My Personal Tasting Journal

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My Personal Fasting Journal

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Fasting and Prayer Journal

~ For Spiritual Discovery and Physical

Breakthrough ~

Journaling this transition in your life will bring years of reflection and dimension.

In choosing to commit to a specific period of fasting and prayer, you are at the beginning of a pivotal moment in your life, both physically and spiritually.

A journal is a collection of thoughts, inspirations, insights and reflection. During a fast many people are attuned, at the highest level of observance, to God's work in their life. To journal this experience - to capture progress in your spiritual or physical life - can be a personal treasure for future reference.

Throughout history great Christian leaders have documented God's work in their life. These journals show us God's hand at work at that moment of time, as well as the legacy and long term benefits from that time of fasting.

A journal is designed to be personal. It is a place where we can just record and reflect on all areas of our life; where we see God is at work and where He seems quiet. Later a journal can be a touch point in our lives and can be passed down to generations for great growth. Imagine your grandkids learning from your 'God moments' and being blessed by the bequest of this journal.

When to Journal

For some, journaling first thing in the morning can be beneficial as you pray in anticipation for the day ahead. For others, journaling in the evening is more reflective of what has transpired during the day. Even on days when it seems nothing is happening, journaling your thoughts and prayers is a record of your desire. Then later, the pages can be reviewed as the answers become more transparent. Since most fasting days include the abstinence of eating, journaling during meal times can fill the moments usually spent eating. If you are fasting from something else, the time you normally spent doing that may be a fruitful journaling time and assist you in maintaining your commitment.

What to Journal

1. Begin the fasting journal on the first day of your fast. Agree in your heart and with God on this start date prior to the day. The most difficult step in any new discipline is often the first step. Starting the journal on the very first day of fasting will help overcome any obstacles in your mindset. In addition to identifying the start date, include the original purpose of this fast in your pre-fast preparations. Purpose examples might include: to develop discipline, increase awareness of God at work in your life, physical breakthrough in eating or other addiction, protection, health healing, decisions to make, for someone in your life, ministry enlightenment, or other reasons. This journal provides a three-day, pre-fast guided journey to help you plan with the Lord for success.

2. Write the lessons you are learning or desiring to learn during this fast.

- 3. Record the lessons God is teaching you.
- 4. Record your prayers
- 5. Record your answers to prayers and all gifts God sends during this time.

One of the top 5 books for understanding my walk with the Lord was *Experiencing God.* Author Henry Blackaby unveils the simplicity of Christianity and hearing God speak.

This time period of fasting is also one of the simplicities of our Christian disciplines. Taken from the *Experiencing God* study; here are 10 questions to help discover ideas to journal.¹

- 1. What has God revealed to you about Himself?
- 2. What has God revealed to you about His purpose?
- 3. What has God revealed to you about His ways?
- 4. What has God done in your life or through your life that has caused you to experience His presence?
- 5. What Scripture has God used to speak to you about Himself, His purposes or His ways?
- 6. What particular person or concern has God given you a burden to pray for? What has He guided you to pray for in this situation?
- 7. What has God done through circumstances that have given you a sense of His timing or direction concerning any aspect of His will?
- 8. What word of guidance or truth do you sense God has spoken to you through another believer?
- 9. What adjustment is God leading you to make in your life?
- 10. What acts of obedience have you accomplished this week? What further steps of obedience do you know God wants you to take?

The most important reason for journaling is the later reflection of how God worked in you during this time. These words will be incredibly valuable during times to come in your life.

As mentioned above – sharing with future generations how God worked helps everyone understand how important God is in our everyday life.

¹ Henry T. Blackaby and Claude V. King, Experiencing God (Nashville: Broadman Press, 1994).



Prepare for your fast

- 1. Seek a **place** and time to pray: Prayer is the meat of a fast. It is the protein do this first!
- 2. Determine the **type** of fast: water, juice, broth, vegetable fast, Daniel fast or other.
- 3. **Thoughts** refrain from critical thinking, spreading negative words about or to anyone else.
- 4. **Limit** TV and internet unless working. These devices can distract from God-time.
- 5. **Listen** for the Lord to speak
- 6. Sing worship songs all day long
- 7. Get an accountability partner or prayer partner

Fasting without prayer and the Word is dieting. Dieting is a vicious cycle. Fasting is a breakthrough! If the fast means little to you, it won't mean anything to God.

