



# SOUL DETOX

## Killing Contaminants

*“Since we have these promises, dear friends, **let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.**”*

2 Corinthians 6:14-7:1; Matthew 6:16-18; Acts 13:2-3

### WHY DO WE FAST...

1. **JESUS EXPECTS IT** – (*Matthew 6:16a*)  
*When you fast...*

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### Types of Fasting

- Complete Fast
- Selective Fast
- Partial Fast
- Media Fast

2. **JESUS REWARDS IT** – (*Matthew 6:18*)  
*...so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and **your Father, who sees what is done in secret, will reward you.***

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**Q: How will you detach yourself from the world during these 21 days?**