



EPISODE 5

ANSWER KEY

To shift from just **surviving** to overwhelming **thriving**, you must think about what you are **birthing** through fasting.

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

- ★ Your **Why**
- ★ Your **Bible**
- ★ Your **Community**
- ★ Your **Calendar**

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

Ten Focuses of Fasting

- (1) Focus on how to **Start**
 - Your mind needs to be fixed with a **determination** on starting off well.
- (2) Focus on what to **read**
 - 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



(3) Focus on how to **pray**

- The major things you should be praying for are:
 - The **why**
 - His **presence** and **power**
 - **Spirit of Revelation**
 - Who to be a **blessing** to
 - The power to **overcome** challenges **during** and **after** the fast

(4) Focus on his **voice**

- You will hear from the Lord during this fast. **Expect** it. **Depend** on it.

(5) Focus on how you will replace your **normal tendencies**

- Focus on how you are **utilizing** the moments you **traded away** to maximize what you are **trading for**.

(6) How to refocus when you get off track

- You will get off track. You will get distracted. So plan for it. Start with this statement in your pre-work: "When I get off track, I will (fill in the blank)." When you get more experienced and learn your tendencies, start to build a plan for what you normally get off track with, then develop a plan immediately to counter-act it.

(7) Focus on the **goal**

- Focus on the **individual steps** to get to the goal
- Focus on what it will take to **achieve** each **milestone**

(8) Focus on **revelation**

- You'll see the **scriptures**, yourself, your **circumstances**, a person, a bible **story** or **character**, or even **God** a little differently. God will reveal a **lie**, a **truth**, a perspective, a **behavior**, a character **default**, and a host of other things.

(9) Focus on **activation**

- Fasting is not about **doing**, it's about **being**.



(10) Focus on the **finish**

- Never allow **temptation** to determine your **direction**.

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

You don't want your fast to go as **you plan**, you want your fast to go as **God leads**.

Sometimes, seasons **begin** and **end** without our **awareness** prior to. We need to always have the **reason** we are fasting rise above the **length** of our fast.

Your fast is over once the **purpose** of the fast has been **fulfilled**.

Finishing a fast well is about **planning** your next steps **beyond** the fasting time.

Fasting with authority isn't getting **through** your fast, it's getting **to** your **destination!**

We need to plan for a mindset of **authority**, a mindset of **strength**, a mindset of a **warrior**, and a mindset of **victory!**