

My Personal
Fasting
Journal



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

I commit to fast from (date) _____ to _____ (date).

Where and when I will pray and journal:

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.

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

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

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



And *the four* living creatures, each one *of* them having six wings, are full *of* eyes around and within; and day and night they do not cease *to* say, "Holy, holy, holy is *the* Lord God, *the* Almighty, who was and who is and who is *to* 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 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 24

Date _____

Reflection reminder: I am fasting from...
for the purpose of...

“This is My commandment, that you love one another, just as I have loved you.” John 15:12 NASB



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 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...

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 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:

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	Psalms 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	Psalms 109:4	Psalms 91:1