

DAY 12 – IMPACT ENHANCEMENT



FASTING

- **Scripture: Matthew 6:17–18 (KJV) But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.**
- **Impact Focus: Fasting trains discipline and sensitivity**
- **Declaration: My spirit is strengthened. My appetite is submitted**
- **Impact Action: Replace a craving moment with prayer**