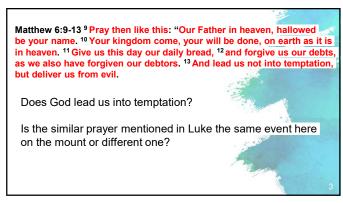


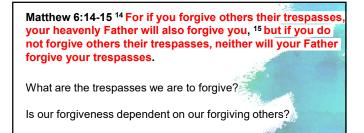
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Matthew 6:16-18 ¹⁶ "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. Where in the Bible are we commanded to fast?

What are some principles surrounding fasting?

What are some factors in our lives that may lead us to fast?

How should we equip ourselves when God calls us to "declare a holy fast"?





