

WHY WE FAST

FASTING IS A POSTURE OF WHOLE-HEARTED COMMITMENT IN WHICH SOMETHING AS FUNDAMENTAL AS FOOD COMES SECOND TO GOD.

FASTING IS AN ACT OF HUMILITY THAT REMINDS US OF OUR DEPENDENCE ON GOD.

WHEN WE FAST WE SHOULD FEEL IT. THE DISCOMFORT AND HUNGER REMINDS US OF OUR NEED FOR GOD.

Hi God...



HOW TO FAST AND PRAY

*****YOU CAN FAST FROM A MEAL, SOLID FOODS OR EVERYTHING BUT WATER*****
*****CHILDREN CAN ABSTAIN FROM SWEETS OR CERTAIN FOODS THAT THEY ENJOY*****

REVIVAL - PRAY FOR GOD TO REVEAL WHAT NEEDS TO BE REVIVED IN YOU AND IN THE LIFE OF SOMEONE ELSE
UNITY - PRAY FOR GOD TO REVEAL A CHANGE YOU NEED TO MAKE TO HEAL A BROKEN RELATIONSHIP
AND AN AREA OF DISUNITY FOR YOU TO CIRCLE

JOIN US IN PRAYER FOR 24HRS AT [RIDGEPOINTFF.ORG](https://ridgepointff.org) - SIGN UP FOR A 15 MINUTE TIME SLOT

“SO WE FASTED AND PETITIONED OUR GOD ABOUT THIS, AND HE ANSWERED OUR PRAYER.” - EZRA 8:23