

STEVENS CREEK CHURCH

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# **PRAYER AND FASTING JOURNAL**



# WELCOME

What is fasting? Why do we fast? If I fast, can I fast from something other than food? These are just a few of the many questions about the spiritual discipline of fasting. This journal will help clarify the practice and guide you on your fasting journey. Before starting a week of denying your flesh and any indulgences to pursue Christ, it's important to establish a foundation for understanding and practice. This journal will define fasting, show Biblical examples, and connect scriptures with personal application for today. Stevens Creek Church also recommends consulting your medical doctor to determine your best next step.

## + WHAT IS FASTING?

In the Old Testament, the primary Hebrew word for fasting is *tsūwm* (pronounced "tsom"), which means "to abstain from food." In the New Testament, the Greek word is *nēsteuō*, also meaning "to go without eating." From Genesis to Revelation, biblically speaking, fasting refers to a voluntary refusal of food to seek God.

But fasting is much more than simply abstaining from food or going on a hunger strike. It's not about punishing the body or checking a religious box. At its core, fasting is about making space, removing the "junk" from our lives — clearing out distractions and comforts to create room for a deeper connection with God. It is, in every sense, a physical cry that reflects the heart's spiritual hunger: "God, I need You more than I need food. More than I need comfort. More than I need anything."

Fasting is a declaration of dependence and a practice of humility. It's a voluntary act of emptying what sustains you physically to be filled spiritually. It is not a manipulative tool to coerce God into acting. It is not a diet or a weight loss plan with a spiritual twist. It is a serious, focused act of seeking the face of God, prioritizing His presence above all else.

## IS FASTING ONLY ABOUT FOOD?

Biblically speaking, yes. The Bible always uses the word “fasting” to refer to going without food. Jesus fasted from food. Esther fasted from food. Moses, David, and Daniel all fasted from food. It’s a bodily act that expresses a spiritual posture: “Lord, You are my daily bread.”

However, in today’s world, food might not be the only — or even the most urgent — thing that dulls a person’s spiritual hunger. Many of us are more addicted to technology than to our next meal. Our screens, constant entertainment, obsession with productivity and busyness — all these things quietly but powerfully drown out the voice of God.

While biblical fasting focuses on food, there is deep spiritual wisdom in voluntarily giving up anything that has become a substitute for God. Unplugging from social media, turning off your favorite streaming service, and stepping back from constant connectivity — these are modern acts of dedication, and they are essential.

Because the truth is this: you cannot be deeply shaped by God if the noise of the world constantly influences you.

## WHY DO WE FAST?

In the well-known “Sermon on the Mount” (Matthew 5–7), Jesus assumes His followers will fast and offers guidance on doing it with the right heart. Consider Matthew 6:16–18:

*“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”*

Jesus says, “when you fast,” not “if you fast,” indicating that fasting is a normal part of the life of a disciple. Fasting isn’t outdated legalism; it’s a time-tested discipline that helps Christians humble themselves, seek God’s guidance, and grow spiritually. Fasting helps us keep our balance in life — it creates space to listen to God, repent, and focus on spiritual rather than earthly things.

# WHAT IS SPIRITUAL ABOUT FASTING?

## THE HEART OF FASTING

Fasting is not about giving something up. Fasting is about making room! Fasting is not subtraction; it is replacement. It is the removal of something temporary to gain something eternal.

It is not enough to fast from food, entertainment, or the internet. We must fast unto God. The power of fasting is not in what we lose, but in what we gain: the presence, peace, direction, and nearness of the Lord.

And that's the key. Fasting is not about punishing yourself — it's about pursuing God.

## FASTING IN SCRIPTURE

Christians who want to pursue a fast will benefit from studying other instances in the Bible where fasting was practiced. To pursue this kind of topical study, a simple internet search will likely yield many resources. And rightly so — Scripture is full of instances of personal, national, and corporate fasts.

Where should we start? Let's begin at the end — with the ultimate example.

### **Fasting and the Cross**

Fasting ultimately points believers to the cross. In fasting, we willingly lay aside something that sustains us in daily life for the sake of pursuing God and His kingdom. Jesus went further — He willingly gave up His very life in obedience to the Father, establishing the kingdom of God and securing salvation for all humanity (Philippians 2:5-8).

