

Prayer & FASTING

For yourself and family

The greatest thing we can do for our family is pray for them. Join us as we set aside this time to connect with God in this fresh new way. We are believing with you for breakthrough for your family.

PRACTICING PRAYER & FASTING

- Fasting allows you to spend extra time with God. On the other side are fasting ideas to share with your family.

PLANNING PRAYER & FASTING

- Set aside a special time and place each day with no distractions where you can pray with and for your family.

PRAYING & FASTING WITH PURPOSE

- What do you want to see God do in your families life? Ask Him for these things.

FASTING SCRIPTURE

MATTHEW 6:16-18

FASTING

Fast from something that is truly a sacrifice. Here are a few ideas:



desserts



video games



soda



TV



gadgets



Your Personal Conviction

(Examples: a bad habit, alcohol, cigarettes, spending, overeating etc.)



favorite food

PRAYER