

5 DAY

FASTING

Challenge



**STARTS
FEBRUARY 2ND**

INSTRUCTIONS BELOW

**THIS CHALLENGE IS FOR
EVERYONE**

FASTING 101



WARNING - IF YOU HAVE ANY MEDICAL ISSUES, PLEASE CONSULT A FAMILY DOCTOR BEFORE PARTICIPATING

BIBLICAL DEFINITION

THE PRACTICE OF REPLACING PHYSICAL FOOD WITH "SPIRITUAL" FOOD.

(PRAYER, BIBLE READING, REFLECTION / WORSHIP TIME)

WHY DO WE FAST?

FASTING HELPS US TAKE OUR EYES OFF OURSELVES AND PUT THE ATTENTION ON GOD. IT'S REPLACING A PHYSICAL SUSTENANCE WITH A SPIRITUAL SUSTENANCE.

FASTING WAS ALSO USED BEFORE MAKING IMPORTANT DECISIONS IN ACTS 13 & 14.

P.S - SKIPPING A MEAL WITHOUT REPLACING IT WITH TIME IN PRAYER, BIBLE READING, REFLECTION IS NOT FASTING

INSTRUCTIONS

START: MONDAY FEB 2ND

END: FRIDAY FEB 6TH

MATERIALS NEEDED:

BIBLE & NOTEPAD, PRAYER WHEEL

- 1** PLAN TO REPLACE 1 REGULAR MEAL EACH DAY WITH INTENTIONAL TIME WITH GOD
- 2** FIND A QUIET, DISTRACTION - FREE PLACE - PUTTING TECHNOLOGY AWAY WORKS THE BEST
- 3** READ THE SCRIPTURE FOR THE DAY, WORK THROUGH THE PRAYER WHEEL, WRITE DOWN ANYTHING YOU BELIEVE THE HOLY SPIRIT IS HIGHLIGHTING OR SPEAKING TO YOU
- 4** AIM TO SPEND 20 - 60 MINUTES IN PRAYER, READING & WORSHIP. (START SMALL AND BUILD AS YOU'RE ABLE - DURATION BUILDS WHEN YOU'RE CONSISTENT)
- 5** EACH DAY, SHARE SOME OF THE NOTES GOD IS SPEAKING TO YOU IN OUR WHATSAPP GROUPS - ENCOURAGE ONE ANOTHER THROUGH THE CHALLENGE
- 6** IF YOU HAVE QUESTIONS, ASK FOR HELP! WE'RE DOING THIS ALL TOGETHER.

ARE YOU READY TO HEAR FROM GOD?

PRAYER WHEEL



HOW TO USE PRAYER WHEEL



TAP HERE



DAY 1

FASTING *Challenge*

MATTHEW 6:16-18

¹⁶"AND WHEN YOU FAST, DO NOT LOOK GLOOMY LIKE THE HYPOCRITES, FOR THEY DISFIGURE THEIR FACES THAT THEIR FASTING MAY BE SEEN BY OTHERS. TRULY, I SAY TO YOU, THEY HAVE RECEIVED THEIR REWARD.¹⁷BUT WHEN YOU FAST, ANOINT YOUR HEAD AND WASH YOUR FACE,¹⁸ THAT YOUR FASTING MAY NOT BE SEEN BY OTHERS BUT BY YOUR FATHER WHO IS IN SECRET. AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU.

REFLECTION THOUGHT

FASTING IS NOT SOMETHING WE DO TO MAKE OURSELVES LOOK MORE SPIRITUAL OR RELIGIOUS THAN OTHERS. SOME PEOPLE WOULD INTENTIONALLY "SHOW OFF" THAT THEY WERE FASTING. THE PRACTICE OF FASTING IS MEANT TO BE PRIVATE.

USE YOUR TIME WITH THE LORD TO BE DEEPLY PERSONAL.

JUST START, YOU DON'T NEED TO BE PERFECT.

DAY 2

FASTING *Challenge*

MATTHEW 4:1 - 4

THEN JESUS WAS LED UP BY THE SPIRIT INTO THE WILDERNESS TO BE TEMPTED BY THE DEVIL. ²AND AFTER FASTING FORTY DAYS AND FORTY NIGHTS, HE WAS HUNGRY. ³AND THE TEMPTER CAME AND SAID TO HIM, "IF YOU ARE THE SON OF GOD, COMMAND THESE STONES TO BECOME LOAVES OF BREAD." ⁴BUT HE ANSWERED, "IT IS WRITTEN, "MAN SHALL NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT COMES FROM THE MOUTH OF GOD."

