

*Fasting guide*

**FASTING GUIDE**



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Does fasting seem like an alien concept to you? An ancient practice that has been left behind? Many generations of people have turned to fasting as a primary tool for spiritual growth and discernment. In the Bible, we read about decisions being made after a time of prayer and fasting (i.e., Acts 13:2 and Acts 14:23). Fasting is a tool still available to us today, although many of us do not take the opportunity to meet with God in this way.

**Fasting is a way we eliminate the noise and distractions of the world around us and focus more completely on hearing God's voice. While we fast, we are reminded and become more aware of our dependence on God. By fasting, we intensify our prayers, place ourselves in a position of submission, and become more sensitive to hearing God's voice. (Rooted, p. 59)**

## HOW DO I FAST?

Fasting is taking a break from something in order to do something else. It is not meant as something you should do just to say you've done it. It's important to have a plan for how to deal with the times you're tempted to break your fast. For instance, a fast from food can help you grow in your desire to pray more, so you plan to pray every time you experience hunger. You can also replace the time you'd spend eating a meal with praying and reading God's Word instead.

## DO I HAVE TO FAST FROM FOOD?

No. We can fast from anything we regularly enjoy, that by doing so, we can experience greater enjoyment of Jesus. If it's healthier or more appropriate for you to fast from something other than food, then consider giving up something like TV, Facebook, cell phone, etc.

## HOW LONG DO I NEED TO FAST?

There is no specific timeframe of how long to fast. Start small. Remember to be realistic and keep it sustainable, but also remember that the longer you remove something, the less you depend on it.

**For further information on learning how to fast, go to:**  
**<https://www.desiringgod.org/articles/fasting-for-beginners>.**

# GUIDED FASTING EXPERIENCE ———

**More than any other single discipline,  
fasting reveals the things that control us.**

**-Richard Foster**

## **PRAYER:**

God, I want to consider fasting from \_\_\_\_\_ in order to pursue You in prayer. Please bring to mind the things that I'm allowing to control me which keep me from surrendering to You. Show me what I need to give up for this time, so that I may experience more of You.

## **ASK:**

When it comes to making decisions about what is beneficial and acceptable, the biblical wisdom is, "test everything." (1 Thessalonians 5:21-22)

Two helpful questions to test your cultural choices:

1. Am I being entertained by sin?
2. Does this draw me closer to God, or does it draw me away from God?

## **LISTEN:**

What is God revealing to you? Are you seeking something for comfort and allowing it to control you?

## **CONSIDER:**

Is God asking you to fast from something? What is it? Is it realistic and sustainable, yet challenging enough to push you toward what God may have for you in it?

## **DECIDE/PLAN:**

- I choose to fast from \_\_\_\_\_.
- My fast will begin on \_\_\_\_\_ (date/time), and end on \_\_\_\_\_ (date/time).
- During my fast, I will replace the time I'd spend \_\_\_\_\_ (eating, on technology, etc.) with \_\_\_\_\_ (time in prayer, reading Scripture, etc.).

**COMMIT:**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**ACCOUNTABILITY:**

I have asked \_\_\_\_\_ (name)  
to pray for me and hold me accountable to my fast.

## **FASTING REFLECTION:**

**Notice and write down what God reveals to you through your time of fasting.**

1. What are you learning as you fast – about God, about yourself, about the things you turn to for comfort or that you allow to control you?

2. As you finish your fast, is there something you learned that you'd like to continue? What could it look like to regularly incorporate the practice of fasting into your life?

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# PRAYER ASSESSMENT

1. Do I love to pray? Yes or No
2. Do I get my prayers answered? Yes or No
3. When was the last time that I received a specific answer to prayer?
  - Hours
  - Days
  - Months
  - Years

\* What was the specific prayer and answer? \_\_\_\_\_
4. Are my prayers:
  - Meaningful
  - Empty words
  - Vain repetitions
  - Fulfillment of "duty"
5. How long has it been since I prayed for something that only the supernatural power of God could fulfill and got it?
  - Hours
  - Days
  - Months
  - Years
6. How much time do I spend in genuine heart-felt prayer each day?
  - Grace at meals
  - 5 minutes
  - 15 minutes
  - 30 minutes
  - ?
7. Is God pleased with my daily prayer life? Yes or No
8. Am I satisfied with my daily prayer life? Yes or No