

# Pray Specifically: The Fast He Has Chosen by Mary Kane



Many Christian people are fearful of **fasting**. I used to be too. I was afraid that I would do something wrong and offend God. I also thought that fasting would make me weak. In contrast, fasting actually strengthens and reinforces the **faith** of believers, putting them on the *fast* track to **spiritual growth**.

There is one type of fast that God favors above all others. You may be surprised to learn that with God it's not about the food but the heart. To ***Pray Specifically*** about fasting please click on the link below:

## The Fast He Has Chosen

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