REFLECTION THOUGHT

OUR GENERATION IS CONSTANTLY CONSUMING - CONTENT, FOOD, OPINIONS. FASTING OFTEN REVEALS WHAT "BREAD" WE'VE BEEN USING TO COPE INSTEAD OF GOD.

JESUS FASTED 40 DAYS...
YOU CAN DO THIS MEAL – GO CRUSH IT!

DAY 3

FASTING *Challenge*

JOEL 2:12-13

¹² "YET EVEN NOW," DECLARES THE LORD,
"RETURN TO ME WITH ALL YOUR HEART,
WITH FASTING, WITH WEeping, AND WITH MOURNING;
¹³ AND REND YOUR HEARTS AND NOT YOUR GARMENTS."
RETURN TO THE LORD YOUR GOD,
FOR HE IS GRACIOUS AND MERCIFUL,
SLOW TO ANGER, AND ABOUNDING IN STEADFAST LOVE;
AND HE RELENTS OVER DISASTER.

REFLECTION THOUGHT

THIS SHIFTS THE FOCUS OF FASTING FROM DISCIPLINE TO DIRECTION.

YOU'RE NOT JUST ABSTAINING FROM FOOD - THIS IS YOUR TIME TO CLEAR THE PATH AND COME BACK TO GOD.

YOU'RE HALFWAY THERE!
TRY GOING A LITTLE LONGER TODAY

DAY 4

FASTING *Challenge*

ISAIAH 40: 28 - 31

²⁸HAVE YOU NOT KNOWN? HAVE YOU NOT HEARD?
THE LORD IS THE EVERLASTING GOD,
THE CREATOR OF THE ENDS OF THE EARTH.
HE DOES NOT FAINT OR GROW WEARY;
HIS UNDERSTANDING IS UNSEARCHABLE.
²⁹HE GIVES POWER TO THE FAINT,
AND TO HIM WHO HAS NO MIGHT HE INCREASES STRENGTH.
³⁰EVEN YOUTHS SHALL FAINT AND BE WEARY,
AND YOUNG MEN SHALL FALL EXHAUSTED;
³¹BUT THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR
STRENGTH;
THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES;
THEY SHALL RUN AND NOT BE WEARY;
THEY SHALL WALK AND NOT FAINT.

REFLECTION THOUGHT

YOU'RE PROBABLY TIRED, MAYBE EVEN EXHAUSTED...
FASTING IS A SUPERNATURAL WAY GOD RENEWS OUR
STRENGTH. HE'S THE GOD OF THE IMPOSSIBLE!

FINISH STRONG! ONE MORE DAY.

DAY 5

FASTING *Challenge*

ISAIAH 58:6-11

⁶"IS NOT THIS THE FAST THAT I CHOOSE:
TO LOOSE THE BONDS OF WICKEDNESS,
TO UNDO THE STRAPS OF THE YOKE,
TO LET THE OPPRESSED GO FREE,
AND TO BREAK EVERY YOKE?
⁷IS IT NOT TO SHARE YOUR BREAD WITH THE HUNGRY
AND BRING THE HOMELESS POOR INTO YOUR HOUSE;
WHEN YOU SEE THE NAKED, TO COVER HIM,
AND NOT TO HIDE YOURSELF FROM YOUR OWN FLESH?
⁸THEN SHALL YOUR LIGHT BREAK FORTH LIKE THE DAWN,
AND YOUR HEALING SHALL SPRING UP SPEEDILY;
YOUR RIGHTEOUSNESS SHALL GO BEFORE YOU;
THE GLORY OF THE LORD SHALL BE YOUR REARGUARD.
⁹THEN YOU SHALL CALL, AND THE LORD WILL ANSWER;
YOU SHALL CRY, AND HE WILL SAY, 'HERE I AM.'
IF YOU TAKE AWAY THE YOKE FROM YOUR MIDST,
THE POINTING OF THE FINGER, AND SPEAKING WICKEDNESS,
¹⁰IF YOU POUR YOURSELF OUT FOR THE HUNGRY
AND SATISFY THE DESIRE OF THE AFFLICTED,
THEN SHALL YOUR LIGHT RISE IN THE DARKNESS
AND YOUR GLOOM BE AS THE NOONDAY.
¹¹AND THE LORD WILL GUIDE YOU CONTINUALLY
AND SATISFY YOUR DESIRE IN SCORCHED PLACES
AND MAKE YOUR BONES STRONG;
AND YOU SHALL BE LIKE A WATERED GARDEN,
LIKE A SPRING OF WATER,
WHOSE WATERS DO NOT FAIL.

REFLECTION THOUGHT

LOOK HOW FASTING RELEASES THE POWER OF GOD!

MAKE THIS LAST ONE COUNT.