

Fasting Packet

The goal of this worksheet is to give a practical framework to plan your fast. For fasting to impact us, we must implement it. Write a simple plan here and then practice it.

PRAY AND DECIDE

Spend time in prayer and decide what you will focus your fast on.

Fasts typically fit into one of these categories:

PRESENCE

Focus your fast on seeking the presence of God. Offer your attention and your whole self to him. Spend intentionally time praying with God and writing how He is displaying himself.

PURITY

Focus your fast on release of sinful habits. Pray that God rids of temptation and your submission to temptation. Ask God to build self-discipline in you and to grow the fruit of the Spirit found in Galatians 5.

POWER

Focus your fast on praying on behalf of others or yourself. Pray for healing, salvation, for miracles, etc.

PERSPECTIVE

Focus your fast on praying for those in need. Another step you could do is take the money you would have used on food or time you would have used on a device to serve or give to those in need.

Pray and write what you will focus your time of fasting on:

CHOOSE THE TYPE OF FAST

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (Matthew 11:28-30). Fasting is an invitation to continue to experience the love and provision of God. This is not a way for us to perform for God or others. Jesus did not come to put a heavy burden for us to carry, but brought an invitation to the peace found in him. Start where you are at and know that God honors our abstinence from the things we rely on to rely on Him. If you are pregnant, breastfeeding, have a health condition that prevents you from fasting, or have history or temptation of any eating disorders it would be best to focus on the partial or the digital fast.

TYPE OF FASTS:

NORMAL FAST

Fasting from all food. Only drink water.

PARTIAL FAST

Either abstain for a particular meal or abstain from a specific type of food.

Particular meal: abstain each day for the duration of your fast from breakfast, lunch, or dinner.

Type of Food: abstain from a type of food or category of food of your choice for the duration of your fast. Desserts, sugar, meat, coffee, etc.

DIGITAL FAST

Fast from technology using one of these three options:

Full Digital Fast: Abstain from all screens for a set amount of time. All screens, including your phone should be off for this option.

Smart Phone Fast: Make your smart phone a dumb phone for a set amount of time. Disable all your apps that you could use on your laptop. Go as simple as possible: phone, text, etc. Make sure to abstain from all social media apps, shopping apps, news app, etc. on all screens during this time.

Entertainment Fast: Abstain from all sources of entertainment for a set amount of time. Television, Sports, Social Media, YouTube, Video Games, etc.

What type of fast will you be committing to? Take time to reflect on why.

CHOOSE THE LENGTH AND CONSISTENCY

Length and consistency for fasting will look different depending on what you are fasting for, your past experiences with fasting, and your season of life. Sometimes we can think that long fasts are more spiritual than short ones. Remember that the point is to depend on God, not to impress or compare with anyone. We want you to grow in the habit of fasting. Start where you are and make a habit.

SOME IDEAS:

DAY FAST

This is how many of the early Christians would fast. They would eat dinner and then fast until the next day's dinner. This would allow them to fast for 24 hours and intentionally break the fast the next day. This also allows for consistency. You can do a day once a week, twice a month, or once a month for a long period of time.

MULTI DAY FAST

We would challenge those who have fasted before to try this. To pick a set number of days and fast. Although this does not allow for much consistency because of the challenge, it does present a unique opportunity to seek dependence on God for a longer period of time. You can either completely abstain for all 24 hours of the day or abstain while the sun is up each day.

PARTIAL DAY FAST

Another way of building much consistency is spending every day for a set period of time to fast for a section of the day. There have been stories of people who spent each day not eating dinner for a set amount of time to pray to God for a specific issue.

How long will your fast be? How consistent will it be?

(Ex: Day fast, once a month for 6 months // Partial day fast, twice a week for 2 months // 3 – day fast one time)

PREPARE FOR THE FAST

The most successful fasts take intentional planning beforehand. One of the biggest discouragements would be to start a fast and to end early because of lack of preparation. If you take time to prepare it will help you last for the duration of the fast you are hoping to commit to.

When will you start?

Pick an actual day to start so that your plan will go from paper to reality.

Who will support you?

We need our brothers and sisters to lift us up in prayer and people to talk to when we are discouraged. Pick someone that is life giving, encouraging and not impressed with you.

Put away temptations

Is there food, or are there types of media, that will tempt you to break your fast? Rid of those or find ways to protect yourself from temptation.

Make a plan

When, where, and how will you pray and be with God? Set apart intentional time to actually pray. Do not leave it to chance.

Pray

Pray for your fast. Pray that God will work, whether you notice it or not, through your fasting and praying.

TRUST GOD WITH YOUR FAST

Our fasting does not make us more powerful; it makes us more aware of how powerful God is. We trust him with our fast. No matter how it might feel in the moment of fasting, trust God and that he has the power to work in you and through you.

BREAK AND REFLECT ON YOUR FAST

Find a special way to break your fast. Eat a special meal. Spend time with the people closest to you. Have dinner with community. And as you exit your fast be intentional to carry what you experienced with you. Journal what God had taught you, prayers that were answered, and what you are hoping will come.

When and how long will your fast be? How consistent will it be?