

# FASTING

WEAKNESS

Read Ezra 8: 21-23 and  
Matthew 9: 16-18

NEED

Have you ever tried  
spiritual fasting?  
What difference  
did it make?

What do the Bible  
verses say about fasting?  
How might this relate  
to your understanding  
of fasting today?

How might you  
develop the spiritual  
habit of fasting in  
your life?

