

Matthew 6:16 NKJV abc

Mark 9:29 NKJV

Matthew 9: 14 - 17 NKJV

Joel 2: 12-14 NKJV

Jonah 3: 5-9 NKJV

Romans 12:11 NIV

2 Corinthians 3: 18 NKJV

Quote / Benjamin Franklin

"The best of all medicines is resting and fasting"

Isaiah 58: 6 - 9 NKJV

Quote

"When you fast, you are on nature's operating table. The body changes hats. Instead of being in the business of receiving, processing, storing, analyzing, assimilating, discriminating and discarding, it shifts to the job of house cleaning, removal, sanitizing, refurbishing and renewal."

What to Do

1. Start where you are
2. Find your fast zone
3. Choose your type of fast

Matthew 11: 29 - 30 NKJV

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