

LESS IS MORE

'Less Self, More God' Acts 14

If you are not willing to reduce yourself, there will not be much space for Jesus to grow.

In a culture or circumstance that aims to crush your courage, fasting adds strength.

Fasting:

1. Pick a time in advance.
2. A longer time can help you get past hunger to hearing.
3. Check in with your family.
4. Don't only fast. Fast and pray.

Download 'Less self, More God'
by Tim Kuhl (01/12/25) free, or share it via email, Facebook, or
Twitter at hcbc.com/media.

MY APPLICATION

The following questions this week reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family and friends.

1. Has fasting been a struggle for your or a victory?
2. What is something you took away from this message?
3. What is something you can fast and pray for right now?



Memory Verse

“And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.”

Acts 14:23 (ESV)