

# Fasting Journal

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

Length of Fast: \_\_\_\_\_

Kind of Fast: \_\_\_\_\_

Purpose of Fast:

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## Spiritual Activity

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

What is God teaching me today by fasting?

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What am I learning about God?

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What scripture has God used today that spoke to me?

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What person/concern has God laid on my heart today?

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What word has God given me today that has strengthened/encouraged me?

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What have I done through word or deed to help someone else?

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What have I prayed for today?

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What adjustments is God leading me to make in my life?

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What am I craving or having a hard time with on this fast?

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What can I give credit/praise to God as a result of my fast?

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### Further Insights

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