

# **Fasting Encouragement MDWK**

## **Joel 2:12-13**

## **Romans 12:1-2**

Fasting is a way to conquer the physical and open the door to the supernatural in your life.

We fast because, in Matthew 6, Jesus said, “When you give,” “when you pray,” “when you fast”.

When you fast, you’ll begin to draw closer to God, and God will begin to draw closer to you.

Fasting Opens Our Spiritual Eyes (**Genesis 21:14-19**)