

# CALVARY LIFE BROOKLYN

## Practical Ways to FOLLOW Jesus and GROW Spiritually

**Matthew 6:16-18**; When you *FAST* (v. 16)...

**WORDS:** Fast: to abstain as a religious exercise from food and drink

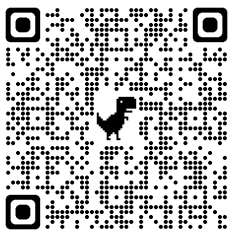
**SCRIPTURES about Fasting** - Leviticus 23:26-27 - Deuteronomy 9:9-18 - Exodus 34:28 - 1 Samuel 7:5-6 - 1 Kings 19:8 - Esther 4:16 - Ezra 8:21-23 - Matthew 4:1-11 - Acts 13:1-3

### **THE PRACTICE OF FASTING: TO TURN YOUR FOCUS ON GOD**

- 1) **ADORATION** - *Worship - Spend MORE time with Jesus*
- 2) **CONFESSION** - *Repentance - Turn away from sin and Turn toward God*
- 3) **THANKSGIVING** - *Thanking God for His Faithfulness and Grace no matter the outcome.*
- 4) **SUPPLICATION** - *Interceding for others*

***If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. — 2 Chronicles 7:14***

**Get Started** - Prepare Spiritually/Physically - 1) Why am I fasting? 2) How long am I fasting? 3) What sin(s) do I need to confess? 4) Create a Schedule: Use the time focusing on Jesus; Bible, Worship, Prayer. 5) Break fast gradually (Depending on length of fast).



PRAYER STARTER KIT



FASTING STARTER KIT