When we ask why Jesus fasted (Matthew 4:1-11), we discover profound truths. Christ's fast in the wilderness was more than just physical abstinence; it was a deliberate act of identification with God's people. Just as Israel wandered and was tested in the wilderness for forty years, Jesus, too, submitted Himself to testing for forty days. Where Israel failed, Christ triumphed. He trusted the Father, resisted temptation, and demonstrated perfect obedience and reliance on God's Word — "Man shall not live by bread alone,

but by every word that comes from the mouth of God" (Matthew 4:4, quoting Deuteronomy 8:3).

In doing so, Jesus showed:

1. His unwavering love for the Father
2. His submission to God's will above His own physical needs
3. His deep compassion and identification with humanity's struggles
4. His readiness to endure suffering for our sake

Jesus' fasting was an object lesson — leading us to understand that true sustenance is found in a relationship with God, not merely in food or physical comfort. His example calls us to follow in His footsteps, to deny ourselves, take up our cross daily, and depend wholly on God (Luke 9:23).

In our own fasting, we look to Christ — not just as an example of self-denial, but as the One who has already accomplished what we could never do on our own: perfect obedience and reconciliation with God. Every fast becomes a reminder that our greatest need is not food, but Christ Himself — the Bread of Life (John 6:35).

### **Six Scriptural Reasons to Fast**

1. People fasted to express their longing for God.

The prophet Joel writes: "'Yet even now,' declares the Lord, 'return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments'" (Joel 2:12-13). Here, the Lord declares that fasting is a means to bring us closer to God.

2. People fasted to see the kingdom of God advance.

Paul and Barnabas fasted before their first missionary journey to spread the Gospel: "While they were worshipping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' Then after fasting and praying, they laid their hands on them and sent them off" (Acts 13:1-2). We want to see people healed. We want to see lost people come to a saving knowledge of God and be redeemed. So, we approach the throne of grace and express our desire for

kingdom advancement through fasting.

3. People fasted to examine their hearts.

King David used fasting as an act of humility and heart examination: "I afflicted myself with fasting; I prayed with head bowed on my chest" (Psalm 35:13). Fasting is not about giving up bad things but about giving up good things — food, which God so graciously provides. Do we love God more than we love food? With fasting, we affirm that while God meets our daily needs, what we truly need is to meet God daily.

4. People fasted to discern God's will.

The Bible connects the spiritual discipline of fasting to prayer because it changes and strengthens our prayers as we focus on kingdom needs instead of our needs: "And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed" (Acts 14:23).

5. People fasted to express grief.

Nehemiah fasted in response to the brokenness of Jerusalem: "As soon as I heard these words, I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven " (Nehemiah 1:4). Nehemiah fasted when he realized that the city of God was in despair. When grief weighs on us, we often lose our appetite.

6. People fasted to seek deliverance from enemies or circumstances.

Esther called out a fast when she realized that the enemies of God's people were getting ready to massacre them: "Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do..." (Esther 4:16). Esther fasted (and called others to join) to seek God's deliverance from impending destruction.

# TUNING THE RADIO, TO HEAR GOD'S VOICE

One of the most helpful ways to think about fasting is to imagine it as tuning an old radio. God is always present and always speaking. God's "broadcast" of love, wisdom, and direction never stops. But often, our lives get so noisy and cluttered — with worries, commitments, electronics, appetites, even good things — that they create static, just like radio interference. We know the message is there, but it's hard to make out the words.

Fasting doesn't make God speak. He is already speaking!

Fasting helps us tune our hearts so we can better hear and respond to His voice. Picture tuning an old radio. When you get close to the right station, you hear bits of melody and speech, but there's hissing, popping, and static. If you carefully adjust the dial, the static fades away, and the music or message comes through clearly and powerfully. Fasting is that adjustment. It's the spiritual discipline that "fine-tunes" your attention, clearing out static so you can receive God's already-broadcast message.

"Draw near to God, and He will draw near to you."  
(James 4:8)

# WHAT ARE SOME FASTING OPTIONS?

## OPTION ONE: THE DANIEL FAST

The Daniel Fast is rooted in the biblical accounts of Daniel's time in Babylon. When pressured to adopt the rich and luxurious diet of the king's court, Daniel requested a diet of vegetables and water to remain faithful to God's instructions and set himself apart from the culture around him (Daniel 1:8-16). Later in Daniel 10:2-3, he embarks on a time of mourning in which he refrains from "delicacies, meat, and wine." For seven days, participants in this fast commit to eating only fruits, vegetables, nuts, seeds, and water, abstaining from meat, dairy, sugars, processed foods, bread, and rich or indulgent foods. The Daniel Fast is not about punishing the body or earning God's favor, but about choosing simplicity and intentionality as a sign of humility and devotion. The act itself becomes a daily reminder that true wisdom, strength, and clarity do not come from the abundance of earthly comforts, but from God alone. The Daniel Fast teaches us to stand with courage and resolve for God in the midst of a culture of excess, and to seek the Lord for insight, purity, and spiritual resilience.

## OPTION TWO: INTERMITTENT FASTING

Eating one meal a day is a classic biblical pattern, seen frequently throughout the Old Testament during times of national crisis, repentance, or special devotion. For example, Judges 20:26 describes Israel fasting "until evening" as they sought God's will, and 2 Samuel 1:12 tells how David and his men "mourned and wept and fasted until evening" in response to tragedy. During this fast, you consume no food from the moment you have dinner until your next evening meal the following day, drinking water as needed. Each day's hunger becomes a powerful tool — it sharpens your awareness of your dependence on God rather than on routine or self-sufficiency. This fast strips away life's normal rhythms and priorities, inviting you to seek God's face and voice with renewed clarity. The daily return to the table in the evening becomes both a celebration of God's provision and a reminder that, ultimately, we "do not live by bread alone but by every word that proceeds from the mouth of God" (Matthew 4:4). By deliberately reshaping your day, this fast helps create space to experience God afresh, placing



Him at the center of every longing and every moment.

### **OPTION THREE: LIQUID-ONLY FASTING**

A liquid-only fast involves abstaining from all solid foods and consuming only liquids — typically water, herbal teas, and natural juices. This type of fast is rooted in the deeper biblical tradition of total abstinence from food during seasons of extraordinary seeking, repentance, or intercession. We see echoes of this in the fasts of Moses (Exodus 34:28), Elijah (1 Kings 19:8), and Jesus Himself, who “ate nothing during those days” in the wilderness (Luke 4:2). While most biblical fasts refer broadly to “not eating” rather than specifying liquids, the liquid fast is a practical adaptation for those desiring a deeper level of physical denial while maintaining hydration and fundamental strength for daily functioning. The challenge of consuming only liquids heightens your awareness of weakness and surrender, continuously reminding you throughout the day that your sustenance comes from God alone. Every pang of hunger becomes an invitation to prayer and dependence on the Holy Spirit. In a culture obsessed with food and plenty, this fast is a radical act of faith—a clear declaration that “my flesh and my heart may fail, but God is the strength of my heart and my portion forever” (Psalm 73:26). The liquid-only fast is physically and spiritually demanding. Still, it opens space for deeper intimacy, clarity, and transformation as you encounter God in your absolute need and vulnerability.

### **OPTION FOUR: A LIFESTYLE FAST**

A lifestyle fast is similar in style to the fasts mentioned earlier. However, instead of removing food from your routine, it involves making a lasting lifestyle change. This can be a great way for someone trying fasting for the first time or for someone looking to renew their walk with the Lord in a different way. One might choose to eliminate comfort items — such as social media, entertainment, caffeine, comfort foods, or gossip and negativity — from their daily routine.

People were getting ready to massacre them: “Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do...” (Esther 4:16). Esther fasted (and called others to join) to seek God’s deliverance from impending destruction.

# A SEVEN DAY FAST

“Fasting cleanses the soul, raises the mind, subjects the flesh to the spirit, renders the heart contrite and humble...it kindles the true light of chastity.” – St. Augustine

The next seven days will be a special journey, a dedicated time to grow closer to God. Know that whatever fasting choice you make is a step of faith, a conscious decision to put the spiritual above the physical. As you temporarily abstain from food or comfort, remember to feast on the life-giving words of Scripture and God’s presence. Expect challenges, but also look for powerful moments of clarity, conviction, and connection. Remember, this isn’t about deprivation; it’s about recalibration. It’s about tuning your spirit to hear God’s voice more clearly.

