIVE
THIS A TRY?**



save for later

