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## WHY FAST

Fasting. from the dictionary

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A - abstain from all or some kinds of food or drink, especially as a religious observance: the ministry instructed people to fast.  
be deprived of all or some kinds of food, especially for medical or experimental reasons: all patients were fasted before surgery.

B - period of fasting, period of abstinence; hunger strike; diet.

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FASTING. from the bible.

*START WITH A ONE DAY FAST*

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[Luke 5:33/34](#)

And they said unto him, Why do the disciples of John **fast** often, and make prayers, and likewise the disciples of the Pharisees; but thine eat and drink?  
And he said unto them, Can ye make the children of the bridechamber fast, while the bridegroom is with them?

[Psalm 69:10](#)

When I wept, and chastened my soul with fasting, that was to my reproach  
*YOUR SOUL IS YOUR MIND, YOUR WILL, BUT IT HAS TO BE TRAINED. YOUR MIND WILL SAY YOU'RE HUNGRY, YOU'D BETTER EAT BEFORE YOU GET SICK . (Some side effects ARE you will cleanse your body and maybe even some weight in a prolonged fast)*

**WARNING: DO NOT FAST FOR SIDE EFFECTS**

[Psalm 109:24](#)

My knees are weak through **fasting**; and my flesh faileth of fatness.  
*YOU TAKE AUTHORITY OVER YOUR FLESH (SELF WILL) AND DICTATE TO IT AND NOT IT TO YOU.*

[Daniel 9:3](#)

And I set my face unto the Lord God, to seek by prayer and supplications, with **fasting**, and sackcloth, and ashes:

*TO REMOVE ANY DOUBT THAT YOU ARE SINCERE AND SEEKING GOD AND HIS RIGHTEOUSNESS.*

Matthew 17:21

Howbeit this kind goeth not out but by prayer and **fasting**.

*WHEN SATAN MANIFESTS HIS TANTRUMS, YOU DO NOT GET SCARED AND*

Acts 10:30

And Cornelius said, Four days ago I was **fasting** until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,

*GOD WILL NO YOU ARE SINCERE IN SEEKING HIS WILL*

1 Corinthians 7:5

Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to **fasting** and prayer; and come together again, that Satan tempt you not for your incontinency.

*SO SATAN CANNOT HAVE FULL AXCESS AT YOU*

Bro. Ken