

FINDING OUR WAY TOOL

PROMPTS FOR FASTING

Use the prompts below to help you establish a rhythm of fasting. As you plan, create space to pray, invite others to fast with you, and choose a key theme or Scripture that will anchor your fast.

PRAY

- Before you begin your fast, take time to pray. Come before God with humility and ask for guidance, strength, and sustaining grace. Use the space below to quiet your heart and seek God's presence. Invite the Holy Spirit to shape and transform you throughout your fast.

PLAN

- Set aside a specific time to fast, like sunup to sundown. Choose a rhythm you can stick to, like once a week or once a month. Set a reminder in your calendar.
- Consider what you will give up for the duration of your fast. Some ideas include food, email, social media, texting, speaking, sugar, or shopping.

- I'M FASTING FROM:

COMMUNE

- If possible, invite others to fast with you in community. If your fast is more personal or challenging, consider listing a few trusted individuals who can check in with you and help keep you accountable throughout your fast.

- I'M FASTING WITH:

ABIDE

- God cares more about your heart than the details of your fast. Fasting is a tangible way to express your commitment to seek Christ. As Zechariah 7:5 asks, "Was it really for me that you fasted?"
- Reallocate time freed by your fast to worship, read Scripture, pray, or spend time in another activity that orients your heart toward God. In moments of temptation or discomfort, anchor yourself with a mission verse or memory verse—reminding yourself why you are fasting. Copy the verse or passage below.

- GUIDING SCRIPTURE FOR MY FAST:
