



AWAKENING

21 DAYS OF PRAYER, FASTING, AND PERSONAL DEVOTION

FASTING JOURNAL

This Devotional Journal Belongs to



TrinityChurch
a church of the Nazarene

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A Word of Encouragement from Our Pastor

Dear Friend,

I am so excited that you have decided to participate in a shared journey of extended prayer, fasting, and personal devotion with our church family. We were created for an intimate and fulfilling relationship with God. When we pray, fast, and seek God through time in His Word, we make room for this relationship to deepen. I am confident that this 21-Day Corporate Fast will refresh your spirit, realign your priorities, and reorient your life so that you may bear spiritual fruit for the glory of God. My understanding of Scripture, along with my own personal experiences with prayer and fasting, have convinced me that every believer should incorporate these habits into their lives.

I would be honored to support you during your fast. Please feel free to share your prayer requests, questions, and experiences with me or any of our pastors at any time. In addition to this *Fasting Journal*, we have made copies of “*Awakening: A Prayer, Fasting, and Personal Devotion Guide*,” available to the congregation. I strongly encourage you to pick up this valuable resource from the church office. This guide contains important information on the purposes of fasting, how to fast safely, and includes valuable tips on how to get the most out of your devotional times.

I pray that you will savor the time you spend with the Lord. May God speak to you clearly and powerfully during this very special time of prayer, fasting, and personal devotion.

With love,

A handwritten signature in blue ink, appearing to read 'Albert', with a long, sweeping flourish extending to the right.

Pastor Albert

For more fasting resources for adults, youth and children visit our website at TrinityChurchMP.com

HOW TO FAST SAFELY

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But if done properly, fasting will prove to be a wonderful spiritual blessing.

By all means, consult your doctor before you begin your fast. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruits and vegetables for two days before starting a fast.

While you fast:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

HOW TO USE THIS JOURNAL

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It's not about an obligation, it's about a relationship. When we engage God through reading His Word, we experience His very presence. God's Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him.

A great, simple way to journal your devotions is to use the SOAP method SOAP stands for:

S **SCRIPTURE**
Read the daily passage and then identify a scripture from the passage that stands out to you.

O **OBSERVATION**
Focusing on that scripture, ask the Holy Spirit to show you what God is saying.

A **APPLICATION**
How does this apply to your life right now?

P **PRAYER**
Thank God for revealing His truths to you. Remember, prayer is a two-way conversation, so listen for what God wants to say to you. Write out your prayers, it helps.

As you read these devotionals, keep in mind the following three things: read daily, read prayerfully and read with expectation. We encourage you to read the passages and prepare your own SOAP. God is prepared to reveal Himself to you, so get ready to be awakened!

DAY 1—January 30th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 10

OBSERVATION: Saul was clearly appointed by God as Israel’s first king. As a result of the Holy Spirit’s work in him, he became a different person. God was everything Saul needed for success, but as Saul’s power grew, so did his pride. He stopped seeking God’s will, and eventually jealousy and strife began to decay both him and the nation he had been entrusted to lead.

APPLICATION: Our success depends solely on our devotion to God, not our position, wisdom, or strength. God honors obedience - we must consistently obey God. Rebellion against God is a very dangerous sin. As we choose to rebel, we close the door to forgiveness and restoration with God.

PRAYER: *“Father God, I acknowledge that You are everything I need and I commit every area of my life to You during this season of prayer and fasting. I ask You to forgive me of any disobedience, arrogance and rebellion. I commit today to walk in obedience to Your Word. I surrender control to You, and ask for Your Spirit to fill me so that I might live a life that glorifies You. In Jesus Name, Amen.”*

JOURNALING QUESTIONS

What verse(s) from today’s reading stand out to you?

What is God saying to us in this Scripture? Write a brief summary of the passage in your own words.

How does today’s Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 2—January 31st

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read Mark 4

OBSERVATION: Jesus gave us insight into understanding how His Kingdom would work in our lives. Like a farmer sowing seed, amazing things happen when the seed falls on good, healthy, fertile ground.

APPLICATION: Our hearts are like the garden. The things we plant into our lives will grow, and weeds can sprout up if we are not paying attention. If we are going to experience all the amazing things Jesus has provided, we must be intentional about planting the “right” things in our hearts and getting rid of the “weeds”. Plant His Word, cultivate it, and it will produce an incredible harvest. As you fast, expect God to reveal Himself to you more clearly.

