

# 21 Day Fasting Resource

## **Day 1 : Getting Started**

Fasting brings one into a deeper, more intimate, and powerful relationship with the LORD. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to things of God.

As the deer pants for the water brooks so my soul pants for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, while they continually say to me, Where is your God? -King David [Psalm 42:1-3 NKJV]

On your first day of fasting, remember:

1. Drink lots of water
2. Keep your focus and avoid temptation
3. Remember your fast and its purpose
4. Get with an accountability partner or group

Physical Effects:

1. Hunger pangs and cravings

## **Day 2: Hungering for Living Bread**

"As David stated in Psalm 42, 'Deep calls unto deep.' Week 1 is that first step down the path to your breakthrough. The first step is many times the hardest step, but as you walk through this journey, you will find that God is there to meet you at every critical point along the way."

On your second day of fasting, remember:

1. Drink lots of water
2. Rest to conserve your energy
3. Pray- The second and third days are the hardest

Physical Effects:

1. Tongue begins to coat
2. Hunger pangs increase
3. Cravings are intense at times
4. Headaches can begin
5. Your body starts burning fat for energy, this is called ketosis

### **Day 3: Getting Past Your Quitting Point**

Are you ready for a breakthrough unlike anything you've ever experienced before? Remember to continually pray because only God can provide you with the strength, both physically and emotionally, that you will need during these 21 days.

On your third day of fasting, remember:

1. Drink lots of water
2. Chew on some sugar free breath mints or gum
3. Pray for encouragement
4. Avoid smells and other temptations
5. This will be the toughest day of the Fast

Physical Effects:

1. Tongue is coated over fully
2. Hunger pangs increase
3. Cravings are intense at times
4. Ketosis is in full process
5. Noticeable weight loss begins
6. Headaches might still be apparent

### **Day 4: Target Your Prayers**

The disciples cannot cast the demon out of the boy, and Jesus has to do it. Some only come out through prayer and fasting. Matthew 10.

On your fourth day of fasting, remember:

1. Drink lots of water
2. Get support from your accountability partner or group
3. Listen as you pray
4. Record His response to your prayers

Physical Effects:

1. You begin to settle into fast
2. Cravings begin to subside
3. Headaches sometimes occur at this stage
4. Your body begins ridding itself of toxins

### **Day 5: Fasting AND Praying**

Solomon speaks about the three-fold cord and how it cannot be broken. Ecclesiastes 4:12

On your fifth day of fasting, remember:

1. Utilize your Prayer Journal
2. Concentrate on your own personal prayer time and prayer place
3. Keep sugar free mints on hand

Physical Effects:

1. Headaches begin to subside
2. Cravings subside
3. Weight loss can be noticeable
4. Bad breath becomes a concern

### **Day 6: God Delights in Renewal**

Sometimes we need renewal in our spiritual lives. Fasting is one of the ways that you can cleanse your body and aid the process of communicating with the Father.

On your sixth day of fasting, remember:

1. Drink lots of water
2. Rest to conserve energy
3. Utilize your personal prayer time and prayer place
4. Journal your experience
5. Concentrate on prolonged times of meditation and listening
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

### **Day 7: Feed on the Word**

"I have not departed from the commandment of His lips; I have treasured the words of His mouth more than necessary food." Job 23:12 (NKJV)

On your seventh day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen

6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

### **Day 8: Walk with God**

"Therefore go..." Jesus says. "God is with you... and so am I."

On your eighth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath
5. You begin to find what is known as the "sweet spot"

### **Day 9: Is He Speaking to You?**

Remember, Paul was fasting when God called him and shared the assignment for his life, and Peter was fasting on the rooftop when God gave him a new revelation and called him to take the gospel to the Gentiles. What will God reveal to you during your Fast?

On your ninth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses are heighten
2. Weight loss continues
3. You become mentally aware of the Lord's presence all around you
4. Your hunger for His provision and His attention is intensified

### **Day 10: Every Assignment Has a Birthplace**

Are you listening? Every assignment God gives you has a birthplace. What is He saying to you today?

On your tenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints
7. You must commit again to speaking regularly with an accountability partner.

Physical Effects:

1. Continued weight loss
2. Bad breath
3. Your senses become heightened
4. Hunger pangs continue

### **Day 11: Fasting Truly Humbles You**

Fasting is a biblical way to truly humble yourself in the sight of God. King David said, "I humble myself through fasting." Ezra 8:21

On your eleventh day of fasting, remember:

1. Drinking water or juice throughout the day
2. Rest and relax
3. Go to your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen to God
6. Sugar free mints will keep your breath fresh
7. Speak with your accountability partner

Physical Effects:

1. Decreasing weight
2. The Lord's presence becomes more apparent
3. Cravings are still apparent

### **Day 12: The Holy Spirit Is Using Your Fast**

The Holy Spirit is using your fast to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

"My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of your hand."

On your twelfth day of fasting, remember:

1. Drinking water or juice throughout the day
2. Rest and relax
3. Go to your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen to God
6. Sugar free mints will keep your breath fresh
7. Speak with your accountability partner

Physical Effects:

1. Weight loss continues
2. The Lord's presence becomes more apparent
3. Cravings are still apparent

Thoughts for your Journal:

1. Has God revealed anything to you personally?
2. Reflect on what it means to present your body as a living sacrifice through your time of fasting.