Remember fasting is only a tool, not an end in itself.

It is a means by which we can worship the Lord and submit ourselves in humility to Him. We don't make God love us any more than He already does if we fast or by how long we fast.

Our goal for fasting, as with any discipline our Christian walk, is FREEDOM.

"Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage." (Gal 5.1 NKJV)

Turning your problems over to God and letting Him take control over these areas will bring freedom and a great yoke will be lifted from your shoulders.

Godly Discipline always has its rewards.

What to expect

Fasting is not only a time of sacrifice, but it will be a time of increased warfare! Satan is well aware of the power in the one-two-punch of fasting and prayer. He will, in his consistent and usual manner, seek to distract us from this influential, beneficial journey.

We are not called to be religious robots. We are called to be daring disciples of the Lord Almighty. The Mighty Warrior – the Great I AM!

So why do we live like we are paupers of neglect? **Decide** that God is bigger than your problems, bigger than your struggles, bigger than your enemy. Believe that God can do the impossible, which starts with turning our heart to His purpose.

When fasting from food or beverages, you may experience headaches, hunger pangs and cravings for food, sugar and caffeine. Make sure you drink plenty of water, stay immersed in His Word, and pray ceaselessly.

When fasting from other things, such as social media, TV, et al, replace time spent on those things with reading the Word, prayer, helping others, and in all fast types - journaling.

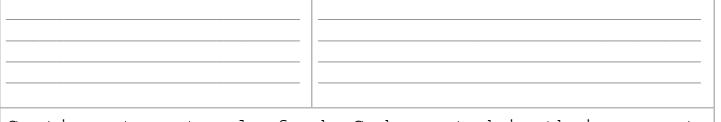
Keep reminding yourself of the purpose you set with God for this period committed to fasting and praying.

My Fasting Journal

Preparation for Fasting - Day 1	Where and when I will pray and journal:	
I commit to fast from (date) to (date).		
The reason I am fasting (aka purpose and /	or results sought):	
Type of fast I am committing to:		
My plan for accountability:		
My verse for this fast:		
For the next 3 days, whether fasting from food or not, begin to eat only foods God created in the purest natural form, avoiding processed foods as much as possible.		

Preparation for	"Commit your works to the
Fasting - Day 2 Review and	Lord, and your plans will
confirm your commitment: dates, reason, type of fast, accountability plan, etc.	be established." (Proverbs 16:3)

Physically plan and prepare to achieve/persevere in the fast. For example, shop/prepare the things you will use during the fast and remove items that would distract you. You can use this space to create your checklist for success:



Continue to eat only foods God created in their purest and most natural form, avoiding processed foods as much as possible.

Preparation for	"For I know the plans I
Fasting - Day 3 Review and	have for you," declares the
confirm your commitment: dates, reason,	Lord, "Plans for welfare
type of fast, accountability plan, etc.	and not for calamity to
	give you a future and a
	hope." (Jeremiah 29:11 NASB)

Complete your preparations and pray about starting your fasting and prayer journey - and journal - tomorrow!

Continue to eat only foods God created in their purest and most natural form, avoiding processed foods as much as possible.

Fasting Day 1 Date Reflection reminder: I am fasting from for the purpose of	ATTITUDE IS A LITTLE THING THAT MAKES A BIG DIFFERENCE. WINSTON CHURCHIL	And <i>the four</i> living creatures, each one <i>of</i> them having six wings, are full <i>of</i> eyes around and within; and day and night they do not cease <i>to</i> say, "Holy, holy, holy is <i>the</i> Lord God, <i>the</i> Almighty, who was and who is and who is <i>to</i> come." Revelation 4:8 NASB
al how you are feeling, bible verses you spent time tating on, and what God is saying to you.	I'm grateful for:	

Fasting Day 2 Date Reflection reminder: I am fasting from for the purpose of	We have to pray with our eyes on God, not on the difficulties. <i>Jeward Chamburs</i>	Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me. John 14:6 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	_	