PRAYER: *“Lord Jesus, thank You for helping me see the amazing truth of sowing Your Word into my life. The harvest that is produced is transforming my life. Help me to see You for who You really are. Help me to see myself in light of who I have become because of Your gift of righteousness. Amen.”*

JOURNALING QUESTIONS

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How does today’s Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 3—February 1st

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 11

OBSERVATION: The Israelites were under attack. Was there anyone that could save them? Note some interesting symbolism here: Nahash means “serpent.” Jabesh means “dried up.” The “eye” is symbolic of vision and whenever “right” is mentioned, as in the “right hand of God,” it symbolizes authority. Clearly, the attack was a spiritual one.

APPLICATION: When our relationship with Jesus feels “dried up”, our enemy attacks. Have you ever considered compromise as an option? Compromise comes from a lack of vision and authority over the enemy. Today, ask the Holy Spirit to reveal any compromise in your life and where you need to be recommitted to Christ. Respond in obedience and Jesus will restore both your authority and your vision so you will experience victory!

PRAYER: *“Lord, my desire is to follow You with all of my heart, soul, mind, and strength. Please help me today to see any of the areas of my life in which I have intentionally or unintentionally allowed compromise to creep in. Today, I recommit my life completely to You. Awaken my soul and fill me with Your presence. Amen.”*

JOURNALING QUESTIONS

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How does today’s Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 4—February 2nd

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read 1 Samuel 12

OBSERVATION: The prophet Samuel gives his farewell address after anointing Israel's first king, Saul. God graciously permitted His people to have an earthly king and promised to bless them as long as they and their king remained obedient to Him first. However, the Israelites' failure to comply with God's standards resulted in them missing out on the promises that their ancestors received.

APPLICATION: God wants to rule and reign in our hearts. We often struggle with walking by faith and not by sight, so we seek something tangible. God, in His perfect permissive will and grace, will grant our requests under a stipulation - that we are completely obedient to His Word. The promises of God always carry the asterisk of obedience.

PRAYER: *"Heavenly Father, I pray that You give me the strength to be obedient to Your Word. During this season of fasting and prayer, help me to hear Your voice more clearly so that I can operate within Your will. Amen."*

JOURNALING QUESTIONS

What verse(s) from today's reading stand out to you?

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 5—February 3rd

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read Mark 5

OBSERVATION: The demon-possessed man was struggling with something that not only kept him up all night, but it was also something he had dealt with for a very long time. He was in constant agony and wanted relief so badly. He would cut himself out of frustration, irritation and desperation, wondering why he was dealing with this issue.

APPLICATION: Do you ever find yourself so frustrated that you hurt not only yourself but others? Ever struggle about why you're in a particular situation? Notice that in this passage, the man saw Jesus, ran to Him, laid it down at His feet and was changed forever. After his encounter with the Messiah, he was purposely sent back to his home town so people could see the change that Jesus made in him.

PRAYER: *“Heavenly Father, I pray that today I would have the kind of resolve it takes to lay my burdens at Your feet. I am faced with so much and I know that You care about every last detail of my life. Create a testimony through my experiences that will reach others some day and bring You the glory You deserve. Amen.”*

JOURNALING QUESTIONS

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 6—February 4th

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read 1 Samuel 13

OBSERVATION: It was no doubt that Saul was under a lot of pressure to lead the people into battle. Though he had been given specific instructions on how to proceed, he felt compelled to offer the burnt offering himself. Instead of worshipping in the Lord's way, Saul chose to do it how he saw fit. This was a huge mistake that cost Saul the anointing as king.

APPLICATION: No matter what your instincts might be telling you, it is NEVER the prompting of the Holy Spirit to go outside of God's will to get things done. As a leader, this will remove you from God's covering, in addition to everyone you have been charged to lead.

PRAYER: *"Father, I thank You for the Holy Spirit that guides and prompts me in Your ways. Thank You that You never leave me or forsake me. Help me to always choose Your ways over my own, for Your ways are higher than mine. In Jesus name, Amen."*

JOURNALING QUESTIONS

What verse(s) from today's reading stand out to you?

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 7—February 5th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 14

OBSERVATION: Jonathan and his armor bearer made room for God to act on their behalf. They had the perspective that God was bigger than them and able to do more than they could. They also understood that God did not have the same limitations or hindrances that they were subject to.

APPLICATION: In this season, we should make room for God in our lives through every means available: praying, fasting, giving, devotions. When we make room for God to operate in our lives, He can do much more to fix our situations than we can. When we submit areas of our lives to God, He can remove the hindrances and push past our personal limitations.

