

GETTING A FRESH START

THE PRACTICAL ELEMENTS OF FASTING

Matthew 6:16-18 (NIV) When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

1. How to plan for a fast.

2. How to prepare for a fast.

3. How to fast — what to do when fasting.

4. How to maintain focus and energy while fasting.

5. How to break a fast.

6. What to expect from a fast.
