



# AWAKENED TO GRACE

WEEK 4 • FASTING



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# Awakened Through Fasting

- 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.

- 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**

A landscape photograph featuring a large, semi-transparent white circle centered in the frame. The circle contains the text "FASTING FUELS FAITH!". The background consists of a dry, scrubby hillside with sparse green vegetation and patches of yellow wildflowers. The overall composition is a blend of nature and a spiritual message.

**FASTING FUELS FAITH!**