### **Day 13: Hold On To The Promise**

God will not allow you to give in to temptation! Remember your dream to complete the fast and keep your feet on the path of righteousness.

On your thirteenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints
7. You must commit again to speaking regularly with an accountability partner.

Physical Effects:

1. Continued weight loss

2. You are mentally aware of the Lord's presence all around you
3. Cravings have returned

#### **Day 14: Magnifying Your Worship**

"If my people who are called by name will humble themselves, and pray and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land." II Chronicles 7:14 (NKJV)

On your fourteenth day of fasting, remember:

1. Drink water or juice
2. Go to your prayer time and prayer place
3. Listen to a few of your favorite worship CD's
4. Dialogue in your prayer journal
5. Focus on your meditation and listening
6. Continue to speak regularly with an accountability partner
7. Chew sugar free gum and keep sugar free mints with you

Physical Effects:

1. Weight loss continues
2. Bad breath
3. You become spiritually aware of the Lord's presence all around you
4. Cravings can be strong at times

#### **Day 15: Renewal**

What was your reason for starting the fast? Have you had a spiritual awakening? God is rejoicing in your dedication - thank Him for His strength.

On your fifteenth day of fasting, remember:

1. Keep hydrated
2. Pray to God at your personal time and in your personal place
3. Listen to music as a motivational tool
4. Keep up with your prayer journal
5. Listen to God as you pray
6. Continue to speak regularly with an accountability partner
7. Keep sugar free mints and gum on you

Physical Effects:

1. Continued weight loss
2. Bad breath is still a concern

3. You become mentally aware of the Lord's presence all around you
4. Cravings begin to return, but avoid temptation

### **Day 16: Purest Worship**

As you continue on this journey, keep your focus...on God. He will guide you and direct you so that your life will honor Him.

On your sixteenth day of fasting, remember:

1. Drink water and juice throughout the day
2. Observe your prayer time and prayer place
3. Listen to worship music for inspiration and support
4. Write in your prayer journal
5. Reflect on your fast and how it is helping you to grow spiritually
6. Speak with your accountability partner for encouragement
7. Remember your sugar free breath mints

Physical Effects:

1. Weight loss continues to be apparent
2. Bad breath returns
3. Your senses are heightened
4. Avoid temptation as hunger pangs come.

### **Day 17: Nothing Is Impossible with God**

"Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to Me a kingdom of priests and a holy nation. These are the words which you shall speak to the children of Israel." Exodus 19:5-6

On your seventeenth day of fasting, remember:

1. Seek encouragement from your accountability partner
2. Keep hydrated with water and juice
3. Continually pray
4. Listen to your favorite worship CD
5. Write your thoughts in your prayer journal
6. Meditate and listen to what God is saying
7. Chew sugar free gum

Physical Effects:

1. Weight loss continues
2. Bad breath continues
3. You see the Lord's presence all around you
4. Cravings are apparent



### **Day 18: God Is Your Rock**

God doesn't want you to worry. He wants to be in control of your life and guide you through your daily challenges. As you are fasting, and giving God your body, give Him your spirit, too.

On your eighteenth day of fasting, remember:

1. Lean on your group and your partner for support
2. Keep water and juice with you
3. Use your prayer time and prayer place
4. Worship and find strength with music
5. Journal your experience
6. Meditate on what this experience means to you
7. Keep sugar free mints or gum on hand

Physical Effects:

1. Continued weight loss
2. Bad breath is apparent
3. Your awareness of God's power is heightened
4. Cravings are evident, but avoid temptation

### **Day 19: Rewarded Openly**

"Now, therefore, if you will indeed obey my voice and keep my covenant then you shall be a special treasure to Me above all people; for all the earth is mine." Exodus 19:5

On your nineteenth day of fasting, remember:

1. Continue to speak regularly with an accountability partner from your group - you will need this more than ever these last few days
2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord's presence all around you
3. Cravings are still apparent, but you've lasted this long!

### **Day 20: His Will, Not Yours**

"And you shall be to Me a kingdom of priests and a holy nation. These are the words which you shall speak to the children of Israel." Exodus 19:6

On your twentieth day of fasting, remember:

1. Continue to speak regularly with an accountability partner - you will need this more than ever these

last few days

2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord's presence all around you
3. Cravings are still apparent, but you've lasted this long!

### **Day 21: Your Final Day**

"Proclaim this among the nations: Prepare for war! Wake up the mighty men, let all men of war draw near, Let them come up...Multitudes... multitudes in the valley of decision! For the day of the Lord is near in the valley of decision." Joel 3:9-14

On your twenty-first day of fasting, remember:

1. Find someone and share your experience with them
2. Replenish yourself with liquids, and prepare to ease back into solid food on the 22nd day
3. Go to your prayer place and praise God
4. Be thankful and rejoice
5. Write your feelings in your prayer journal

Physical Effects:

1. You continue to lose weight
2. You become exhilarated as you cross the finish line
3. Bad breath will begin to dissipate upon completion of the fast
4. Cravings will be strong the first few days after the fast...be careful to ease back into hard foods over the next few days to a week.