

21-Day Corporate Fast

DAY 3 - EPHESIANS 4:22-24

22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.

23 Instead, let the Spirit renew your thoughts and attitudes.

24 Put on your new nature, created to be like God—truly righteous and holy.

The fast is one of the tools in God's Arsenal that He uses to help us to deal with this thing called self or this thing called the flesh!