

70 Days of Fasting & Prayer Challenge

Preparing for the Fast

Prepare Yourself Mentally and Get Organized

Prepare and solidify your action plan

Write down your plan of action:

- What you are going to fast
- How exactly you are going to fast.
- How many meals a day will you fast?
- Will you have any snacks?
- At what time will you break your fast?
- What will you do if you get hungry?
- What do you plan to do if you feel weak (drink water, supplement with salt or minerals)
- What will you be praying for
 - Write out a list of prayers to focus on
 - Things you want to be delivered from (addictions, strongholds, etc)

Prepare Physically

Start eating less

- Start cutting out simple carbs,
- Fried foods
- Sugary foods
- Processed foods
- Make sure you're getting enough sleep at night, at least 7-8 hours of uninterrupted sleep. Lack of sleep or insufficient sleep will increase ghrelin levels (the hunger hormone) and increase hunger and cravings.
- Start drinking plenty of clean distilled drinking water.

Prepare Emotionally

Stress Less

- Avoid Stress - Stress can lead to hunger, over-eating or bingeing.
- Try your best to avoid negative people, gossipers, complainers.
- Try your best to avoid stress or stressful situations.
- Learn to say NO... when invited to eat out, when invited to a party where there will be food or stressful situations. Activities that will exhaust you physically or mentally.

Prepare Spiritually

Prepare your heart

- Be in a spirit of prayer
- Start repenting of any sins, weaknesses or strongholds (addictions such as drugs, alcohol, over-eating/gluttony/food addictions, etc...)
- Start getting rid of any anger or unforgiveness.
- Start thinking about what you want to get out this Fasting & Prayer Challenge

Prepare your environment

Get organized

- Organize your home - Clutter can be stressful which can lead to hunger
- Start cleaning out your kitchen from any tempting foods.
 - Clean out your Refrigerator
 - Clean out your Pantry
 - Store them away or donate them to a Food Pantry or Shelter (out of sight - out of mind)
- Prepare/Have a go-to place for prayer
- Prepare a Fasting & Prayer Journal
 - Journal your Prayers
 - Journal any dreams, visions, thoughts or revelations from Yehovah.