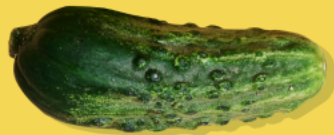


Fasting brings God's plan in action



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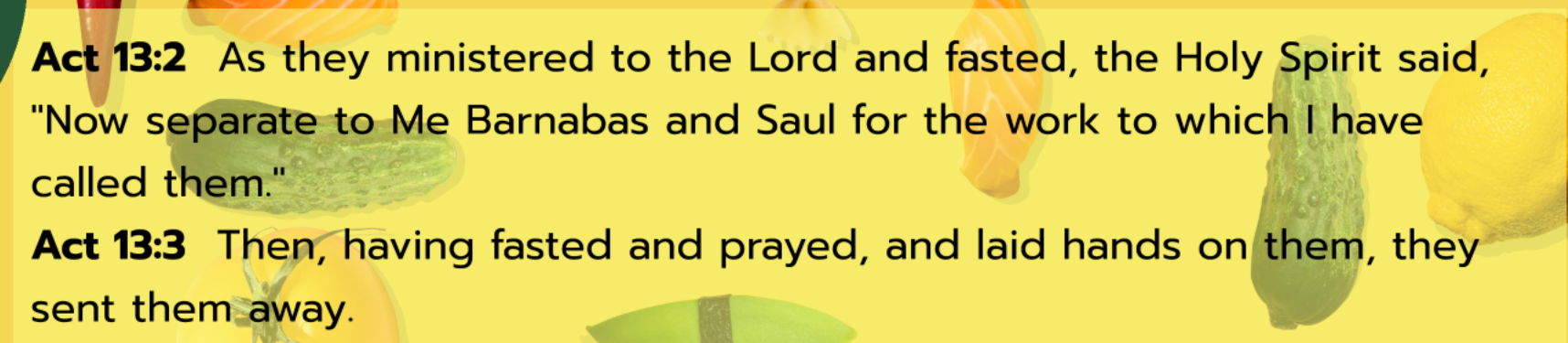
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A
companion

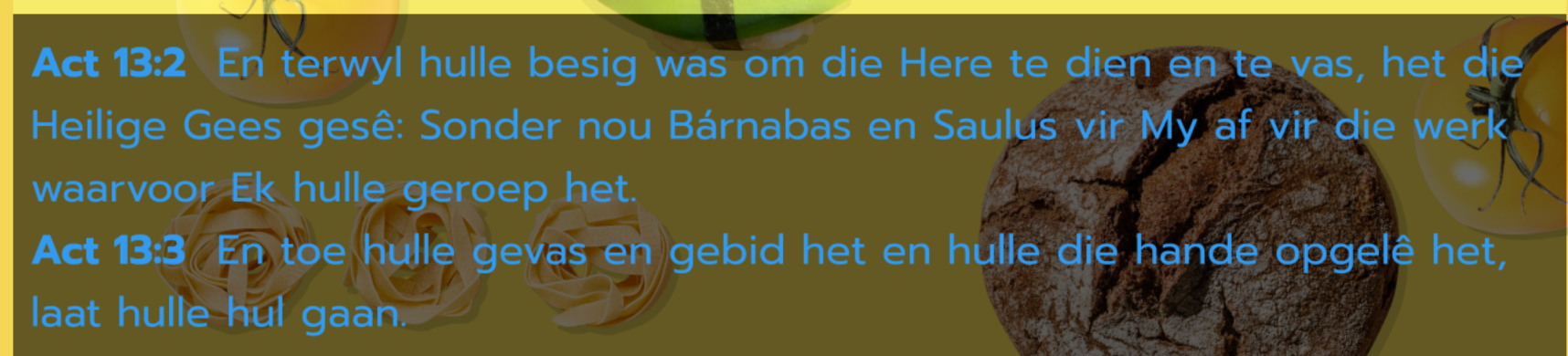


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Fasting has a companion

Act 14:23 So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

Act 14:23 En hulle het in elke gemeente vir hulle ouderlinge gekies, en hulle, ná gebed en vas, opgedra aan die Here in wie hulle geglo het.

Fasting has a companion

Luk 2:37 and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day.

