

Common Obstacles



5-DAYS OF
FASTING & PRAYER

- **Physical Challenges**
 - Hunger & Cravings
 - Low Energy
 - Headaches/Irritability
 - Health Issues

Common Obstacles



5-DAYS OF
FASTING & PRAYER

- **Mental/Emotional Challenges**
 - Distractions
 - Negative Emotions
 - Discouragement

Common Obstacles



5-DAYS OF
FASTING & PRAYER

- **Spiritual Challenges**
 - Lack of Clarity
 - Spiritual Opposition
 - Inconsistency
 - Lack of Planning

Tips To Overcome



5-DAYS OF
FASTING & PRAYER

- Start Small
- Stay Hydrated
- Plan Ahead
- Seek Community
- Focus on God
- Make Playlists
- Set Reminders
- Reduce And Replace
- Get Your Rest
- Don't Beat Yourself Up
- Don't Give In So Easily
- Be Ok with It Not Being Ok