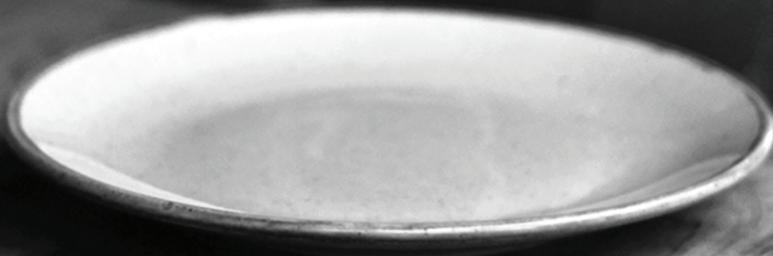




FAST FOR IT



S E R M O N G U I D E

No Limits with Pastor Delman

Fast For It

Nehemiah 1:1-4

QUESTIONS TO CONSIDER

1. Have you ever fasted before? If so, what did you learn, or how did you grow as a result of that fast?
2. If you've never fasted before, what are your hesitations when it comes to fasting?
3. Do you have a burden and a sense of compassion for what's going on around you? How often do you pray about these things that are burdening you?
