
A desert landscape featuring a tall saguaro cactus on the left, various green shrubs, and a field of yellow and purple wildflowers in the foreground under a clear blue sky.

AWAKENED TO GRACE

A stylized graphic consisting of a leafy branch above the text and a root system below it, both rendered in white with green outlines.

WEEK 4 • FASTING

A desert landscape featuring a large saguaro cactus on the left, various green shrubs, and a field of yellow and purple wildflowers in the foreground under a clear blue sky.

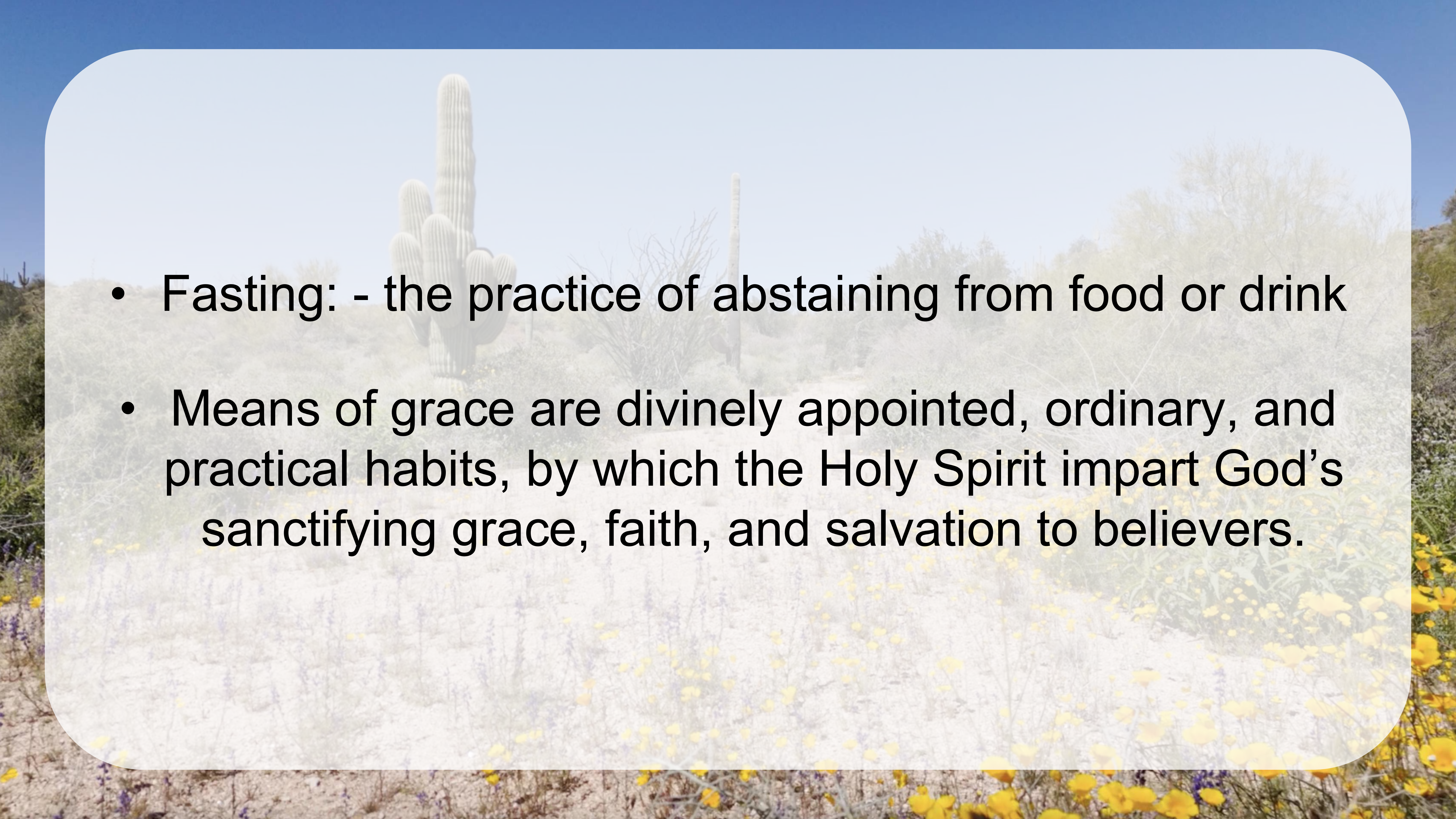
AWAKENED TO GRACE




WEEK 4 • FASTING

A desert landscape featuring a large saguaro cactus on the left, a field of yellow wildflowers in the foreground, and a clear blue sky. The scene is framed by a white border with rounded corners.

Awakened Through Fasting

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- A desert landscape with saguaro cacti and yellow wildflowers under a blue sky. The image is used as a background for a text overlay.
- Fasting: - the practice of abstaining from food or drink
 - Means of grace are divinely appointed, ordinary, and practical habits, by which the Holy Spirit impart God's sanctifying grace, faith, and salvation to believers.

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- A desert landscape featuring a large saguaro cactus in the background, a path leading through yellow wildflowers in the foreground, and a clear blue sky. The scene is overlaid with a semi-transparent white box containing text.
- Christian are awakened in direct ways to their God given roles and promises of faith while at FAST.




Attitude of Fasting

Matthew 6: 16-18

SET YOUR FOCUS

**BE AWARE WITHOUT
ANTICIPATION**





Daniel Fast - partial fast focused on vegetables, fruits, nuts and whole food. No animal protein.

Timed fasting - 6 hours/12 hours/24 hours/40 days

Wesleyan fasting for Lent (and beyond) – Thursday Sundown to Friday Sundown.



SOME BENEFITS OF FASTING

- 1. FOCUSING FAITH**
- 2. HOLY SPIRIT LEADING**
- 3. SHOW SOLIDARITY**
- 4. SPIRITUAL
BREAKTHROUGHS**



FASTING FUELS FAITH!

