

INVISIBLE FASTING

How we view the world: worldviews

When did people fast?

Nehemiah 1:4, Esther 4:3, Daniel 9:3, Joel 2:12, Luke 2:37, Acts 13:2–3, Acts 14:23

What are the benefits of fasting?

1 Peter 4:1–2, 1 Corinthians 7:3–5

Things to watch out for while fasting...

Matthew 6:16-18, Isaiah 58

