

follower



PART 1: HOW TO PRAY AND FAST

Jan 7, 2018 • Pastor Gregg Matte • Matthew 6:5–18 (p. 628 in HCSB provided)

Our _____ is based on our _____.

1 Corinthians 11:1

▶ Followers choose invisible _____ over visible _____.

▶ The Lord's _____ meets all our _____, *Matthew 6:9–13*

▶ No food, Know _____, *Psalm 35:13; Matthew 6:16–18*

- Fast: Letting go of a physical need for a _____.
- Not just removing food but _____ Use your cravings and mealtime as _____ time.
- Our 3 choices in January
 - _____ for 5 days or more *Daniel 1:12–14, 10:2–3*
 - Complete fast one _____ a week
 - Complete fast one _____ a week
- Application — Fast a meal today or tomorrow for two things:
 1. A personal plea: _____
 2. For Houston's First to increase in impact in our city, nation and world.

For Daniel Fast details, you can:

- Visit the Houston's First app
- Visit HoustonsFirst.org and search "Daniel Fast"
- Go directly to HoustonsFirst.org/news-stories/the-daniel-fast