

Practicing Hunger Fasting Plan



Planning your fast will help you complete your fast successfully.

Dates		to	
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Focus & Goal	
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Spiritual Plan - A getaway with God

Quiet time	
Prayer	
Devotional	
Bible reading	
Journaling	
Worship	

Physical Plan

Water Intake & Electrolytes	
Exercise (optional)	
Vitamins / medications	
Weight	

General Plan

Relationship Building: In addition to the spiritual plan, what things do I want to do? Spend more time with your spouse and family, etc.	
Carnal Nature Siege: Activities I choose not to do - (DSDs) - Distractions, Stresses, Diversions, anything feeding the carnal nature	

<p>Situations to plan for and solutions - review your calendar. Refer to Fasting Guide</p>	
<p>Notes</p>	