The rest of this journal is created to guide you through these seven days, offering daily nourishment for your soul and tools to strengthen your spirit. Remember that even during times of weakness or temptation, God’s grace is sufficient. He is with you, giving you strength to persevere and experience the fullness of His presence.

Before Day 1, take time to ask and answer these questions. Notate your answers in a journal so you can visit and revisit them throughout the week.

## **1. WHAT FASTING PLAN ARE YOU CHOOSING?**

Fasting is not a one-size-fits-all approach — it is a personal invitation to rely on God more deeply. Your plan should reflect your purpose. Are you giving up a meal each day to create space for prayer? Setting aside specific foods like Daniel did? Or fasting from distractions that dull your spiritual hunger? The key is intentionality — choose a fast that costs you something but draws you closer to Christ. Ask the Holy Spirit to guide and empower your commitment, and prepare your heart. Your goal isn't perfection but connection. Pursue the fast that awakens your spirit and strengthens your faith.

## **2. WHAT BIBLICAL REASON ARE YOU FASTING FOR?**

The previous list doesn't include every reason biblical characters fasted, but take a moment to consider each one and ask if any resonate with your current season of life. If you're fasting for a different reason, write it in your journal and spend some time reflecting on the "why" before the Lord. Let your reason for fasting be clear in your heart — it will anchor you when the hunger or distractions press in.

## **3. WHAT ARE YOU HOPING TO GAIN FROM THIS WEEK?**

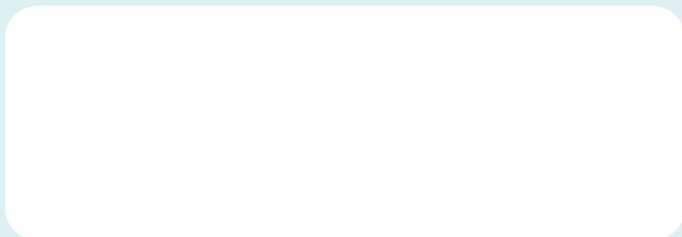
Ideally, this week will serve as a reset for you, and if this is your first fast, that's fantastic! If you have fasted many times — awesome! No matter how experienced you are with fasting, use this week to remove the clutter from your life — to clear out the noise and distractions that dull your spiritual senses. Tell your flesh "no" so you can say a greater "yes" to the Spirit. Draw near to God with expectation. He honors the heart that seeks Him.

## **4. WHAT SPIRITUAL NOURISHMENT WILL YOU BE GIVING YOURSELF THIS WEEK?**

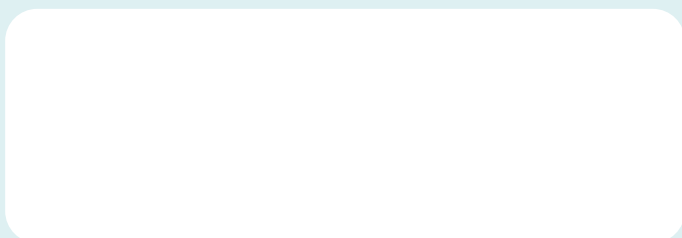
Remember: fasting involves suppressing physical appetite to awaken a deeper hunger for God. You're not just abstaining from food — you're feasting on the Word, prayer, worship, silence, and God's presence. Plan your spiritual meals just like your physical ones. Which Scriptures will you meditate on? Which prayers will you return to daily? What space will you create for God to speak? Nourish your soul abundantly.

