

December 3, 2017



Why Fast?

Why Fast?

Should Christians fast?

Why should we fast?

☞ We fast for a greater _____ for God

☞ We fast as an expression of our _____ and
_____ on God

(continued on back)

☞ We fast to set the _____

Action Points:

- ☞ Fast one meal a day for 11 days (Monday, 12/4 through Thursday, 12/14)
 - During the time when you would normally eat, pray for Alpha, for the people you will be inviting to Alpha, & for the people that all of us at Hope are seeking to reach
 - During those 2 weeks before Christmas, invite people to Alpha
- ☞ Tips:
 - Drink plenty of water
 - If you feel sleepy, go for a walk
 - You may want to begin your prayer time by thanking God or worshipping the Lord
 - Pray, but also take time to be still before the Lord