PRAYER: *“Lord, I ask You to show me areas of personal limitation in my life. I know that You want to bring a breakthrough in this area and I pray You would show me how to make room for You to move. Show me, teach me, guide me and change me, Father. You are bigger than I am and can do way more than I can! Amen.”*

JOURNALING QUESTIONS

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How does today’s Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 8—February 6th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read Mark 6

OBSERVATION: Notice in this account that Jesus never takes His eyes off of His disciples. Though He may not have been with them in the boat in that moment, it did not mean that He wasn't aware of everything that was going on.

APPLICATION: Just because we may find ourselves in a storm from time to time, it doesn't mean that Jesus does not know exactly where you are. Though it may feel like you are on your own in the boat, rest assured in knowing that the Savior has His eyes fixed on you.

PRAYER: *"Dear God, help me trust in You to a greater degree, even amidst the scariest storms of life. I know You have Your eyes on me and that You know where I am the entire time. Thank You for that assurance. In Jesus name, Amen."*

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 9—February 7th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 15

OBSERVATION: After being instructed by God to destroy the Amalekites completely, Saul decides his own way is better. He ends up sparing the life of the Amalekite king and keeping the livestock that appealed to him. His disobedience caused God great sorrow.

APPLICATION: Putting God first is really all about having the highest value for Him and what He says. Too often, we make our own adjustments to what God has said, thinking that we know best. Valuing God's Word and trusting His ways means that when He speaks, we obey completely. Ask God to empower you follow His truth, make the decision that His way is your way, and then just do it.

PRAYER: *“Father, open my eyes to see that Your ways lead only to life. I will trust You with all of my heart. Thank You that Your grace empowers me to walk in Your ways. Thank You that I have not been left to my own ability, but am empowered to live in a way I could never live on my own. Amen.”*

JOURNALING QUESTIONS

What verse(s) from today's reading stand out to you?

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 10—February 8th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 16

OBSERVATION: It's time for a new king, Saul is out of control. The Lord sends Samuel to Bethlehem to find and anoint the next king. The shepherd boy who God has chosen is quite a surprise not only to his family but to the experienced prophet as well!

APPLICATION: God has given us gifts and talents that He'll use for Kingdom purposes. We must not let our shortcomings determine if we are ready or not. Let us only ensure our heart is fully committed to saying "yes" to God. We must be careful to not judge anyone based solely on outer appearances.

PRAYER: *"Heavenly Father, I pray that today You will use me to speak encouragement to others and work to uplift someone. Please show me someone with the heart to do what You have called them to do and give me the courage to come alongside them. Strengthen me with boldness to pray with them in spite of where they are in their life. Amen."*

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Write out your own personal prayer to God in response to this passage.

DAY 11—February 9th

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read Psalm 56-57

OBSERVATION: David decided to put his trust God when people were attacking him. He asks, “what can man do to me?” What a declaration of confidence! What a show of true faith and freedom from the fear of man.

APPLICATION: Proverbs 29:25 says, “the fear of man brings a snare.” God wants us to place our trust in Him and fear Him. Not be afraid of Him, but have a healthy respect, esteem and honor for the Lord. When the Lord holds this place in our hearts, we don’t have to fear any other man.

PRAYER: *“Father, when I am afraid of others or their opinions of me, I choose to trust in You. I fear, esteem, and honor You above any other. Thank You for peace and freedom from fear of man today in the name of Jesus.”*

JOURNALING QUESTIONS

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How does today’s Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 12—February 10th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 17

OBSERVATION: Saul was a seasoned warrior. Who would know better than Saul which weapons would be necessary to defeat Goliath? However, God wanted to deliver His people in a way that would leave no doubt that He had done the work. By using a shepherd boy with a small stone and a sling, no man could take credit for the victory. It was clearly God who delivered His people from Goliath and the Philistines.

APPLICATION: When we rely on our own strength, we will experience limitations. But when we trust in God's strength, He gets the victory and the glory, and we get to be a part of His plan.

PRAYER: *“Father, putting my name on Your plan is like Saul putting his armor on David. Please don't let me ever try to cover what You are doing. Let me be transparent, so that You always get the glory You deserve. In the name of Jesus, Amen.”*

JOURNALING QUESTIONS

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Write out your own personal prayer to God in response to this passage.

