

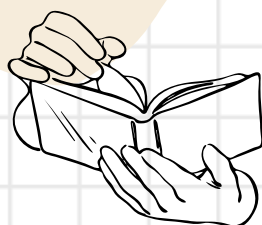
EPISODE TWO

7 STEPS OF FASTING



START WITH YOUR BIBLE OPEN

The simplest way to say, “Speak, Lord, your servant is listening,” is to open your Bible. You need to open your Bible with an expectation and a hope that God is going to do something powerful. Start to fall in love with your Bible in a new way.



GET A VISION – DEVELOP A WHY



A big enough why will translate your fasting from stressful to passionate. Fasting is hard work. But if you want it to be a time of excitement vs a time of dread, make it a why that brings passion and vitality to your spiritual journey. Your fast must start with why.

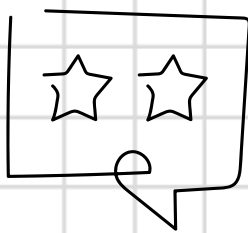
GET A TEAM

Fasting is not meant to be always a private thing that no one knows about. Fasting is an opportunity to bind people together in community. There’s nothing more motivating than having a community of people fighting alongside with you!



DO PRE-WORK

Don’t go from eating large meals to eating nothing. Don’t go from binge-watching Netflix to watching no TV. Do the necessary work before you start to really fast to prepare yourself, mind, body, and spirit.



START SMALL

There is no fasting Olympics. God isn’t honored by how long you fast or the kind of fast you do. God is honored with your obedience to him! No one is getting a ribbon or a medal at the end of a fast – so start your fast small. Remember, fasting is something we must grow into.



WORK THE PLAN

Fasting without a plan is just going hungry. When you fast, you are removing something from your life that is essential in some way. If it’s not, it’s not worth fasting from. So know what you’re going to do when that hunger pang hits you or when the urge comes to pick up the controller for those video games. When you work the plan, see that God doesn’t go to work for you!



FINISH AND RECOVER



You must give your soul and spirit an opportunity to set. Discover how you can reflect on what you’ve learned and experienced. What are the things that the Lord said that were loudest or most significant? In what ways did the Word of God become more beautiful, more challenging, or less intimidating? What did God teach you about his character, or your character?