Fasting Journal

This Fasting Journal will help you focus on developing the fruits of the Spirit in your life. To make the best use of this journal:

- Read the scripture
- Meditate on it throughout the day
- Journal what you've learned or how you applied it today

Fasting Options:

- **Food**
  - Complete fast for 1 to 3 days
  - Fasting 1 or 2 meals in a day
  - No pleasant food for a number of days
- **Influences of the World**
  - Television
  - Books
  - Entertainment
  - Internet

Increase your prayer, Bible reading and Christian books or CD's. Your life will be different at the end of your fast!

Day 1: Love:

1 Cor 13:4-8
4 Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; 5 does not behave rudely, does not seek its own, is not provoked, thinks no evil; 6 does not rejoice in iniquity, but rejoices in the truth; 7 bears all things, believes all things, hopes all things, endures all things. 8 Love never fails. NKJV

- This is what love is and how love acts. This is how we should treat others because it is how God treats us.

Journal:

- You've been meditating on this scripture today. How did you apply it?

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Day 2: Love

Rom 5:5
5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. NKJV

- Love is part of who you are because the Holy Spirit lives in you. This love is inside you. The discipline of love is expressed most when you feel it the least. In other words, when you feel like slapping someone and you treat them kindly you are acting in love.

Assignment:

- Think about people in your life who you find hard to love. How could you act differently toward them?
- Today's challenge: Walk in love with everyone you meet.

Journal: Describe your experiences of walking in love today.

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Day 3: Joy

Neh 8:10
Do not sorrow, for the joy of the LORD is your strength." NKJV

- Joy is in you because the Holy Spirit lives in you. You can have joy in the midst of difficult circumstances.
- The joy comes because he always has an answer to what you're dealing with.

Journal:

- How do you find strength in difficult times?
- How could you add the joy of the Lord to help you through difficult times?

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Day 4: Joy

John 15:11
"These things I have spoken to you, that My joy may remain in you, and that your joy may be full. NKJV

- It is the Father's desire that you be full of joy. Joy comes when you meditate in the things God has spoken to you in His Word.

Journal:

- How has the Word of God brought you joy?

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Day 5: Joy

Ps 16:11
11 You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore. NKJV

- Joy is found when you spend time in God's presence through worship.

Journal:

- Do you have a time set aside each day to worship God? When?
- What does your time in worship look like? How could you improve it?

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Day 6: Peace

John 14:27
27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. NKJV

- Peace is yours through the Holy Spirit. God's peace is lasting. It does not come and go with your circumstances.
- It is your choice to let your heart be troubled, or walk in peace.
- Today's challenge: Do not let anything take your peace…not even a bad driver.

Journal:

- Has your heart been troubled lately? If it has, how can you begin walking in the peace that God gives to all his children?
- Think of some difficult situation. How have you walked in peace?

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Day 7: Peace

Isa 26:3
3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You. NKJV

- A key to walking in peace is controlling what your mind meditates on. The Bible says to take captive every thought to the obedience of Christ.
- Today's challenge: Only think God's thoughts.

Journal:

- Did you find it hard to think on God's thoughts? What can you do tomorrow to think only on God's thoughts?

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Day 8: Longsuffering

Eph 4:1-3
I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace. NKJV

- You are called to be longsuffering and to bear with one another in love. Longsuffering shows up when other people frustrate you and you are patient with them.
- Meditate today on what God's patience has done for you.
- Today's challenge: Be patient with everyone you meet.

Journal:

- Where would you be today if God wasn't longsuffering with you?
- Were you aware of the Lord's presence?
- Did you find it hard to be patient with everyone you met?

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Day 9: Longsuffering

2 Peter 3:9
9 The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance. NKJV

- The longsuffering of God means salvation for many. He is not wanting to send anyone to hell and is patient with your sin.

Journal:

- Are you patient with people who are not saved?
- Are you praying for them and allowing God do a work in them? Explain.

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Day 10: Kindness

Col 3:12-13
Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13 bearing with one another, and forgiving one another, NKJV

- Kindness is something you have through the Holy Spirit but you must put it on daily.

Journal:

- How can you "put on" kindness, when you don't feel like being kind?

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Day 11: Kindness

Eph 4:32
32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. NKJV

- Kindness means walking in forgiveness towards others. People are going to disappoint you. You must forgive them quickly and show them kindness.
- Today's challenge: Be kind to everyone, especially someone who hurts you.

Journal:

- Are you holding unforgiveness toward anyone? If so, how can you take a step today toward forgiveness?

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Day 12: Kindness

Rom 12:9-10
Let love be without hypocrisy. Abhor what is evil. Cling to what is good. 10 Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; NKJV

- Hypocrisy is pretending on the outside to be something we're not on the inside.
- Today's challenge: Don't be kind because you have to. Do it out of love for one another. It is in you so you can yield to it.

Journal:

- How can you tell if your love is genuine?

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Day 13: Goodness

Phil 1:27
Only let your conduct be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of your affairs, that you stand fast in one spirit, with one mind striving together for the faith of the gospel, NKJV

- Your conduct must be honorable among the unsaved.

Journal:

- Evaluate your conduct today. Would anyone be turned off from Christ because of your actions? What do you think the Father would want you to work on?

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Day 14: Goodness

Rom 2:4
4 Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance? NKJV

- God's desire is for all people to give their hearts to him and become part of His family. It is His goodness that draws us to Him.

Journal:

- Are there people you don't want to share heaven with? If so, how can you begin to turn your heart to God's desire for them?

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Day 15: Faithfulness

Heb 11:1
Now faith is the substance of things hoped for, the evidence of things not seen. NKJV

- When we are full of faith, we are able to believe God to such an extent that His way becomes the most logical outcome.
- Faith is in your future.

Journal:

- How do you know when you are in faith?
- How does faith come? Romans 10:17 – Read it!

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Day 16: Faithfulness

Heb 11:6
6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. NKJV

- God is pleased when His sons and daughters know His character and trust in His faithfulness.

Journal:

- Do you believe God is pleased with you? Why or why not?
- How could you improve in this area?

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Day 17: Faithfulness

1 Cor 15:58
58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord. NKJV

- Faithfulness results when we know God is working with us and in us to accomplish His important purpose.

Journal:

- What has God asked you to be faithful with?
- Are you abounding in it? If not, what is your plan to change?

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Day 18: Gentleness

James 1:21
Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. NKJV

- Meekness or gentleness means being submitted to the master, and to His word.

Journal:

- In what areas of your life do you struggle with receiving what the Word says?
- What do you need to change in your life? Do you need help in this area?

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Day 19: Gentleness

Titus 3:1-2
Remind them to be subject to rulers and authorities, to obey, to be ready for every good work, 2 to speak evil of no one, to be peaceable, gentle, showing all humility to all men. NKJV

- God has put all authority in place, even those we may not agree with.
- Today's Challenge: Pray a blessing over your leaders today.

Journal:

- Are there specific authorities over you that you don't want to submit to?

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Day 20: Self-Control

1 Cor 9:24-27
Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. 25 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. 26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. 27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. NKJV

- Self-control is the ability to not be mastered by anything other than God.

Journal:

- Do you have areas of your life that feel out of control? Explain?
- Are you getting victory through fasting and prayer?

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Day 21: Self-Control

Rom 12:1
I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. NKJV

- In order for us to mature as believers, we must be able to control our flesh.

Journal:

- Why is it so important to get our flesh under control?
- Are there areas of your life you need to get under control? What is your plan to do that?

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