

Covenant Church Outline - November 30, 2025

Key to answered prayer: Fasting

What is Biblical Fasting?

Voluntarily abstaining from eating food to focus our thoughts on God in prayer.

Three reasons to fast:

- 1. Subdue our flesh**
- 2. Prepare for prayer**
- 3. Humble ourselves in confession & repentance**

Bonus Reason: To seek the presence & person of Jesus