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# LOST ART

OF FASTING





# The Lost Art of Fasting

## EPISODE 2

### HOW TO DO A SPIRITUAL FAST

Fasting is not about \_\_\_\_\_, it's about \_\_\_\_\_.

“The leading cause of failure is \_\_\_\_\_. The leading cause of success is well-\_\_\_\_\_.”

~ Dr. Mark Batterson

The fasts we see in scripture are from \_\_\_\_\_.

Step 1: Start with your \_\_\_\_\_ and \_\_\_\_\_.

The simplest way to say, “Speak, Lord, your servant is listening,” is to \_\_\_\_\_.

If you don't already have a “why,” go back to the \_\_\_\_\_ that intrigued you. Go to the \_\_\_\_\_ you heard that moved you. Lean into a \_\_\_\_\_ of the Bible that you identify with. Partner with a \_\_\_\_\_ who is really challenged in the Word by something. Lean into the scriptures that your \_\_\_\_\_ is aligning the fast on. Research a \_\_\_\_\_ you are going through in life, and find the scripture that responds to that \_\_\_\_\_.

Open your Bible with an \_\_\_\_\_ and a \_\_\_\_\_ that God is going to do something powerful.



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Step 2: Get a \_\_\_\_\_ - Develop a \_\_\_\_\_ .

You must have a \_\_\_\_\_ for your fast.

“All you have to do is win more \_\_\_\_\_ than you did  
and repeat the whole thing \_\_\_\_\_ .”

~ Jon Acuff, Author of Finish

“Working hard for something we don’t care about is called \_\_\_\_\_.  
Working hard for something we love is called \_\_\_\_\_ .”

~ Simon Sinek, Author of Start With Why

Step 3: Get a \_\_\_\_\_ - Rally \_\_\_\_\_ around you

Fasting is not meant to be always a \_\_\_\_\_ that no one  
knows about. Fasting is an opportunity to \_\_\_\_\_ people together in  
\_\_\_\_\_ .

Generally, when I fast, I always involve \_\_\_\_\_ . Remember  
Esther? She said, “Fast ye \_\_\_\_\_ .”



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Step 4: Do \_\_\_\_\_

You can \_\_\_\_\_ in your fast if you are \_\_\_\_\_ before you start the fast. You can quickly \_\_\_\_\_ your fast if you don't do the necessary \_\_\_\_\_ ahead of time to prepare yourself to fast.

Step 5: Start \_\_\_\_\_

Just like anything in our faith journey, fasting is something we must \_\_\_\_\_ .

Step 6: Work \_\_\_\_\_

When you fast, you are removing something from your life that is \_\_\_\_\_ in some way. If it's not, it's not \_\_\_\_\_ fasting from.

Step 7: \_\_\_\_\_ and \_\_\_\_\_

You must give your \_\_\_\_\_ and \_\_\_\_\_ an opportunity to \_\_\_\_\_ . Discover how you can \_\_\_\_\_ on what you've \_\_\_\_\_ and \_\_\_\_\_ .