

# Fasting

- 1- Forces you to think on X - every hunger pang is a reminder to pray.
2. a great exercise in discipline
- 3- a growth in faith -  
"Man shall not live by bread alone" I can sustain life w/out food.  
It is trusty, I'm your strength & nourishment.
- 4- If I can give you victory over hunger, we can control temper, etc.