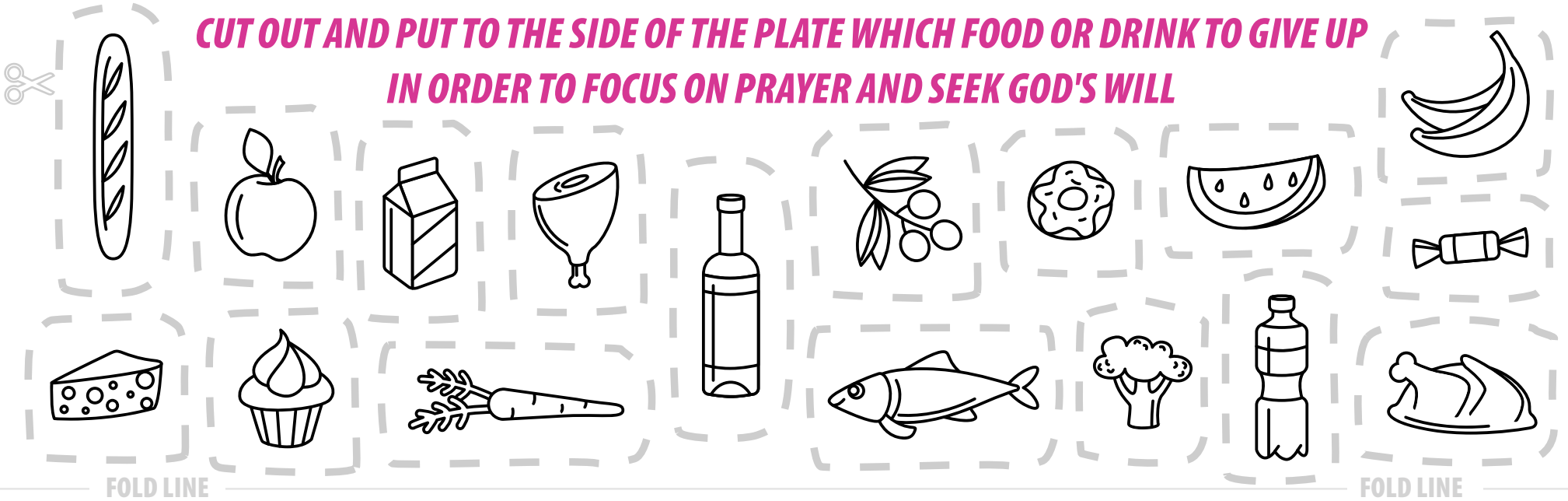


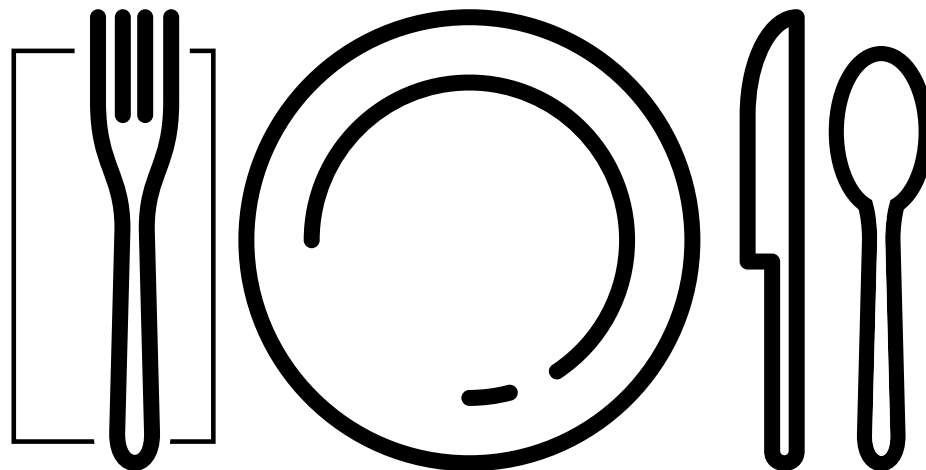
**CUT OUT AND PUT TO THE SIDE OF THE PLATE WHICH FOOD OR DRINK TO GIVE UP  
IN ORDER TO FOCUS ON PRAYER AND SEEK GOD'S WILL**



[notsoboringbible.com/crafts](https://notsoboringbible.com/crafts)

NOT sO BORING BIBLE

# FASTING



## MENU

EXODUS 34:28  
1 KINGS 19:8  
MATTHEW 4:2  
LUKE 4:2

ESTHER 4:16  
ACTS 9:9

JONAH 3:7

DANIEL 10:3

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MATTHEW 4:4  
LUKE 4:4

MATTHEW 6:16-18