

# FASTING AND PRAYER WORKSHEET\*

## THE PROMISE CHURCH | ONE-DAY RETREAT 2023

**NOTE:** *"Intermittent fasting (IF) is not recommended for those in periods of rapid growth, such as children and adolescents. IF is also not recommended for people with diabetes on medication, people with a history of eating disorders, and pregnant or breastfeeding women."* ([www.health.choc.org/intermittent-fasting](http://www.health.choc.org/intermittent-fasting))

### **Step 1 – Determine your need or desire.**

**"I am fasting and praying, because I need or desire \_\_\_\_\_."**

*"Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the LORD your God, and cry out to the LORD." - Joel 1:14*

### **Step 2 – Set your objective.**

**"I am fasting and praying towards \_\_\_\_\_."**

*(e.g. spiritual breakthrough, renewal, guidance, healing, revival, resolution of problems, special grace to handle a situation, finances, ministry, family, salvation of others etc.)*

**Use the space below to explain your objective more fully.**

### **Step 3 – Make your commitment.**

Pray about the kind of fast you should do.

#### **1. Fasting from food.**

- a. Jewish Major Fast: **24 hrs from sundown to sundown** (e.g. Yom Kippur)
- b. Jewish Minor Fast: **12 hrs from sunrise to sundown** (e.g. "The Fast of Esther")
- c. Extended Fast: **3 days to 21 days**
- d. Daniel Fast: **Fruits and Vegetables... meatless** (Dan 1:12)
- e. **Water and Juice Fast**
- f. **Liquids Fast (only water, juice, coffee, smoothie, soup, etc.)**
- g. If children want to fast from food, they can do a **favorite-food fast. Something they eat often.**
- h. Create your own food fast. You can create any kind of combination.

#### **2. Fasting from distractions.**

- a. Media & Technology (TV, movies, social media, internet, video games, etc).
- b. Activities (hobby or activity you enjoy, weekend outings, seeing friends, etc.).

#### **3. How much time will you devote each day to prayer and God's Word?**

- a. Focused time of prayer: Schedule a time and place.
- b. Focused time in the Word: Have a reading plan.

- 4. This period of Fasting and Prayer can be done alone, or as a couple, or as a whole family.**  
**Parents explain to your kids why you would want them to fast and pray as a family, but only voluntarily.** *NOTE: Kids & younger teens can do a favorite-food fast or a non-food fast. If older teens want to do a total food fast, they should consult their parents or family physician beforehand.*

<p><b>MY FASTING COMMITMENT:</b>  <i>Be Specific. What, when, how?</i></p>	<p><b>MY PRAYER &amp; WORD COMMITMENT:</b>  <i>Be Specific. What, when, where, how?</i></p>
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**Step 4 – Prepare yourself spiritually.**

1. Ask the Lord to help you. He wants you to come to Him, and He promises you will find Him.  
*“I love those who love me, and those who seek me diligently find me.” - Proverbs 8:17*
2. Have your Bible.
3. Have a journal and pen.
4. Schedule your day so that you can fit in your fasting/prayer/Word commitments.
5. Couples & families, talk about your fasting and prayer plan together before starting.

**Step 5 – Expect results.**

1. Remember you are sowing through fasting & prayer. But reaping (*i.e. getting answers to prayer, breakthrough, or growth*) might happen both during the fast or after the fast.
2. The goal of fasting and prayer:  
 To draw near to God in humility and delight in Him.  
 To offer your body, mind, and heart to God so that He may speak to you, change you, and use you.  
 To press into God with your needs & requests.

**Checklist:**

- I have determined my need or desire.
- I have set my objective.
- I have made my commitment.
- I will prepare myself spiritually.
- I will prayerfully believe that God will meet me in my fast.