Fasting Day 3 Date Reflection reminder: I am fasting from for the purpose of	and My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land. Now My eyes will be open and My ears attentive to the prayer offered in this place. 2 Chronicles 7:14-15 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 4 Date Reflection reminder: I am fasting from for the purpose of	BREAT HATHRIS THE PRODUCT OF GREAT HORITS GREAT LESTINGUES AND THE OUTCOME OF GREAT SELS. GREAT THIM THE SCAN OWNE LONG OF OF OR HEAT THAN S. — SMITH, WIGGLESWORTH	For the eyes of the Lord move to and fro throughout the earth that He may strongly support those whose heart is completely His. You have acted foolishly in this. Indeed, from now on you will surely have wars. 2 Chronicles 16:9 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:	

Fasting Day 5 Date Reflection reminder: I am fasting from for the purpose of	Jabez was more honorable than his brothers, and his mother named him Jabez saying, "Because I bore him with pain." Now Jabez called on the God of Israel, saying, "Oh that You would bless me indeed and enlarge my border, and that Your hand might be with me, and that You would keep me from harm that it may not pain me!" And God granted him what he requested. 1 Chronicles 4:9-10 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 6 Date Reflection reminder: I am fasting from for the purpose of	REJOICE in hope. BE PATIENT in Iribulation. BE CONSTANT in prayer.	Behold, I will do something new, Now it will spring forth; Will you not be aware of it? I will even make a roadway in the wilderness, Rivers in the desert. Isaiah 43:19 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you		:

Fasting Day 7 Date Reflection reminder: I am fasting from for the purpose of	Ged jast for off and distant He'r closer than wir often realize yra terkennt	And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." Luke 10:27 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for: 	

Fasting Day 8 Date Reflection reminder: I am fasting from for the purpose of	You will seek Me and find Me when you search for Me with all your heart. 'I will be found by you,' declares the Lord, 'and I will restore your fortunes and will gather you from all the nations and from all the places where I have driven you,' declares the Lord, 'and I will bring you back to the place from where I sent you into exile. Jeremiah 29:13-14 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 9 Date Reflection reminder: I am fasting from for the purpose of	Enter His gates with thanksgiving And His courts with praise. Give thanks to Him, bless His name. Psalm 100:4 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 10 Date Reflection reminder: I am fasting from for the purpose of		But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for	·

Fasting Day 11 Date Reflection reminder: I am fasting from for the purpose of	"If you look at the world, you'll be distressed. If you look at the world, you'll be depressed. But if you look at Christ, you'll be at rest." Corrie ten Boom	Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him <i>be</i> the glory in the church and in Christ Jesus to all generations forever and ever. Amen. Ephesians 3:20-21 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:	

Fasting Day 12 Date Reflection reminder: I am fasting from for the purpose of	Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Ephesians 6:10-13 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	l'm grateful for:

Fasting Day 13 Date Reflection reminder: I am fasting from for the purpose of	so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world. Philippians 2:15 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 14 Date Reflection reminder: I am fasting from for the purpose of	Now may our God and Father Himself and Jesus our Lord direct our way to you; 12and may the Lord cause you to increase and abound in love for one another, and for all people, just as we also do for you; 13so that He may establish your hearts without blame in holiness before our God and Father at the coming of our Lord Jesus with all His saints. 1 Thessalonians 3:11-13 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 15 Date Reflection reminder: I am fasting from for the purpose of	Witstlin Hann Stifter Stiftere Stiftere	But as for you, brethren, do not grow weary of doing good. 2 Thessalonians 3:13 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:	

Fasting Day 16 Date Reflection reminder: I am fasting from for the purpose of	WHATEVER IS trues nobles (DVELY, negative procedents on PRAISEWORTHY, think on such structure	Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-9 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful fo	pr:

Fasting Day 17 Date Reflection reminder: I am fasting from for the purpose of	With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, for which I am an ambassador in chains; that in proclaiming it I may speak boldly, as I ought to speak. Ephesians 6:18-20 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 18 Date Reflection reminder: I am fasting from for the purpose of	Be strong and courageous, do not be afraid or tremble at them, for the Lord your God is the one who goes with you. He will not fail you or forsake you." Deuteronomy 31:6 NASB
Journal how you are feeling, what bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 19 Date Reflection reminder: I am fasting from for the purpose of	Grow isn't far aff and distant He's closer than we after realize Issa terbourst	The fear of the Lord is the beginning of wisdom; A good understanding have all those who do His commandments; His praise endures forever. Psalm 111:10 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you		

