



FASTING AND FEASTING

21 days of Fasting from Food and Feasting on the Word of God

January 8 - January 28

Stevens Street Baptist Church, along with 20 other churches in the Cookeville area, will enter into a special season of seeking the Lord through fasting from food and feasting on the word of God from **January 8-28**. Christian fasting is when *we voluntarily abstain from food for a limited amount of time and for a Christ-centered purpose*. The content of this guide is meant to help you to understand fasting and to guide you in planning a fast.

▶ Have a purpose when you fast.

Christian fasting must be done with specific spiritual purposes in mind. If there is not a stated purpose for fasting, you will go hungry aimlessly. In the Bible, God's people fasted for all sorts of reasons. Jesus fasted before He was tempted to be properly prepared for a spiritual battle with Satan. Many Christians today fast because they need direction, renewal, are broken over sin, are grieving over a loss, desire to see revival, etc.

▶ Combine fasting with other spiritual disciplines.

The importance of this cannot be overstated. Fasting must be combined with (1) time alone with God, (2) meditation upon God's word, and (3) prayer. It is not Christian fasting unless it involves these things.

▶ Choose a fasting "method".

There are three basic methods of fasting: (1) a **partial fast**: water and juice only, (2) a **regular fast**: water only, and (3) an **absolute fast**: no food or water. Each of these can be conducted for the length of time and frequency of your choosing. Your fasting experience, your medical condition, and the purpose of your fast will determine which method you choose. If you have never fasted, a partial fast lasting 24 hours is a good place to start. A regular fast of three days is a good goal to set. An absolute fast should not last longer than three days. During the 21 days, you could do a one day partial fast during the first week, a one day regular fast during the second week, and a one day absolute during the third week, or any other combination of days and methods of your choosing.

▶ Make a plan.

Consider your calendar, lifestyle, work obligations, and domestic responsibilities. If you are an athlete or work a physically demanding job, you will need to account for this in your plan. You will be required to make sacrifices and cancellations in order to fast. In addition, there are people in your life with whom you may need to communicate and inform them ahead of time. On the back of this document is a worksheet to help you develop a personal plan for your fast.



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My Personal 21-Day Fasting Plan

Name: _____

GOALS. What are my spiritual goals for these 21 days? What spiritual changes do I want to see in my life? How do I want to be different? In what way do I want to be more godly?

FASTING METHOD. What will be my “method” of fasting (partial, regular, absolute)? What will be the length of my fast? How often will I fast during these 21 days?

MEDITATION. What portions of the Bible will I meditate upon over the next 21 days? What will I read, study, and memorize? These verses should match your purpose/goals for the fast.

PRAYER. What will be the focus of my prayers over the next 21 days? List the topics and categories.

PLAN. Where (place) and when (time) will I be alone with God while fasting over the next 21 days so that I can meditate upon God’s word and focus in prayer? (Tip: don’t combine this with other activities like a long commute to work, an exercise event like running, or a recreation event like hunting. Make God your exclusive focus during these times). What preparations do I need to make in order to be successful? Who do I need to communicate with beforehand? What do I have on my calendar that could conflict with this fast?

OUTCOMES. What do I hope will be the outcome of these 21 days of fasting and feasting?

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