One last thing. Each day's scripture is paired with an excerpt from Psalm 63. Why Psalm 63? Psalm 63 serves as the perfect spiritual companion for your fasting journey because it captures the essence of what fasting is meant to accomplish in the human heart. Written by David, "when he was in the wilderness of Judah," this psalm emerges from a place of physical deprivation and spiritual longing that mirrors your own fasting experience. David's opening cry — "My soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water" — could be the anthem of every person who has ever fasted. This psalm teaches us that physical hunger and spiritual thirst are deeply connected, and that our bodily weakness can become the gateway to discovering God's strength. David doesn't minimize his physical discomfort; instead, he turns it into worship, declaring that God's "steadfast love is better than life" (v. 3) and finding his "soul satisfied as with fat and rich food" (v. 5) through remembering God during the night watches. Throughout your seven-day fast, Psalm 63 will remind you that your hunger pangs are not obstacles to overcome but invitations to drink deeply from the well of God's presence. It shows you how to shift from physical emptiness to spiritual fullness, from earthly cravings to eternal satisfaction, making it the ideal framework for understanding what God wants to accomplish in you during these sacred days of seeking His face.

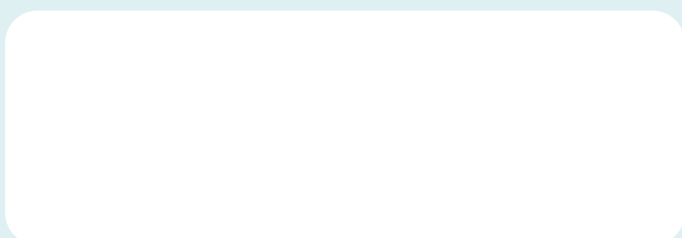
**MY FASTING  
PLAN**



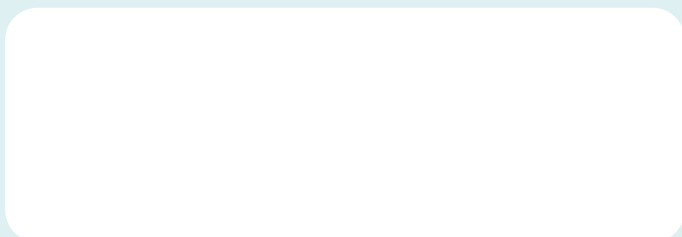
**I AM FASTING  
BECAUSE...**



**DURING MY FAST,  
I AM PRAYING FOR...**



**I AM REPLACING  
MY COMFORT BY...**



# DAY ONE:

**JOEL 2:12 | PSALM 63:1-2**

*“Return to me with all your heart, with fasting, with weeping, and with mourning.”*

*“O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory.”*

- **Morning Reflection:** God calls His people to wholehearted repentance, not just an outward display. Fasting here is coupled with deep, sincere emotion—teaching us that genuine return to God involves the heart, not just the actions. Like David in Psalm 63, your soul thirsts for God in this dry and weary land. Fasting becomes a means to strip away our defenses and face God honestly, preparing our hearts for true spiritual renewal.

As you begin, lay aside any pretense or performance, and come to Him with vulnerability and honesty. He is waiting with open arms (Psalm 51:17). Remember, “The Lord is near to the brokenhearted and saves the crushed in spirit” (Psalm 34:18).

- **Encouragement:** You are not alone in this journey. Every rumble of your stomach is a prayer bell reminding you to seek His face. Today is about coming home to the Father who has never stopped watching for your return.
- **Reflection Question:** What specific distractions or appetites are competing for your heart as you begin this fast?
- **Evening Prayer Focus:** Confess areas where you’ve allowed substitutes to take God’s place, and ask Him to increase your thirst for His presence above all else.

## NOTES

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# DAY TWO:

## MATTHEW 4:4 | PSALM 63:3-4

*"Man shall not live by bread alone, but by every word that comes from the mouth of God."*

*"Because your steadfast love is better than my life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands."*

- **Morning Reflection:** Jesus, in resisting temptation, clarifies that physical sustenance is not our deepest need—God’s word, presence, and truth are what truly nourish souls. Fasting reconnects us to this reality and prompts us to cling to God’s promises when worldly comforts are set aside. David declares that God’s steadfast love is better than life itself—a profound statement from someone who understood both earthly pleasure and spiritual satisfaction.

Today, especially, immerse yourself in Scripture, allowing God’s Word to be your sustenance and guide. “Your word is a lamp to my feet and a light to my path” (Psalm 119:105). Trust that He will provide spiritual nourishment that surpasses any physical satisfaction.

