

Episode Three

The Blessing of Spiritual Fasting



“Why do I strive for things God has never promised me, when I haven’t tapped into what he has promised me?”

What can we expect from God when we fast? We don’t spend enough time leaning into the promises of God. The issue is when we think that God will do things that he’s never promised us. But there are things we can expect from God when fasting.



Three Blessings of Fasting



Reward from God for obedient fasting in the secret place

Matthew 6:16-18



To Identify with our Savior through Suffering

Hebrews 12



Supernatural Authority from God through fasting

Mark 9:29



Social Identity Theory

A person’s sense of self is connected to the group they belong to

1. Belonging
2. Purpose
3. Self-Worth.
4. Identity



Let us Coach You!



Every fasting journey is unique to the individual. Allow us to help you create a specialized fasting plan. We can also come to lead a teaching/coaching session for your group or church. If you’d like additional assistance, reach out to us!

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