

REVOLVE

STUDENT MINISTRIES

21 DAYS OF PRAYER AND FASTING GUIDE

WHY IS FASTING IMPORTANT?

Fasting is when Christians give up something that normally takes up much of their attention and time and use that time to spend with God through prayer, reading the Word, and worshipping Him. It teaches us what it means to sacrifice and gives us a glimpse into how Jesus sacrificed so much for us. Examples of fasting are all throughout the Bible, and Jesus Himself practiced it. (Luke 4:1-2, Matthew 6:18, Psalm 69:10)

HOW CAN I FAST?

There are many different ways to fast; here are some of them along with a web link to read more about them!

- Daniel Fast (www.ultimatedanielfast.com)
- Taking out certain parts of your diet (no sugar, no fried food, etc.)
- Juice Fast (www.all-about-juicing.com/Juice-Fasting.html)
- It doesn't have to be food, it could be social media, Netflix, video games or whatever you spend a lot of time on!

FASTING INFORMATION

Our goal as a church is to move together as we fast and pray. Here are some ways you can stay in the loop!

- Download the LGC App. It's free!
- Visit our website @ mylifegate.church/historymaker
- Pray for our teenagers as they participate, that God would reveal to them how He will use them to make His name famous!