



Making My Plan To Fast

1- DETERMINE: WHAT ARE YOU HUNGRY FOR?

- *Hungry to be hungry for God. (Wanting your desire for God to grow.)
- *Hungry to address other “hungers.” (Desires, distractions, habits)
- *Hungry to hear from God. (Direction, clarity, wisdom)
- *Hungry for God’s presence. (To experience Him and closeness with Him.)
- *Hungry for God to answer prayer. (What is your request? Who is it for?)

2- CHOOSE A FASTING VERSE

- *A verse about fasting.
- *A verse about hunger/thirst.
- *A verse that’s been speaking to you, or sticking with you.
- *A verse that addresses what’s on your heart and mind.

3- HOW WILL YOU FAST? (FOOD FAST)

- *Determine that fasting from food is safe and wise for you at this time.*
- *Fast over a mealtime.
- *Fast for a day.
- *Fast from types of food/drinks.
- *Do an extended fast. (More than 1 day)
- *Will it be a recurring fast? (Daily? Weekly? Duration?)
- *Make a plan for how you will use the time you would have been eating.**

4- BEYOND FASTING FROM FOOD

- *Media (TV, radio, YouTube, gaming)
- *Social Media
- *Technology (smartphones, tablets, apps)
- *Is there something you can/should experiment in cutting back on?

How will you fast?

- *Block of time each day? Fast for a day? An extended fast? Other?
- *Recurring? (Daily? Weekly?)
- *Duration?

***How will you use the time you would have been doing that activity?**

5- WRITE THINGS DOWN

- *Write out a prayer or (prayers) telling God what you are hungry for.
- *Write down your fasting verse and keep it visible.
- *Write down thoughts, feelings and challenges in the process.
- *Write down what you are learning/discovering in the process.
- *Write down anything you think God is saying to you in the process.

Verses for fasting

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Matthew 5:6

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, 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.”

Matthew 6:16-18

He said to them, “Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you. But this kind does not go out except by prayer and fasting.”

Matthew 17:20-21

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

Luke 4:1-2

But he answered, “It is written,
“Man shall not live by bread alone,
but by every word that comes from the mouth of God.”

Matthew 4:4

And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.

Deuteronomy 8:3

Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

John 6:35

Jesus said to them, “My food is to do the will of him who sent me and to accomplish his work.”

John 4:34

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.

Acts 14:23

...I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions....So we fasted and petitioned our God about this, and he answered our prayer.

Ezra 8:21-23

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

Psalms 63:1

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting...

from Daniel 9:3

For he satisfies the longing soul, and the hungry soul he fills with good things.

Psalms 107:9

