

PREPARING FOR YOUR FAST

Before beginning, spend time praying about your fast.

1. ASK GOD WHAT TO FAST

Ask yourself:

- "What do I need to give up to connect more intentionally with God?"
- "What has been distracting me?"
- "What appetite needs to be reset?"
- "What is keeping me from a deeper connection with God?"

Ask the Holy Spirit to lead you.

2. IDENTIFY THE PURPOSE OF YOUR FAST

Don't fast without spiritual intention. What are you seeking God about? Maybe you are fasting for:

- Greater intimacy with God
- Spiritual renewal
- Wisdom
- Direction
- Breakthrough
- Freedom
- Your family
- Your marriage
- Your children
- Your church
- Your community
- Someone who needs Jesus
- A major decision
- Greater hunger for God's Word
- A deeper prayer life

Write it down and pray over it throughout your fast.

3. DETERMINE HOW LONG YOU WILL FAST

Ask God how long you should fast. It may be:

- One meal.
- One day.
- Several days.
- A weekend.
- A week.
- A designated season.
- Some people also establish rhythms of weekly, monthly, or yearly fasting.

Start where you are and allow God to grow you in the discipline of fasting.

4. KEEP A FASTING JOURNAL

Document what happens during your fast. Write down:

- What am I praying about?
- What Scripture is God highlighting?
- What am I learning?
- What is God revealing about my heart?
- What do I sense God saying?
- What needs to change?
- What prayers have been answered?
- What breakthroughs or changes happened during or after the fast?
- Your journal can become a testimony of God's faithfulness.

5. EXPECT RESISTANCE

When Jesus fasted in the wilderness, He was tempted. His response to temptation repeatedly pointed back to the Word of God.

- When you feel hungry, pray.
- When you want to scroll, open your Bible.
- When you want entertainment, worship.
- When you become frustrated, seek God.
- When temptation comes, stand on Scripture.
- When your flesh becomes uncomfortable, allow that discomfort to remind you why you began: I want more of God.



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QUESTIONS TO ASK DURING YOUR FAST

Spend time asking God:

- "Lord, what are You saying to me?"
- "What do You want to show me?"
- "What are You asking me to surrender?"
- "Where have I allowed distractions to take Your place?"
- "What needs to change in my life?"
- "Who do You want me to pray for?"
- "What are You calling me into?"
- "How can I become more obedient to You?"
- "What does Your Word say about what I'm facing?"
- Then make room to listen.

IF YOU BREAK YOUR FAST

Don't allow shame to take over if you don't complete your fast exactly as you planned.

- Be honest with God.
- Learn from what happened.
- Pray.
- Then, if appropriate, restart and keep going.
- The goal isn't perfection.
- The goal is pursuit.
- Fasting is a spiritual discipline, and disciplines grow through practice. You can grow in fasting over time—whether that means fasting a meal, a day, a weekend, or another period as God leads you.
- Be obedient, but also be wise.

FAST WITH FAITH

Don't approach fasting as a religious obligation or a way to earn something from God.

- Approach it with faith and expectation.
- Believe that as you seek God, He will meet you. Believe that His Word will speak. Believe that He can give wisdom, strengthen your faith, expose things that need to change, deepen your prayer life, and prepare you for what He is calling you to do.
- Fasting can strengthen our spiritual focus because it continually reminds us:
- We need God more than we need what we have chosen to give up.
- We are not trying to manipulate God through fasting. We are positioning our hearts to seek Him more intentionally.

FAST WITH HUMILITY

Jesus taught His followers not to fast in order to impress other people. Fasting is not a competition.

- It isn't about proving how spiritual you are.
- It isn't about announcing how difficult your sacrifice is.
- It isn't about comparing your fast with someone else's.
- Fasting is about humbling ourselves and seeking God.
- You don't have to be awkward or secretive if someone legitimately asks why you aren't eating or participating in something. Simply remember that the purpose of your fast is God's attention—not people's applause.
- Pursue God, not recognition.

