

## How to Fast

This F.A.S.T. guide is to help you fast as you pray (Matthew 6:16-21; 17:20-21).

F - Forsaking the physical to replace it with the spiritual:

- less unhealthy food
- less social media
- less time wasted on unhealthy habits, etc.

A - Appetite is increased for more of THEE and less of ME.

S - Sensitive to the work and leading of the Spirit of God, more than our selfish desires.

T - Trusting God's power to do the impossible in and through my life for His glory.