

# MEETING LIFE'S CHALLENGES THROUGH PRAYER AND FASTING



**FASTING???**



**WHAT'S THAT?!!!!**

Let's ENLARGE on it!

**FASTING:** To not eat for a certain period of time as a way of letting God know we are serious about our prayers.



1. IN OUR TEXT (MATTHEW 6: 5-8) TAKEN FROM THE SERMON ON THE MOUNT, JESUS GAVE US THE "SECRET" TO PRAYER AND FASTING.

WHAT IS THE "SECRET"? \_\_\_\_\_

Lord, help me as I pray and fast.

2. VERSE 8 SAYS GOD KNOWS WHAT WE NEED BEFORE WE ASK HIM.

WHY DO YOU THINK JESUS TELLS US TO PRAY AND FAST? \_\_\_\_\_



3. WHAT DO YOU THINK JESUS MEANT IN VERSE 7 WHEN HE SAID NOT TO USE "VAIN REPETITIONS"?

THOUGHT PROVOKER: FASTING MEANS GOD WILL ANSWER MY PRAYERS FASTER

