

STREAMS IN THE  
**WASTELAND**

**WHY SHOULD YOU,  
AS A FOLLOWER OF  
JESUS, FAST?**

**- Pastor Jarod Smith**

**WHAT DOES THE  
BIBLE HAVE TO SAY  
ABOUT “FAST” FOOD  
AND THE BENEFITS  
FROM IT?**

**- Pastor Jarod Smith**

**AN INTERMITTENT  
DAILY FAST  
TEMPORARILY  
DEPRIVES YOUR  
FLESH AND  
SUPERNATURALLY  
REVIVES YOUR  
SPIRIT**

**- Pastor Jarod Smith**

**REGULAR  
INTERMITTENT  
FASTING PROMOTES  
WILL POWER OVER  
MEAL POWER**

**- Pastor Jarod Smith**

**FASTING PART OF  
YOUR DAY MAKES  
YOU MORE READY  
AND AVAILABLE  
FOR DIVINE  
APPOINTMENTS  
WITH OTHERS**

**- Pastor Jarod Smith**

**THE ONLY WAY TO  
FAST FOOD IS TO  
FEED ON THE WORD  
OTHERWISE YOU'RE  
JUST STARVING  
YOURSELF TWICE**

**- Pastor Jarod Smith**

**SPIRITUAL  
AUTHORITY FLOWS  
FROM SPIRITUAL  
ALIGNMENT**

**- Pastor Jarod Smith**

**YOU HAVE TO FAST  
THE FLESH TO GET  
ALIGNMENT WITH  
THE SPIRIT**

**- Pastor Jarod Smith**

**FASTING REGULARLY  
REVEALS THE  
QUALITY OF THE  
FRUIT**

**- Pastor Jarod Smith**

**A BIBLICAL FAST IS  
FUNDAMENTALLY A  
FOOD AND  
ALCOHOL FAST**

**- Pastor Jarod Smith**

**FASTING IS A  
DECLARATION OF  
WAR AGAINST “THE  
GODS” OF YOUR  
STOMACH**

**- Pastor Jarod Smith**

**FASTING PROMOTES  
A LIFESTYLE OF  
SELF-CONTROL AND  
UNDERSTANDING**

**- Pastor Jarod Smith**

**GIVE UP SOMETHING  
YOU CAN LIVE  
WITHOUT FOR THE  
ONE YOU CAN'T  
LIVE WITHOUT**

**- Pastor Jarod Smith**

**FASTING AT THE  
FIRST OF THE YEAR  
SETS THE RHYTHM  
FOR THE REST OF  
THE YEAR**

**- Pastor Jarod Smith**