



“Practicing Fasting” Challenge

Name: _____

“Praying Scripture” Challenge:



Fast #1: Fast for 1 meal

Date: _____

- Choose ahead of time what meal you will skip on what day. Try to choose a meal when you are not around a lot of people so as to draw little attention to your fasting.
- Contact a godly Christian friend and ask them to pray for you as you fast and hold you accountable for actually doing it according to your plan.
- Spend the time you would normally be eating completing 1 day of a Bible Reading Challenge booklet from the Songs of David. Also, make sure you pray through one day of the “Prayer for Rookies” worksheet.
- If you have extra time, sit quietly with the Lord or add any spontaneous prayers that you may wish to pray. Listening intently to a few worship songs and singing along would be a GREAT exercise to add here.
- Write down any insights about the experience of fasting for one meal:

Fast #2: Fast for 2 meals

Date: _____

- Choose ahead of time what **TWO** meals you will skip on what day. Try to choose meals when you are not around a lot of people so as to draw little attention to your fasting. (*You might need to tell your immediate family.*)
- Contact a godly Christian friend and ask them to pray for you as you fast and hold you accountable for actually doing it according to your plan.
- Spend the time you would normally be eating completing **TWO** days of a Bible Reading Challenge booklet from the Songs of David. Also, make sure you pray through **TWO** days of the “Prayer for Rookies” worksheet, one for each meal that you skip.

- If you have extra time, sit quietly with the Lord or add any spontaneous prayers that you may wish to pray. Listening intently to a few worship songs and singing along would be a GREAT exercise to add here.

- Write down any insights about the experience of fasting for TWO meals:
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Fast #3: Fast for a Whole Day Date: _____

- Choose ahead of time which day you will choose to fast for the whole day. Either arrange for some “solo” time (maybe outdoors?) or communicate with your family so they know what you are trying to do and can help.
- Contact a godly Christian friend and ask them to pray for you as you fast and hold you accountable for actually doing it according to your plan.
- Spend the time you would normally be eating completing as many days of a Bible Reading Challenge booklet from the Songs of David as you have time for. Make sure you pray through as many days of the “Prayer for Rookies” worksheet as you have time for. FEAST on the Lord!
- If you have extra time, sit quietly with the Lord or add any spontaneous prayers that you may wish to pray. Listening intently to a few worship songs and singing along would be a GREAT exercise to add here.

- Write down any insights about the experience of fasting for a day:
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“Practicing Fasting” Challenge:



Fast # 4: A Fast to seek God’s Direction Date: _____

- Follow all the steps from Fast #3.
 - During your prayer time, talk to God about the difficult decision you’re facing. Ask for His help to choose what HE wants you to choose.
 - Did God provide any direction for you? What was it? _____
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Fast # 5: A Fast to seek God’s Help Date: _____

- Follow all the steps from Fast #3.
 - During your prayer time, be sure to bring the heavy need on your heart to the Lord. Ask Him to intervene in your trial as only He can!
 - Write down any insights you gained today. _____
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Fast # 6: A Fast to seek God’s Forgiveness Date: _____

- Follow all the steps from Fast #3.
 - Read Psalm 51 during your Bible reading time. As you pray, confess your sins in their entirety to the Lord, then ask for forgiveness and cleansing!
 - Write down any insights you gained today. _____
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