DAY 13—February 11th

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read 1 Samuel 18

OBSERVATION: Even Saul, who tried to kill David, recognized the hand of God on his life. David’s success and favor was two-fold. First, David understood from his past experiences that his success was a result of the Lord being with him. Second, David was given the responsibility of leading the king’s men into battle against the enemies of Israel. David had determined in his heart to advance the kingdom of his king.

APPLICATION: As you fast today, reflect on the victories that God has given you in your life and consider them as preparation and confirmation of the victories to come. Praise God for where He has positioned you in your life and commit to advancing the Kingdom of your King, Jesus.

PRAYER: *“Dear Jesus, thank You for all that You have done and are going to do in my life. Help me to acknowledge You and receive Your grace in everything that I do. Allow my life to bring glory to Your name as You empower me to advance Your Kingdom in my world. Amen.”*

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How does today’s Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 14—February 12th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read Mark 7

OBSERVATION: The Pharisees and teachers of the law had been given the commands, statutes and teachings of God, but seemed to miss the whole point. Their adaptation of the law had become empty, hollow and heartless.

APPLICATION: We are given a solemn warning that if we are not careful, we can fall into this same trap. It is easy to settle into a routine and focus on schedules and to-do-lists. Although we don't mean for it to happen, the voice of God can get drowned out by these distractions. Let this time of prayer and fasting disrupt the regular patterns of life. Make time to meditate on God's Word and listen to His Voice. You will experience clarity where there was confusion, and peace during the trial.

PRAYER: *“Father, I choose to disconnect from all the distractions to draw closer to You. Let my eyes be steady on what You have set before me and help me never lose focus on the things of substance that produce life. Amen.”*

JOURNALING QUESTIONS

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 15—February 13th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 19

OBSERVATION: The Israelites were under attack. Jonathan, an intercessor for David, saw the hand of God upon David's life and knew that he stood blameless before God.

APPLICATION: Our victories may cause jealousy to surface in others and may result in us being undeservingly persecuted. However, we can take comfort in knowing that Christ intercedes for us and gives us favor. He also surrounds us with people who will support and encourage us. We can't always control how people treat us, but we can control how we honor God.

PRAYER: *"Lord, help me to honor You as I seek to draw closer to You during this season of prayer and fasting. Even through persecution, allow my conduct to glorify You. In the name of Jesus, help me to intercede on behalf of others who may be dealing with judgment, jealousy, and unwarranted attacks. Amen."*

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 16—February 14th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read 1 Samuel 20

OBSERVATION: How fortunate David was to have a friend like Jonathan, someone who stuck by him through thick and thin. Jonathan was a friend that would even feel a righteous anger because of the shameful treatment that David received.

APPLICATION: What kind of friends do you have? We must strive to have friends in our life like Jonathan – the ones who will encourage and support us, no matter what. In addition, we must always strive to be a “Jonathan” kind of friends to others.

PRAYER: *“God, please help me to surround myself with people that will always point me towards Your best. Today as I fast and seek You, I ask you to reveal to me the people that You have placed in my life that will help me become the person You are calling me to be. Amen.”*

JOURNALING QUESTIONS

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How does today’s Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 17—February 15th

Suggested Fasting Plan:

Daytime: Fruits, Vegetables & Water

Dinner: Include legumes & whole grains

SCRIPTURE: Read Mark 8

OBSERVATION: Jesus was clearly a man of power and action, not just words. The miracles he performed came from a motivation of love and a desire to draw people to God.

APPLICATION: The more convinced we become that Jesus is God, the more we will see his power and love. His mighty works show us He is able to save anyone regardless of their past. The miracle of forgiveness brings healing, wholeness and powerful change to those who trust Him.

PRAYER: *“Lord, I declare Your goodness and that You are the only true God. I thank You that You are still a God of action today. I wait with an expectant, hopeful heart as Your mighty hand touches my life, bringing healing and salvation. In Jesus name, Amen.”*

JOURNALING QUESTIONS

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Write out your own personal prayer to God in response to this passage.

DAY 18—February 16th

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read 1 Samuel 21

OBSERVATION: David is running from Saul and for a moment, is overcome by fear. At this low point in his life, he acts like a crazy man before the king of Gath. David was beyond the point of simply experiencing fear. He let fear control him.

APPLICATION: Any one of us can be subject to fear when we are tired, hurt, or emotionally low. In order to ensure we don't start doing wrong things and going places we should avoid, we must remain deeply connected to God. His love will cast out any fear, no matter how great.