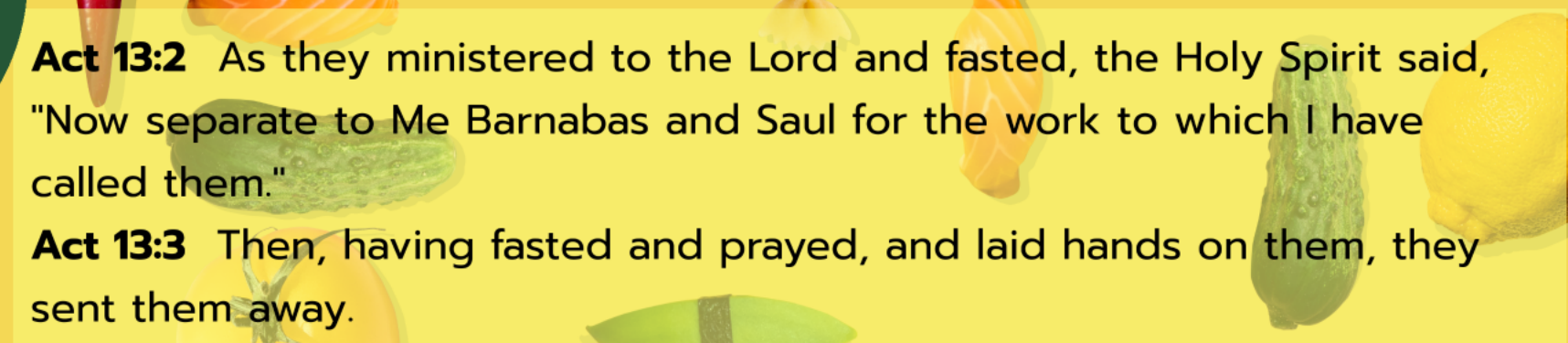
Luk 2:37 en sy was 'n weduwee van omtrent vier en tagtig jaar. Sy het nie weggebly van die tempel nie, en met vaste en gebede God gedien, nag en dag.



A
companion

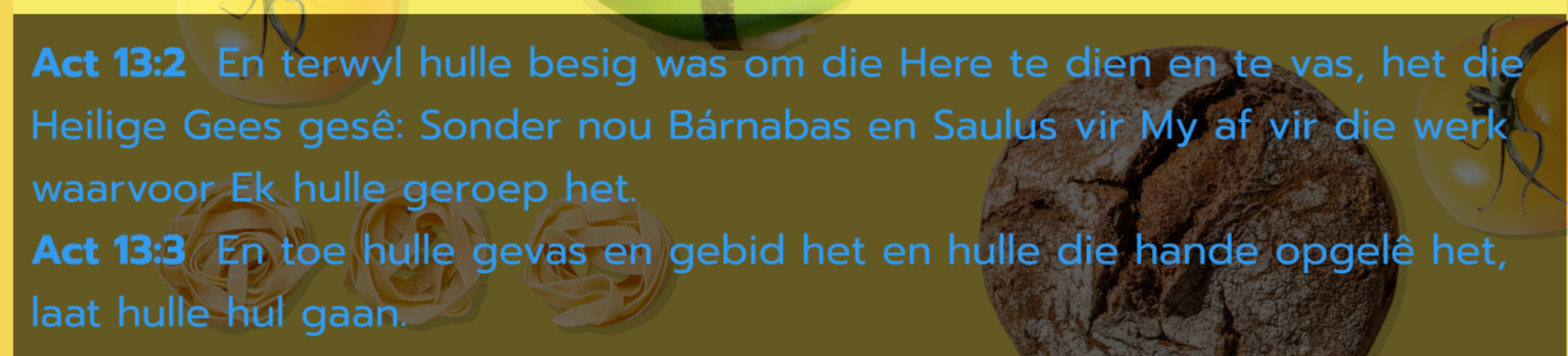


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Hear
from
God

Fasting enables us to hear from God

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Fasting is a call to God that declares that we would like to hear His voice.

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Hear
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Consecrate

Fasting consecrates us for God

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Act 13:2 ...Sonder nou Bárnabas en Saulus vir My af vir die werk waarvoor Ek hulle geroep het.

Fasting consecrates us for God

Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

Rom 12:1 Ek vermaan julle dan, broeders, by die ontferminge van God, dat julle jul liggame stel as 'n lewende, heilige en aan God welgevallige offer dit is julle redelike godsdienst.

Joh 17:14 "I have given them Your word; and the world has hated them because they are not of the world, just as I am not of the world.

Joh 17:15 "I do not pray that You should take them out of the world, but that You should keep them from the evil one.

Joh 17:14 Ek het hulle u woord gegee, en die wêreld het hulle gehaat, omdat hulle nie van die wêreld is nie, net soos Ek nie van die wêreld is nie.

Joh 17:15 Ek bid nie dat U hulle uit die wêreld wegneem nie, maar dat U hulle van die Bose bewaar.

Joh 17:16 "They are not of the world, just as I am not of the world.

Joh 17:17 "Sanctify them by Your truth. Your word is truth.

Joh 17:18 "As You sent Me into the world, I also have sent them into the world.

Joh 17:16 Hulle is nie van die wêreld nie, net soos Ek nie van die wêreld is nie.

Joh 17:17 Heilig hulle in u waarheid; u woord is die waarheid.

