

Slow down

- you need to fast!



A silhouette of a person kneeling in prayer, with hands clasped together, set against a sunset background. The sun is low on the horizon, creating a warm, golden glow. The person is positioned on the left side of the frame, facing right. The background is a mix of purple, blue, and orange hues, with some tall grasses visible in the foreground.

"I humbled my soul with fasting"
Psalm 69:10

Why Fast?
- For Help
- For Holiness

*Why Fast?
For help*

Ezra 8:21

21 Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.



*Why Fast?
For help (others)*

Isaiah 58:5-6

5 Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the LORD?

6 "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?"

A silhouette of a person in prayer, with their head bowed and hands clasped, set against a soft, hazy sunset sky. The person is positioned on the left side of the frame, and their dark form contrasts with the warm, purple and orange tones of the background. The overall mood is contemplative and spiritual.

Why Fast? For Holiness

Leviticus 23:27-28

27 "Now on the 10th tenth day of this 7th month is the Day of Atonement. It shall be for you a time of holy convocation, and you shall afflict yourselves and present a food offering to the LORD.

A silhouette of a person standing on a cliff edge with their arms raised in a gesture of praise or prayer. The background is a bright, hazy sunset or sunrise sky with soft clouds. The person is positioned on the left side of the frame, facing right.

Why Fast? For Holiness

*“As a deer pants for
flowing streams, so
pants my soul for you,
O God... Deep calls to
deep at the roar of
your waterfalls”
(Psalm 42:1,7)*

Why Fast to humble the soul

1. For Help

– *God alone can to save*

2. For Holiness

– *God alone can satisfy*



