



Greetings,

We are glad you have decided to partner with us on our 2024 fast. We are believing God for greater as we L.E.A.P. into the things of God in 2024. We are trusting God as He opens doors for this ministry and in our lives to L.E.A.P. without fear, apprehension, or doubt.

The Bible tells us in the Old and New Testaments the importance of fasting. Fasting is abstaining from food or drink to help us focus on praying and seeking God's will for our lives. Fasting is mentioned over 70 times throughout the Holy Rite. We should fast from anything that will keep our focus off of God. When we fast and pray, we gain power and strength. The old church used to say, "No prayer no power; much prayer much power." God gives us supernatural revelation and wisdom when we fast. Moses, Daniel, David, and even Jesus fasted!! When we fast, we get better insight into what God will have us to do. Jesus told the disciples in Matthew, "Because of your unbelief; for assuredly I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting." (Matthew 17:20-21 NKJV)

Let us take the next eight days to fast, pray, and seek God like never before. Eight is the biblical number for new beginnings. I pray this eight-day fast will LEAP you into another level in God. 2024, adds up to the number 8! This is your year for new beginnings, open doors, and to LEAP! Blessings!

If you have questions or concerns do not hesitate to reach out to me on my website at www.barbaraklofton.com.

For His Glory,

Elder Barbara Lofton, DCC, MSM
Barbara Lofton Ministries
Reignite the Fire Within Prayer Call

Disclosure: This is just a guide for fasting. If you have a medical condition that requires medication, please consult your Physician. Fasting means abstaining from something.