- **Encouragement:** Every wave of hunger is an opportunity to feast on something far more satisfying. His Word is living and active—let it fill the spaces that food once occupied. You’re not lacking; you’re learning to be filled with what truly matters.
- **Reflection Question:** Where do you typically seek comfort outside of God, and how will you invite Him into that place today?
- **Evening Prayer Focus:** Thank God for specific verses or truths that sustained you today, and ask Him to write His Word deeper in your heart.

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# DAY THREE:

PSALM 35:13 | PSALM 63:5-6

*"I afflicted myself with fasting; I prayed with head bowed on my chest."*

*"My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night."*

- **Morning Reflection:** David models humility through fasting, intentionally humbling himself in prayer. The act of fasting here is not punitive but expressive—a posture of the soul seeking mercy, clarity, and a deeper relationship with God. Notice how David's soul finds satisfaction not in physical food, but in remembering God even through sleepless nights. His meditation on God's character becomes richer than any feast.
- Fasting is a tool for self-examination and repentance. Be encouraged as you humble yourself before the Lord, for "God opposes the proud but gives grace to the humble" (James 4:6). Allow this time to be one of introspection, seeking His forgiveness and cleansing.
- **Encouragement:** You're around halfway through, and your persistence is beautiful to God. This voluntary weakness demonstrates incredible spiritual strength. Your hunger pangs are prayers of humility that move the heart of God.
- **Reflection Question:** What scriptures are resonating with you during this journey? How is God speaking to you in the quiet moments?
- **Evening Prayer Focus:** Spend time in worship and thanksgiving, allowing your soul to be satisfied with remembering God's goodness and faithfulness in your life.

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# DAY FOUR:

**ACTS 13:2 | PSALM 63:7-8**

*"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.'"*

*"For you have been my help, and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me."*

- **Morning Reflection:** Fasting in the early church creates space for the Holy Spirit to speak and guide. It tunes the community's heart to God's mission and priorities. Through fasting and worship, we become receptive to God's direction, ready to hear and obey His call. Like David, we find ourselves clinging to God, upheld by His right hand, singing for joy even in our physical weakness.

As you continue your fast, remember that the Holy Spirit is your guide and counselor. Seek His wisdom and discernment today, trusting that He will reveal His will for your life (John 16:13). Your soul clings to Him, and His right hand upholds you.

- **Encouragement:** You are past the halfway point! Your faithfulness is creating space for God to speak direction into your life. Stay alert and expectant—the Holy Spirit loves to guide hearts that are tuned to listen.
- **Reflection Question:** What guidance or clarity are you seeking from God in this season? Are you willing to listen and obey whatever He reveals?
- **Evening Prayer Focus:** Ask the Holy Spirit to speak clearly about any decisions or directions you're facing, and commit to being obedient to His leading.

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# DAY FIVE:

**ESTHER 4:16 | PSALM 63:9-11**

*“Go, gather all the Jews...and hold a fast on my behalf...Do not eat or drink for three days...Then I will go to the king.”*

*“But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword; they shall be a portion for jackals. But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped.”*

- **Morning Reflection:** Before facing great danger, Esther calls her community to fast and pray, seeking God’s intervention and favor. This passage demonstrates the power of united, intercessory fasting—a collective dependence on God when facing situations beyond our own strength or wisdom. David’s confidence that God will silence the enemy’s lies and vindicate the righteous gives us the courage to intercede for others.

Be encouraged that your fast is not just for you; it can also be a powerful act of intercession for others. Lift up those in need, trusting that your prayers will be heard and answered according to God’s perfect will (James 5:16).

- **Encouragement:** Your sacrificial prayers are creating a shield of protection and a breakthrough for others. You are participating in spiritual warfare through your fasting and intercession. God sees your heart for others and is moved by your selfless love.
- **Reflection Question:** Who or what situation is God laying on your heart to pray for as you fast? How can you continue interceding for them beyond this week?
- **Evening Prayer Focus:** Intercede specifically for family, friends, your community, and global needs. Stand in the gap for those who cannot stand for themselves.

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# DAY SIX:

## PSALM 73:26 | PSALM 63

*“As soon as I heard these words, I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.”*

*“O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.”*

- **Morning Reflection:** Nehemiah is moved to fasting and prayer by grief over his people's brokenness. Fasting becomes a vehicle for expressing sorrow, lament, and intercession for broken people and situations. God meets us in mourning, turning our grief into purpose and renewal. Your soul may feel like it's in a dry and weary land, but this is exactly where God meets you with His presence.