Joh 17:18 Soos U my gestuur het in die wêreld, het Ek ook hulle in die wêreld gestuur.

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Hear
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Preparation



Consecrate

Fasting prepares us for what God has planned

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Fasting prepares us for what God has planned

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Fasting humbles us and shapes our character so that we are prepared for what we are called to do.

Summary

- 1) **Fasting** has a companion
- 2) **Fasting** brings us into a position to hear from God
- 3) **Fasting** Consecrate us
- 4) **Fasting** prepares us for what God has planned.

Summary

Mat 6:16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

Mat 6:17 "But you, when you fast, anoint your head and wash your face,

Mat 6:18 "so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.



A
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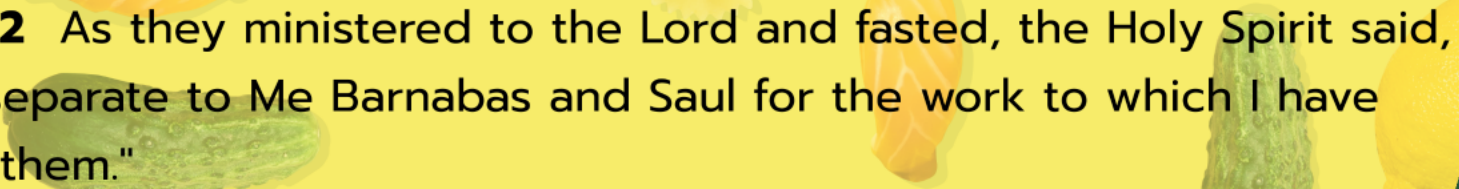


Consecrate



A
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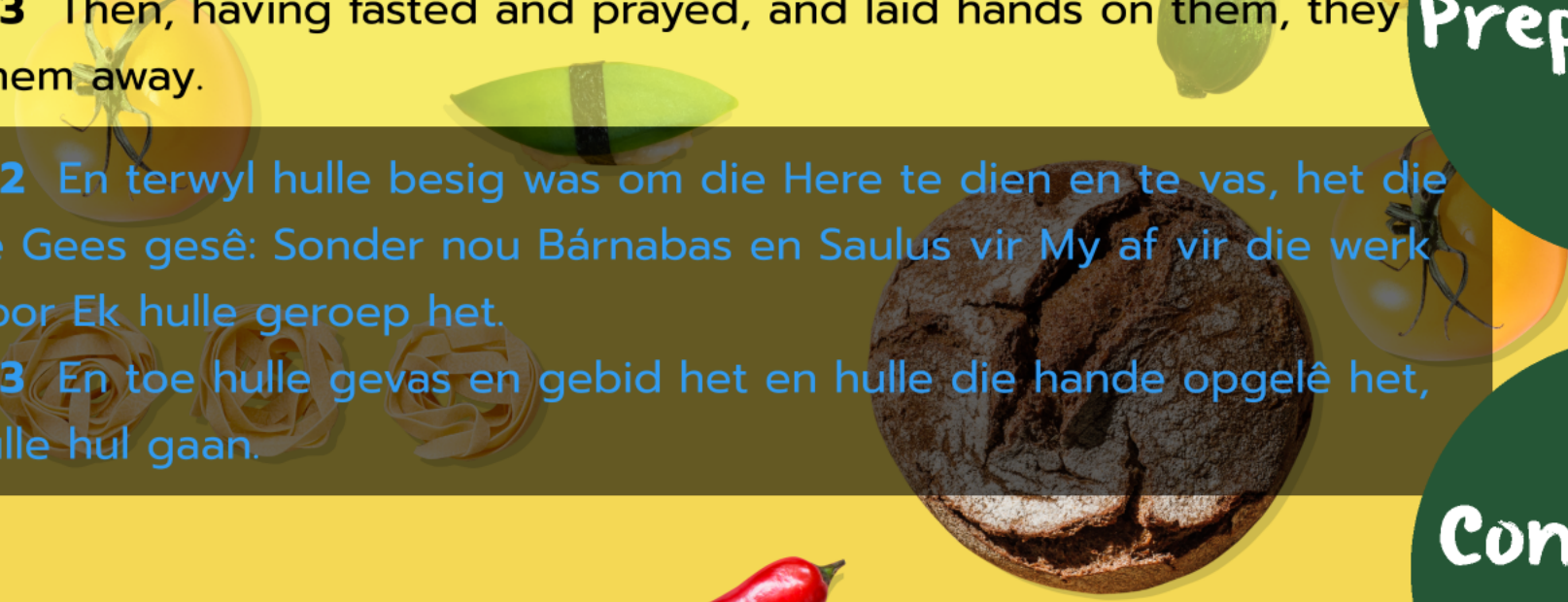
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