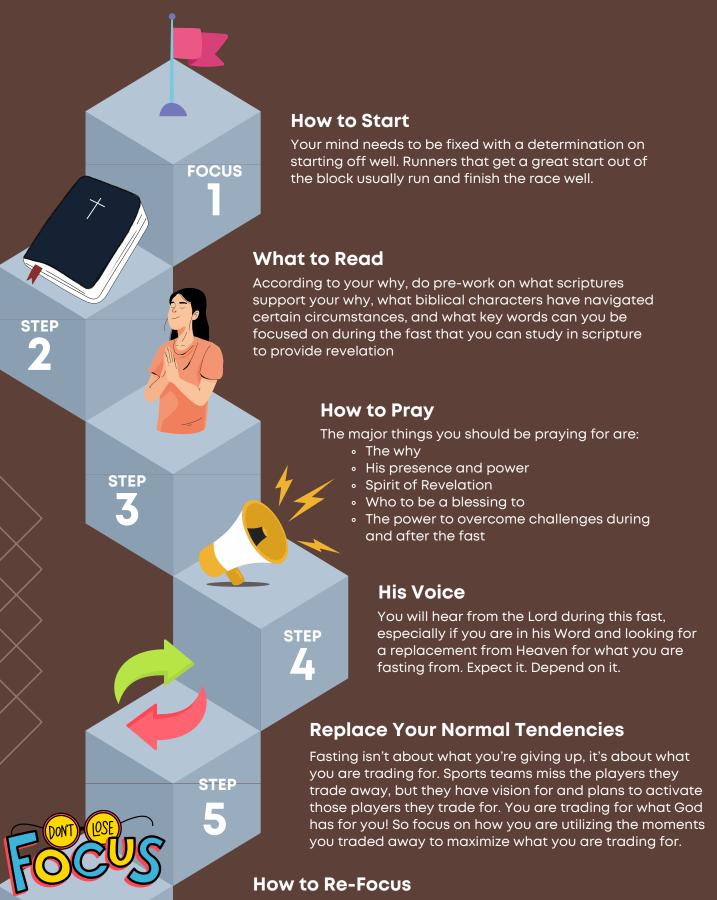
Episode Five 10 Focuses of Fasting

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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.

(fill in the bla tendencies, s track with, th STEP 7 ACTIVATE () STEP STEP

STEP

Goal/Objective

(a) Focus on the individual steps to get to the goal

(b) Focus on what it will take to achieve each milestone

Revelation

We stated before that God will speak. Not only do we expect him to speak, but we expect to be changed in some way. 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. Lean into what God will say.

Activation

Fasting is not about doing, it's about being. At the same time, if you get direction, revelation, an assignment or charge, a new conviction, or a new focus, be prepared to run with it.

Finish

TEP

Don't run back to burgers, in your pre-work, decide now what you will do at the end. Never allow temptation to determine your direction.



