



## How To Fast

Matthew 6:16-18

Pastor Mark Navey

1. Fast with \_\_\_\_\_

2. Fast with \_\_\_\_\_

3. Fast in \_\_\_\_\_

4. Fast for the \_\_\_\_\_

How does this passage exalt Christ?

What do I need to do as a result of studying this passage?

***Check out the At Home Worship Guide for this series at: [provisionchurchnc.com](http://provisionchurchnc.com)***