Allow yourself to feel the emotions that arise during this fast, knowing that God is with you in your pain (Matthew 5:4). He can bring healing and restoration to even the deepest wounds. Your earnest seeking draws Him closer.

- **Encouragement:** You're almost finished with this sacred week. Your endurance through physical discomfort mirrors Nehemiah's sustained burden for what matters to God. Your tears and prayers are not in vain—they are seeds of future restoration and renewal.
- **Reflection Question:** What sins, griefs, or burdens do you need to bring before God for healing and forgiveness? How has this fast helped you process deeper emotions?
- **Evening Prayer Focus:** Lament honestly before God about brokenness you see in yourself, your family, your church, your community, and the world. Ask Him to use your prayers as part of His restoration work.

## NOTES

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# DAY SEVEN:

## PSALM 73:26 | PSALM 63

*"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*

*"O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than my life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands. My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night. For you have been my help, and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me. But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword; they shall be a portion for jackals. But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped."*

- **Morning Reflection:** This verse is a declaration of dependence on God amidst human weakness. As fasting reminds us of our frailty, we discover God's faithfulness—He is our true strength and satisfaction. The experience of fasting ultimately points us to the all-sufficiency of God, whose presence is our greatest treasure. Psalm 63 becomes your testimony after this week—you have earnestly sought God, beheld His power and glory, found His love better than life, and discovered that your soul clings to Him.

As you come to the end of this fast, celebrate the victories you've experienced and the lessons you've learned. Carry the awareness of God's presence with you into your daily life, knowing that He will never leave

you nor forsake you (Deuteronomy 31:6). Give thanks for His strength, His provision, and His unwavering love.

- **Encouragement:** You have completed a sacred journey! Like David, you can declare that God's steadfast love is better than life. You've proven to yourself that you can live on every word that comes from God's mouth. The spiritual appetite you've cultivated this week doesn't have to end today—let it transform how you approach each day going forward.
- **Reflection Question:** How has this fast changed your hunger for food, for God, for life—by the end of these seven days? What will you carry forward from this experience?
- **Evening Prayer Focus:** Offer a prayer of thanksgiving for God's faithfulness throughout this week. Ask Him to help you maintain the spiritual sensitivity and dependence you've developed. Commit to regular times of fasting and prayer going forward.

## NOTES

[illegible]

[illegible]



[illegible]

# AFTER THE FAST

## REFLECTION & MOVING FORWARD

*"But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."  
Lamentations 3:21-23*

Congratulations! You have completed seven days of intentional seeking, seven days of saying "no" to your flesh so you could say "yes" to your spirit. You have proven to yourself—and declared to God—that His presence is more valuable than physical comfort, that His Word is more nourishing than food, and that drawing near to Him is worth every moment of discomfort you endured.

But now what? How do you carry the spiritual sensitivity and intimacy with God you've cultivated back into the rhythms of regular eating and daily life? This is perhaps the most crucial part of your fasting journey.

## REMEMBER YOUR FASTING EXPERIENCE

Before you move forward, take time to process what God has done in your heart this week, and think through these reflection questions:

**1. How did God meet you during this fast?**

Look back through your daily reflections. Where did you sense His presence most clearly? What verses came alive to you? How did He comfort, guide, or challenge you?

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## 2. What did you learn about yourself?

Fasting has a way of revealing what we're truly made of. What surprised you about your spiritual hunger? Your physical endurance? Your emotional response? Your capacity for prayer?

[illegible]

**3. What distractions or false comforts were exposed?**

Fasting strips away our usual coping mechanisms and reveals what we typically run to instead of God. What “idols” did this week bring to light? How will you address them going forward?

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**4. How has your relationship with food changed?**

As you return to eating, you have an opportunity to maintain a healthier relationship with food—one marked by gratitude rather than mindless consumption, by intentionality rather than compulsion.

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**5. What spiritual disciplines do you want to maintain?**

Don't let the heightened prayer life, Scripture reading, and worship of this week disappear. What rhythms from this fast do you want to weave into your regular life?

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This image shows a single page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

