

*Prayer and Fasting #1*

**Step One**

Matthew 4:1-11

Jesus teaches us from His own life and ministry about the value of prayer and fasting. One of the most critical times in the life of Jesus came right after His baptism and before launching His public ministry.

**Prayer and fasting prepares us for \_\_\_\_\_.**

**Prayer and fasting enables us in \_\_\_\_\_.**

**Prayer and fasting is \_\_\_\_\_.**