

The Five Fasting Fallacies

FALLACY 01



God won't lead us to Discomfort

In Luke 4, Jesus was not commanded to fast, but he was led into a season of fasting in the desert and tempted by the enemy.

FALLACY 02



You must have a perfect Fast

Shame off you. This is not about a test of your will and your endurance. This is about consecrated worship unto the Lord.

FALLACY 03



Secrecy in Fasting

Fasting is hidden, not to keep away from others so that no one knows, rather, it is hidden because it is not easily seen by others.

FALLACY 04



Manupulation in Fasting

Sometimes, what we expect when fasting doesn't happen, and we miss the reward he IS giving during the fast. Have a firm why. Know why you're fasting. Be expectant. But be open.

FALLACY 05



Back to Normal Life

Don't allow the progress you achieved during your fast to be lost by ending your fast poorly.

Find out more at:
WWW.LOSTARTOFFASTING.NET

