

Fasting Worksheet January 2012

So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. - Daniel 9:3

Is not this the kind of fasting I have chosen:

to loose the chains of injustice

and untie the cords of the yoke,

to set the oppressed free

and break every yoke?

Is it not to share your food with the hungry

and to provide the poor wanderer with shelter—

when you see the naked, to clothe them,

and not to turn away from your own flesh and blood?

- Isaiah 58:6, 7

Specifics

What am I willing to commit to? What am I willing to give up in order to see more of the power and presence of God manifest in my life, my family's life, my church? What will my fast look like? Writing it down helps us commit.

Accountability

How will I keep myself accountable to this?

Character

What needs to be eliminated from my life to accomplish an Isaiah fast? For instance, complaining?

Wasting time? What issues do I see that need to be starved i.e. apathy, lack of compassion, unforgiveness, sloth, selfishness, etc?

Dates

What dates will I start and end my 21 day fast?

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Study

Pick a time (sometimes it is easier to choose the same time each day) to review the following Scriptures and corresponding questions. This should only take five to ten minutes.

Day One – Matthew 6:16-18 Is fasting optional for the believer? What should be the attitude of your heart as you begin this fast?

Day Two – Nehemiah 1:2-4 What was Nehemiah's immediate response to Hanani's news? What should be our response at the condition of the world, the Body of Christ?

Day Three – Joel 1:14, 2:12-17 Who called the fast in this passage? What adjustments do you need to make in order to come before God in this manner? What could be the result if God's people listened to and heeded this call?

Day Four – Jonah 3:7-10 What did this pagan king understand correctly about the nature of God? What was the result of this fast? Did this pagan king have more or less integrity than the modern Church?

Day Five – Luke 2:36-38 How did this woman serve God? What honor was given her because of this commitment?

Day Six – Acts 9:8-12 Why do you suppose the Scriptures record the absence of food in the (future) apostle's experience of those three days? What could God be revealing about fasting? Was God working behind the scenes as Saul (who became Paul) prayed and fasted?

Day Seven – Zechariah 7:5-6 Can fasting be a waste of time? What can you do to ensure that this is not the case with your fast?

Day Eight – I Samuel 1:5-11, 18-20 What were the components of Hannah's prayer concerning a chronic, painful situation in her life? How did her story end?

Day Nine – Judges 20:26-28 What was the purpose of this fast? What was the result? Could there be a correlation between fasting and accurately hearing the word of the Lord?

Day Ten – Nehemiah 9: 1-3 What activities accompanied the rebuilding of the Jerusalem wall? There were three major components of this fast (three activities in addition to prayer and fasting); what were they? Who participated?

Day Eleven – Acts 13:2, 3 What Word came forward as they fasted? How did they respond to the word? How important was this particular prayer meeting?

Day Twelve – II Chronicles 20:3, 4, 14 Who called this fast? Who participated? What happened? What can you apply to your circumstances? What was Jehosaphat's immediate reaction to fear?

Day Thirteen – Ezra 8:21-23 Why did Ezra call this fast? What happened as a result? Was his first reaction to appeal to man or God? What is yours?

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Day Fourteen – II Samuel 12:15-23 Even though David did not get the result he hoped for, what did he correctly understand about the character and nature of God?

Day Fifteen – I Samuel 7:5-9 What accompanied Israel's fast? Did distraction threaten to derail this prayer meeting? Does it with you? How did this story end?

Day Sixteen – I Kings 21:25-29 How did the evil king Ahab get God's attention? What did God say about this man scripture says was actually evil in the eyes of the Lord?

Day Seventeen – Deuteronomy 9:18, 25 Why did Moses fast in this account? What would have happened had he not done it?

Day Eighteen – Acts 14:23 What accompanied the ordination of the elders? How important were those prayer meetings?

Day Nineteen – Mark 9:28, 29, Matthew 17:19-21 What "inside information" is Jesus sharing concerning the realm of darkness? Is it possible to gain victory over demonic forces and bypass prayer and fasting?

Day Twenty – Jeremiah 14:12 Is fasting a means to "get what you want" from God? Is it possible to participate in spiritual activity and miss the mark?

Day Twenty-one – Esther 4:16 Why do you think Esther called a fast? What did she understand about the power of God?

Reflections

What did I hear from God? What did I learn from Scripture? What did I learn about myself? What adjustments do I need to make moving forward?