Fasting Day 20 Date Reflection reminder: I am fasting from for the purpose of	PEACE Pray Everyday And Cherish Everyone	But prove yourselves doers of the word, and not merely hearers who delude themselves. James 1:22 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:	

Fasting Day 21 Date Reflection reminder: I am fasting from for the purpose of	Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal." John 6:27 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 22 Date Reflection reminder: I am fasting from for the purpose of	Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and Io, I am with you always, even to the end of the age. Matthew 28:19-20 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 23 Date Reflection reminder: I am fasting from for the purpose of	X	And He was saying to them all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it." Luke 9:23-24 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:	

Fasting Day 24	"This is My com as I have loved	nmandment, that you love one another, just you." John 15:12 NASB
Date Reflection reminder: I am fasting from for the purpose of	Gid y son York D The Son Bernoks Bernoks Down wr Down street	For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. John 3:16 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:	

Fasting Day 25 Date Reflection reminder: I am fasting from for the purpose of	For this reason I remind you to kindle afresh the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of timidity, but of power and love and discipline. 2 Timothy 1:6-7 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 26 Date Reflection reminder: I am fasting from for the purpose of	Jesus was going through all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom, and healing every kind of disease and every kind of sickness. Seeing the people, He felt compassion for them, because they were distressed and dispirited like sheep without a shepherd. Then He *said to His disciples, "The harvest is plentiful, but the workers are few. Therefore beseech the Lord of the harvest to send out workers into His harvest." Matthew 9:35-38 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 27 Date Reflection reminder: I am fasting from for the purpose of	Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:3-5 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 28 Date Reflection reminder: I am fasting from for the purpose of	For this reason I too, having heard of the faith in the Lord Jesus which exists among you and your love for all the saints, do not cease giving thanks for you, while making mention of you in my prayers; that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. Ephesians 1:15-17 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 29 Date Reflection reminder: I am fasting from for the purpose of	And this I pray, that your love may abound still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; having been filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God. Philippians 1:9-11 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 30 Date Reflection reminder: I am fasting from for the purpose of	I say this so that no one will delude you with persuasive argument. For even though I am absent in body, nevertheless I am with you in spirit, rejoicing to see your good discipline and the stability of your faith in Christ. Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude. Colossians 2:4-7 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 31 Date Reflection reminder: I am fasting from for the purpose of	So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity. Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Colossians 3:12-15 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	l'm grateful for:
	·

Fasting Day 32 Date Reflection reminder: I am fasting from for the purpose of	But seeke ye first the kingdom of GOOD and his righteousness, and all these things shall be added unto you. MATTHEW 633	But seek first His kingdom and His righteousness, and all these things will be added to you. Matthew 6:33 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:	

Fasting Day 33 Date Reflection reminder: I am fasting from for the purpose of	I am the Lord, I have called You in righteousness, I will also hold You by the hand and watch over You, And I will appoint You as a covenant to the people, As a light to the nations, To open blind eyes, To bring out prisoners from the dungeon And those who dwell in darkness from the prison. Isaiah 42:6-7 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 34 Date Reflection reminder: I am fasting from for the purpose of	I will pour out My Spirit on your offspring And My blessing on your descendants; And they will spring up among the grass Like poplars by streams of water. This one will say, 'I am the Lord's'; And that one will call on the name of Jacob; And another will write on his hand, 'Belonging to the Lord,' And will name Israel's name with honor. Isaiah 44:3-5 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 35 Date Reflection reminder: I am fasting from for the purpose of	the blessing and the curse which I have set before you, and you call them to mind in all nations where the Lord your God has banished you, and you return to the Lord your God and obey Him with all your heart and soul according to all that I command you today, you and your sons, then the Lord your God will restore you from captivity, and have compassion on you, and will gather you again from all the peoples where the Lord your God has scattered you. Deuteronomy 30:1-3 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 36 Date Reflection reminder: I am fasting from for the purpose of	You shall therefore keep every commandment which I am commanding you today, so that you may be strong and go in and possess the land into which you are about to cross to possess it; so that you may prolong your days on the land which the Lord swore to your fathers to give to them and to their descendants, a land flowing with milk and honey. Deuteronomy 11:8-9 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 37 Date Reflection reminder: I am fasting from for the purpose of	The Lord is for me; I will not fear; What can man do to me? Psalm 118:6 Give thanks to the Lord, for He is good; For His lovingkindness is everlasting. Psalm 118:29 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you I'm grateful for:	Fasting Day 38 Date Reflection reminder: I am fasting from for the purpose of	Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love. For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ. 2 Peter 1:5-8 NASB
	spent time meditating on, and what God is saying	

