



The

LOST ART

OF FASTING





The Lost Art of Fasting

EPISODE 5

PRAYER AND FASTING – DEVELOPING A PLAN TO THRIVE

To shift from just _____ to overwhelming _____, you must think about what you are _____ through fasting.

Items you'll need to develop your plan are as follows:

- Your _____
- Your _____
- Your _____
- Your _____

Your why will drive you towards _____, to _____ your Word more _____, to _____ on the people that have to support you during your fast, and most importantly, to call on who is able to do immeasurably more than you can ask or think!

Ten Focuses of Fasting

(1) Focus on how to _____
Your mind needs to be fixed with a _____ on starting off well.

(2) Focus on what to _____
According to your why, do pre-work on what scriptures support your why, what biblical characters have navigated certain circumstances, and what key words can you be focused on during the fast that you can study in scripture to provide revelation.



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(3) Focus on how to _____

- The major things you should be praying for are:
 - The _____
 - His _____ and _____
 - _____
 - Who to be a _____ to
 - The power to _____ challenges _____ and the fast

(4) Focus on his _____

You will hear from the Lord during this fast. _____ it. _____ on it.

(5) Focus on how you will replace your _____

Focus on how you are _____ the moments you _____ to maximize what you are _____ .

(6) How to _____ when you get _____

You will get _____. You will get _____. So _____ for it. Start with this statement in your pre-work: “When I get off track, I will _____ .”

(7) Focus on the _____

a. Focus on the _____ to get to the goal

b. Focus on what it will take to _____ each _____

(8) Focus on _____

You’ll see the _____ , yourself, your _____ , a person, a bible _____ or _____ , or even _____ a little differently.

God will reveal a _____ , a _____ , a perspective, a _____ , a character _____ , and a host of other things.



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(9) Focus on _____

Fasting is not about _____, it's about _____

(10) Focus on _____

Never allow _____ to determine your _____.

In your pre-work, it might be important to start asking the Lord
“What do _____ for me to focus on?”

Sample Fasting Plan

You don't want your fast to go as _____, you want your fast to go as _____.

Sometimes, seasons _____ and _____ without our _____ prior to. We need to always have the _____ we are fasting rise above the _____ of our fast.

Your fast is over once the _____ of the fast has been _____.

Finishing a fast well is about _____ your next steps _____ the fasting time.

Fasting with authority isn't getting _____ your fast, it's getting _____ your _____!

We need to plan for a mindset of _____, a mindset of _____, a mindset of a _____, and a mindset of _____!