PRAYER: *“Father, help us manage our lives to stay healthy - in body, soul, and spirit. Please fill us with Your spirit and give us boldness of faith in place of fear. In Jesus name, Amen.”*

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How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

DAY 19—February 17th

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read 1 Samuel 22

OBSERVATION: David and Abiathar were Saul's next target. While it would have made more sense for David to send Abiathar away, he instead drew him in and offered his protection. David took a risk to keep Abiathar safe. David acted in a lot of ways like Jesus - not turning a blind eye to someone in need, even amidst trials of his own.

APPLICATION: No matter what the situation, when it seems all hope is lost Jesus' response is the same: draw closer to Him. He will offer His unmatched and perfect protection every time.

PRAYER: *"God, I pray that You strengthen my resolve to put my entire trust in You, knowing You will always protect me from harm. Help me to never turn away from other people in need just because I may be going through difficulty myself. Amen."*

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Write out your own personal prayer to God in response to this passage.

DAY 20—February 18th

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read Mark 9

OBSERVATION: The disciples found themselves unprepared to deal with this particular situation. Because Jesus led a lifestyle of prayer and fasting, He was prepared to deal with the issue when the time came. He didn't wait until the problem arose to prepare – a lifestyle of prayer and fasting had prepared Him for it.

APPLICATION: Prayer and fasting prepares us for what lies ahead. We don't have to wait for an emergency to arise before we prepare. Let us prepare ahead of time so that when confronted with adversity or challenges, we can face them head on.

PRAYER: *“Dear God, as I set time aside today to pray, fast and seek You, I ask that you strengthen me, prepare me, and fill me with Your Word. God, You see everything and hold all my days in Your hands. You know exactly what I have need of before I even ask for it. Thank You for Your grace that enables me to face whatever lies ahead. In Jesus name, Amen.”*

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Write out your own personal prayer to God in response to this passage.

DAY 21—February 19th

Suggested Fasting Plan:

All Day: Juice & Water

SCRIPTURE: Read 1 Samuel 23

OBSERVATION: David was surrounded by opposition. Even though he knew he was about to be betrayed, he still prayed and worshipped God. In the end, God came through. David found himself separated from his enemies, delivered from danger and resting in the stronghold of En-gedi.

APPLICATION: David's life was filled with trials. At times, he was running for his life, at times he was hiding out in caves. It was a fight. But there were two things that remained throughout David's entire life: worship and prayer. David knew that when it came down to it – regardless of what he went through – that was all he needed. Over the last 21 days, we've established a consistency in prayer, worship and drawing closer to God. Remain consistent, recognizing that this is the lifeline to strength and the only way to overcome any adversity.

PRAYER: *“Dear God, thank You for this time and all that You have done in and through my life over these last 21 days. I commit to keeping this space open to You and trust that You are all I need. I love you and thank you. Amen.”*

JOURNALING QUESTIONS

What verse(s) from today's reading stand out to you?

What is God saying to us in this Scripture? Write a brief summary of the passage in your own words.

How does today's Scripture apply to your life right now?

Write out your own personal prayer to God in response to this passage.

BREAKING YOUR FAST

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial spiritual and physical effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
 - First day: Add a raw salad
 - Second day: Add a baked or boiled potato, no butter or seasoning.
 - Third day: Add a steamed vegetable.
 - Thereafter: Begin to reintroduce your normal diet.
- Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit, such as watermelon/cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

THE NEXT 21 DAYS

We want to encourage you to be just as intentional about the next twenty-one days...and the twenty-one days after that...and so on. Remember, keeping the fire and zeal for God burning in your heart is what will keep your relationship with Him fresh and new. It will allow you to continue serving and obeying Him from a position of *want* to, and you will experience the joy of your salvation everyday— regardless of what life brings your way.

The principles you have practiced in these twenty-one days are very easy to sustain long-term. Prayer, fasting, and personal devotion are all quite simple to incorporate into your everyday life. Over these last twenty-one days, you've created space for God to fill. The best way to continue in these same practices is to keep that space open indefinitely. Don't allow it to close up! Protect that time and space with God and make it your priority each day.

Just like reading your Bible, praying, and attending church, fasting is also a lifestyle. We encourage you to establish a frequency and consistency of fasting in your life. Remember, this is not a legalistic thing. This is an "I get to experience God" thing. It is like going into heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a high level. We encourage you to do the same. Figure out what works for you, commit to it, and make it a part of your life.

