



Prayer-Fasting

"The Key to Spiritual Breakthrough"

www.pray-fast.org

April 24, 2009 (6 Weeks to Pentecost Sunday - May 31, 2009)

Fasting Helps Us Practice Self-Denial...

Thanks for making a commitment to begin the biblical practice of prayer and fasting. Very little in life is worthwhile without some form of self-denial. Olympic athletes who aspire to win a gold medal practice unbelievable, daily self-denial. We don't get a degree, lose weight, achieve our highest goals, or make any significant impact on our world without some level of discipline and self-denial.

For 3,500 years God's people have practiced self-denial in several ways - but the primary way has been through the practice of fasting. Both in Scripture and in 2,000 years of church history, godly leaders have all advocated fasting as a regular part of their spiritual disciplines.

Jesus teaches us; "If **anyone would come after me, he must deny himself and take up his cross and follow me**" (Mark 8:34). For centuries, at strategic times when God's people wanted to humble themselves and a spiritual breakthrough was needed, the church would respond to God's call to pray and fast. This is a universal principle and eternal truth: **Prayer and fasting is the key to spiritual breakthrough.**