

NOTES

SAVE ROOM

PASTOR MARK WHITE

Fasting is abstaining from FOOD for measured periods of time in order to heighten our hunger for the things of God.

How does my hunger for FOOD compare to my hunger for GOD?
(Matthew 5:6)

Do you save room for GOD?
(John 4:1-8; 31-34)

Do we hunger for the same things that JESUS hungers for?
(John 4:35)

Fasting is less of a How To issue and more of a HEART issue.

Fasting empties you - but it doesn't LEAVE you that way.
(Zechariah 7:5; Psalm 84:10-11)

Let's all pray and fast TOGETHER.

Sermons and the notes are available on the Keystone Fellowship App.

KEYSTONE EXISTS TO CONNECT WITH PEOPLE, LEAD THEM INTO A REAL AND MEANINGFUL RELATIONSHIP WITH JESUS CHRIST, AND EQUIP THEM FOR LIFE & SERVICE.