Fasting Day 39 Date Reflection reminder: I am fasting from for the purpose of	Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you. To Him be dominion forever and ever. Amen. 1 Peter 5:9-11 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

Fasting Day 40 Date Reflection reminder: I am fasting from for the purpose of	For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. Philippians 1:6 Only conduct yourselves in a manner worthy of the gospel of Christ, so that whether I come and see you or remain absent, I will hear of you that you are standing firm in one spirit, with one mind striving together for the faith of the gospel Philippians 1:27 NASB
Journal how you are feeling, bible verses you spent time meditating on, and what God is saying to you	I'm grateful for:

RESULTS of My Fast Date	I fasted from	
The purpose of my fast was		
Summarize all that God has done for, with, and through you during this period of fasting and prayer.		

Biblical References for Fasting

Observances of Fasts

Isaiah 58:1-14 NASB

¹"Cry loudly, do not hold back; Raise your voice like a trumpet, And declare to My people their transgression And to the house of Jacob their sins. ²Yet they seek Me day by day and delight to know My ways, As a nation that has done righteousness And has not forsaken the ordinance of their God. They ask Me for just decisions, They delight in the nearness of God.

³'Why have we fasted and You do not see? Why have we humbled ourselves and You do not notice?' Behold, on the day of your fast you find your desire, And drive hard all your workers.

⁴Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like you do today to make your voice heard on high.

⁵Is it a fast like this which I choose, a day for a man to humble himself? Is it for bowing one's head like a reed And for spreading out sackcloth and ashes as a bed? Will you call this a fast, even an acceptable day to the LORD?

⁶Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free And break every yoke?

⁷Is it not to divide your bread with the hungry And bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh?

⁸Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the LORD will be your rear guard.

⁹Then you will call, and the LORD will answer; You will cry, and He will say, 'Here I am.' If you remove the yoke from your midst, The pointing of the finger and speaking wickedness,

¹⁰And if you give yourself to the hungry And satisfy the desire of the afflicted, Then your light will rise in darkness And your gloom will become like midday.

¹¹And the LORD will continually guide you, And satisfy your desire in scorched places, And give strength to your bones; And you will be like a watered garden, And like a spring of water whose waters do not fail. ¹²Those from among you will rebuild the ancient ruins; You will raise up the age-old foundations; And you will be called the repairer of the breach, The restorer of the streets in which to dwell.

Keeping the Sabbath

¹³"If because of the Sabbath, you turn your foot From doing your own pleasure on My holy day, And call the Sabbath a delight, the holy day of the LORD honorable, And honor it, desisting from your own ways, From seeking your own pleasure And speaking your own word,

¹⁴Then you will take delight in the LORD, And I will make you ride on the heights of the earth; And I will feed you with the heritage of Jacob your father, For the mouth of the LORD has spoken.""

More Verses on Fasting

2 Samuel 3:35-36	Matthew 4:23; 16-18	1 Samuel 7:6
Matthew 6:16	2 Samuel 12:1-23	Exodus 34:28
Joel 1:14; 2:12-14	Acts 10:1-36; 13:3; 14:21- 23	Esther 4; 9:31
Luke 18:12	Psalm 109:24	Daniel 1:12-16
Jeremiah 14:10-12	Matthew 17:21	Ezra 8:21-23
Nehemiah 9:1-3	2 Chronicles 20:14	1 Corinthians 7:3-5
James 4:7	Psalm 109:4	Psalm 91:1