

My Fasting Journal

Below are some ideas for questions to ask yourself and topics to write about.

Day	Quiet Time	Prayer	Bible Reading	Devotions	Worship	Water & Electrolytes
#	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

How am I progressing spiritually? (Insights, revelations, sensing God’s presence,,,)

How is the activity siege of my carnal nature? (breakthroughs, insights,,,)

Distractions, Stresses & Diversions (DSDs)? (work, cravings, temptations,,,)

How am I feeling physically? (energy level, mental clarity, sleep, hunger,,,)

Reflections:
