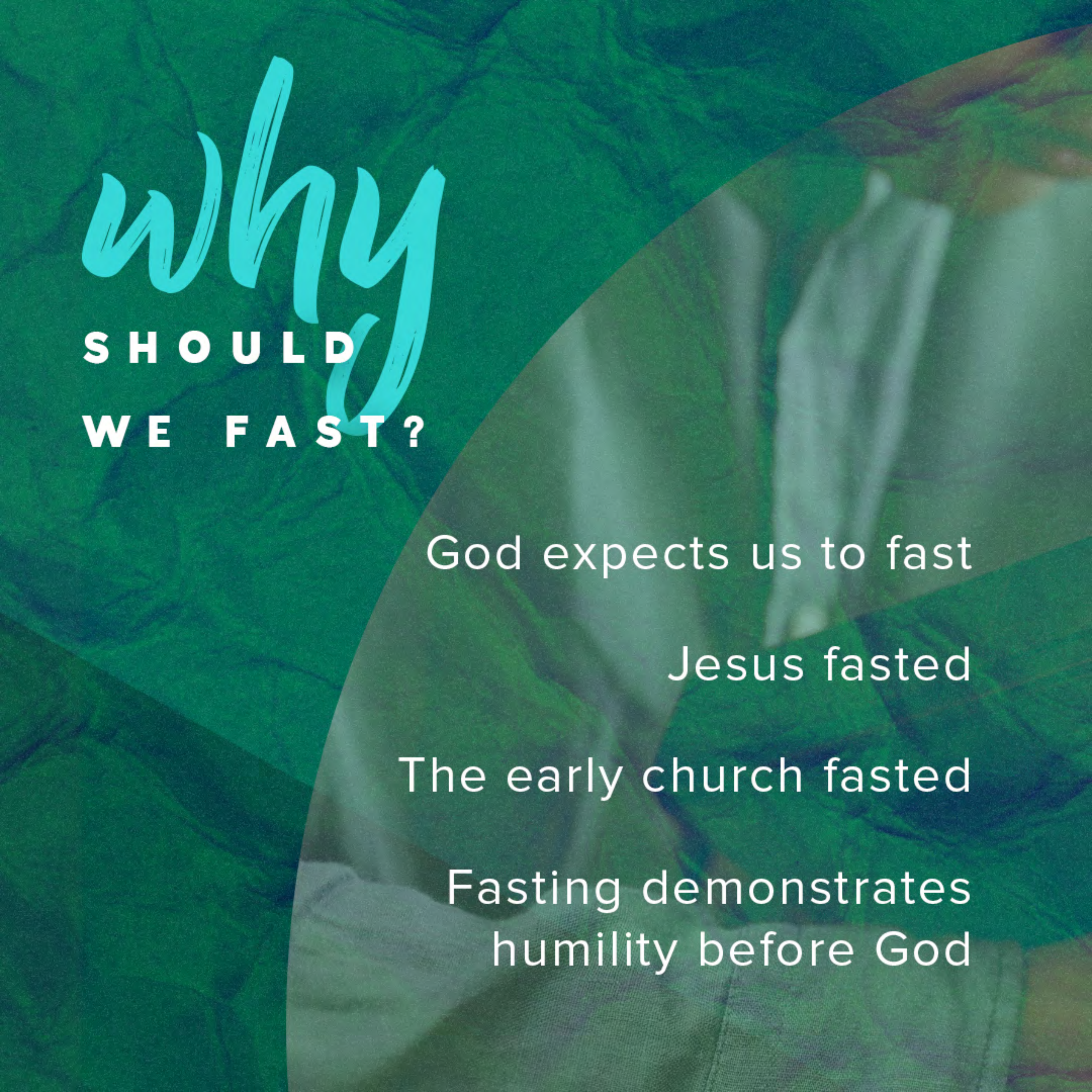


INTERCEDE
ONLINE

Watchful
in
Prayer

before we pray and fast

Let's prepare for this
wonderful opportunity to
hear from and commune with God
individually and as His church.

The background of the entire image is a photograph of a person in a white robe, seen from the back, with their arms raised in a gesture of prayer or praise. The image is heavily overlaid with a semi-transparent green filter. On the left side, there is a large, stylized word 'why' in a light blue, handwritten-style font. Below it, the words 'SHOULD' and 'WE FAST?' are written in a white, bold, sans-serif font, stacked vertically.

why

SHOULD
WE FAST?

God expects us to fast

Jesus fasted

The early church fasted

Fasting demonstrates
humility before God

A person wearing a white robe is shown from the chest down, holding an open Bible. The Bible has a green cover with the words 'HOLY BIBLE' printed on it. The person is looking down at the text in the Bible. The background is a dark, textured surface.

Fasting makes us
sensitive to the leading
of the Holy Spirit

Fasting brings about
personal and national
spiritual revival

Fasting is good for our health

types OF FAST

NORMAL FAST

a person goes without food for a predetermined amount of time; water is allowed and necessary

PARTIAL FAST

a person only eats certain kinds of food for a period of time or have just one to two meals a day

J U I C E F A S T

a partial fast specifically
restricted only to juices

O B J E C T F A S T

fasting from watching television,
using social media, or using the
computer outside of work or school

The background image shows a person's hands clasped in prayer over a bowl of fruit. The entire image is overlaid with a semi-transparent teal color. The word 'starting' is written in a large, light blue, brush-stroke style font. Below it, the words 'YOUR FAST' are written in a smaller, white, bold, sans-serif font.

starting

YOUR FAST

It is important to start and end your fast gradually.

Start cutting down on your food intake, especially those with caffeine (coffee, tea, soft drinks) days before you fast.

More importantly, pray in advance for God to sustain you physically, mentally, and spiritually during your fast.

A close-up photograph of a hand holding a white bowl filled with a vibrant green soup. The background is softly blurred, showing more of the bowl and the hand. The overall tone is fresh and healthy.

ending

YOUR FAST

For the first few meals after your fast, do not immediately go back to your normal food intake. Taking soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion.

take note

While there are benefits in fasting, some should not fast without professional medical supervision. If you are:

PHYSICALLY TOO THIN

PRONE TO EATING DISORDERS

**SUFFERING FROM
WEAKNESS OR ANEMIA**

**DIAGNOSED WITH AILMENTS THAT
REQUIRE CONTINUOUS NUTRITION**

PREGNANT OR NURSING

TAKING PRESCRIPTION MEDICATION

consult your doctor before you begin your fast.