



RESET



PRAY. FAST. LOVE.

SETTING ASIDE THE **PHYSICAL** IN
ORDER TO GAIN SOMETHING
MORE **IMPORTANT** IN THE
SPIRITUAL IS A RESET BUTTON

And **when** you **fast**, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get.

Matthew 6:16

**JESUS EXPECTS ME TO FAST SO
THAT I CAN RESET WITH HIM**

FASTING

Deliberate abstinence from some form of **physical** gratification for a period of time to achieve a **spiritual** goal

And **when** you fast, don't make it obvious, as the hypocrites do, for they **try to look** miserable and disheveled **so people will admire them** for their fasting. I tell you the truth, that is the only reward they will ever get.

Matthew 6:16

FASTING HUMBLES ME
BEFORE GOD

“We have fasted before you!” they say. “Why aren’t you **impressed? We have been very hard on ourselves, and you don’t even notice it!”**

Isaiah 58:3

**“I will tell you why!” I respond. “It’s
because you are fasting
to please yourselves.”**

Isaiah 58:3

But **when** you fast, put oil on your head and wash your face, so that it **will not be obvious** to others that you are fasting, but **only to your Father**, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6:17-18

**FASTING FOCUSES
ME ON GOD**

But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6:17-18

FASTING BRINGS RESULTS

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