



Fast and Furious | Feb 12 & 16 | Rev Stuart Poteet

Matthew 6:16-18

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Three Components of Biblical Fasting:

- GOD centered
- Humbled and examined HEART
- PURPOSE

NOTES: _____