

1

Fasting can
change the
course of a
nation.

-There is a time where fasting is not a choice, but it is necessary. This is why we have been instituting fasts at the beginning of the year, and now before the election.

Jonah 3:3-10

when
fasting
is not a
choice



2

Fasting
activates your
destiny.

-Some are wondering what they are called to do or what is next. Fasting is a great way to hear the Lord.

-Moses spent 40 days with God twice, and was sustained by God's presence.

Acts 13:1-3

when
fasting
is not a
choice



3

Fasting is
never in vain.

-Jesus fasted, so if it's good enough for Him, it's good enough for me. He also taught us to fast and how to do it in Matthew 6.

-When we fast, our body doesn't like it. And you may want to give up, but remember, we are in a marathon not a sprint. It is never in vain, and God will use it to do things inside of you that He will use in the future.

1 Corinthians 15:58,
1 Timothy 2:1-4

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