



Prayer-Fasting
"The Key to Spiritual Breakthrough"

www.pray-fast.org

April 22, 2009

40 Days To Pentecost!

We have MUCH to rejoice about! Groups of people have begun to pray and fast! Our good friend Keith Wright wrote to his pastors, "I am convinced we desperately need to humble ourselves before God...we need to see God break every yoke of bitterness and weakness and evil that exists in our churches. We need Him to change the mundane into the miraculous."

This daily e-newsletter is designed to provide you practical helps and encouragement in making these next **40 Days To Pentecost** a time of spiritual breakthrough in your life [and maybe the life of your church.] Will you join us in 40 days of group fasting starting today, April 22 and ending on May 31, Pentecost Sunday? It can be any kind of fast that you commit to. Maybe a meal a day? Maybe a full day or even two days a week? What really matters is your heart. Through this **Prayer-Fasting** e-newsletter, we will offer you daily encouragement and help to better understand the value of fasting from a biblical perspective.

According to Jesus in the Sermon on the Mount (Matthew 6:1-18), Christians should practice 3 main spiritual disciplines. We should give, pray and fast. Jesus said, "**..and your Father, who sees what is done in secret, will reward you**" (Matthew 6:18). Prayer and fasting is the key to spiritual breakthrough.