



# ABUNDANT RAIN EMPOWERMENT CHURCH

## Making an Impact - The Impact of Fasting!

Fasting is simply abstaining from something (mainly food) for a spiritual purpose. In Hebrew, the word FAST means “to cover the mouth.” Many of us have heard the saying, “You are what you eat!”. Do you know that you not only feed your body but your soul and spirit as well? Fasting is a multidimensional experience. It benefits the Body, Soul and Spirit by cleansing the total man and bringing us to heightened spiritual awareness, emotional stability and healthy bodies.

### *The Impact of Fasting:*

#### **On the Body**—(1 Cor. 6:19 & 20)

We honor God with our Bodies which are the Temples of the Holy Ghost. Let’s keep our temple clean and healthy. Fasting promotes elimination of toxins from the body, reduces blood sugar and blood pressure levels , promotes healthy eating habits and boosts your immune system.

#### **Goal: (Transforming the Body)**

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February 2, 2014 - Pastor Keri Fraser

# THE IMPACT OF FASTING!

## *The Impact of Fasting:*

**On the Soul**—(Psalm 40:8; Eph. 4:29-32; Phil. 2:5)

The Soul is comprised of your will, emotions and intellect (mind). When you fast, you detach yourself from everything that promotes emotional instability, rebellion to God's will and stinking thinking.

**Goal: (Transforming the Soul)**

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**On the Spirit**—(Psalm 51:10; Eph. 5:26)

The Spirit feeds on God's Word. When we neglect the Word of God or listen to false doctrine, our Spirits become contaminated. When you fast, spend time in the Word, Worship, Prayer and Outreach Service.

**Goal: (Transforming the Spirit)**

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**Overall Goal: 1 Thessalonians 5:23**