

FASTING

Ten Steps

"You will always reproduce the environment around you that you cultivate within you."

DISCIPLE
MAKERS

TEN STEPS

1. 🙏 Discern the Holy Spirit's influence for your fast.
2. ⌚ Make a specific time-bound commitment to your fast.
3. 💬 Inform those who need to know about your fast.
4. 🎯 Set a clear and specific goal for your fast.
5. 🕒 Determine the duration and nature of your fast.
6. 🙌 Start your fast with confession and self-examination.
7. 📖 Consume the Word of God to deepen your experience.
8. 🙏 Pray with both quantity and quality for a heartfelt experience.
9. 🤫 Seek solitude and meaningful experiences during your fast.
10. 😊 Fasting is a way to draw closer to God and seek His guidance.

AT A GLANCE

Take steps to discern the Holy Spirit's influence, making a specific time-bound commitment, informing those who need to know, setting a clear goal, determining the duration and nature of the fast, starting with confession, consuming the Word of God, praying with quantity and quality, and seeking solitude for a meaningful experience.

VIDEO



FASTING

Start Small to End Big

"Extraordinary modeled becomes ordinary"

In Sierra Leone, Africa a certain disciple making movement has a three day monthly fast accompanied by a full night of prayer, a twenty one day fast at the start of the year, and a weekly one day fast.

CULTIVATING HABITS

Begin your fasting journey by taking small steps. Start with a short one-hour fast. This initial period allows your body and mind to engage in a brief exercise of self-control. Over time, extend this to a two-hour fast, exploring your limits and your ability to resist the urge to eat. Remember, fasting is not an abrupt leap; it's a gradual progression, much like any other practice in life.

As you embark on this path, understand that the key to success lies in forming habits. Habits, when practiced gradually, evolve into ingrained parts of your lifestyle. These habits, when shared with your community or congregation, can become the culture that surrounds you, fostering a unique tapestry of spiritual discipline and growth.

Avoid rushing ahead too quickly. In your pursuit of drawing nearer to God through fasting, there's no shame in taking baby steps. In fact, it's often the wisest course of action. Seek guidance from experienced individuals who have walked this path before. Consider discipleship to provide the necessary support and wisdom for your journey.

Over time, as you persist in your commitment to fasting, you'll discover that you won't always need external prompts or assistance. Fasting will become a natural and integral part of your life, serving as a testament to your dedication and spiritual growth. Through dedication, gradual steps, and the guidance of discipleship, you'll find that fasting not only becomes a routine but also a profound way to draw closer to God and enhance your disciple making journey.

"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.' So after they had fasted and prayed, they placed their hands on them and sent them off." - Acts 13:2-3

FASTING

Ten Reasons

"These practices help individuals understand that prayer and fasting are not merely checkboxes to be ticked off on a spiritual to-do list but profound disciplines that can transform their relationship with God."

TEN REASONS

1. 🙏 Fasting strengthens prayers, adding sincerity and focus.
2. 🙌 It aids in turning from sin, expressing deep remorse.
3. ☀️ Fasting spiritually prepares for ministry and empowers it.
4. 💪 Fasting can provide strength and discernment for God's will.
5. 🤔 It helps in discerning specific guidance from God.
6. 😞 Fasting aids in mourning and seeking solace in loss.
7. 🚫 It can protect from danger when in obedience to God.
8. 😔 Fasting can be a form of mourning for loss.
9. 🙏 It enriches worship and praise experiences.
10. 👤 Fasting can be used to call people into ministry or leadership.

AT A GLANCE

Fasting can strengthen prayers, aid in repentance, spiritually prepare for ministry, provide power for ministry, help discern God's will, assist in mourning, protect from danger, mourn loss, praise and worship God, and call people into ministry or leadership.

VIDEO



JOURNALING QUESTIONS

The Gradual Progression: Think about an area in your life where you've achieved success through gradual progression. How did taking one step at a time help you build habits and incorporate them into your life?

Community and Support: Have you ever pursued a personal or spiritual goal with the support of a community or discipler? How did this support impact your journey?

Fasting as a Spiritual Practice: How can fasting, even in small steps, align your heart and soul with a higher purpose?

How can you create a structured and spiritually enriching fasting experience by implementing the steps of discerning the Holy Spirit's influence, setting clear goals, determining the duration and nature of the fast, and engaging in meaningful practices such as confession, consuming the Word of God, focused prayer, and seeking solitude?

Acts 13: How does the story of Barnabas and Saul's calling through worship, fasting, and the guidance of the Holy Spirit inspire your own disciple making journey?
