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Subject: Fasting

Posted by [Mark L](#) on Sat, 15 Oct 2016 18:40:27 GMT

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Is not this the fast I have chosen?

Yes I know. Just to mention the subject makes your stomach tighten. At least it does mine. The Lord has given me some help and wisdom on the subject and I'd like to share it. Feel free to throw your own thoughts in.

Why Fast?

Isaiah 58/3-9

- to loose the bands of wickedness
- to undo the heavy burdens
- oppressed go free
- break every yoke
- to help others & intercession
- to help your family
- to get healed (speedily)
- to get rid of sin
- to get answers from the Lord
- . . .

All reasons to fast.

Trigger warning!!!!!! If you're Gods man (woman) of faith and power don't read the next few posts.

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