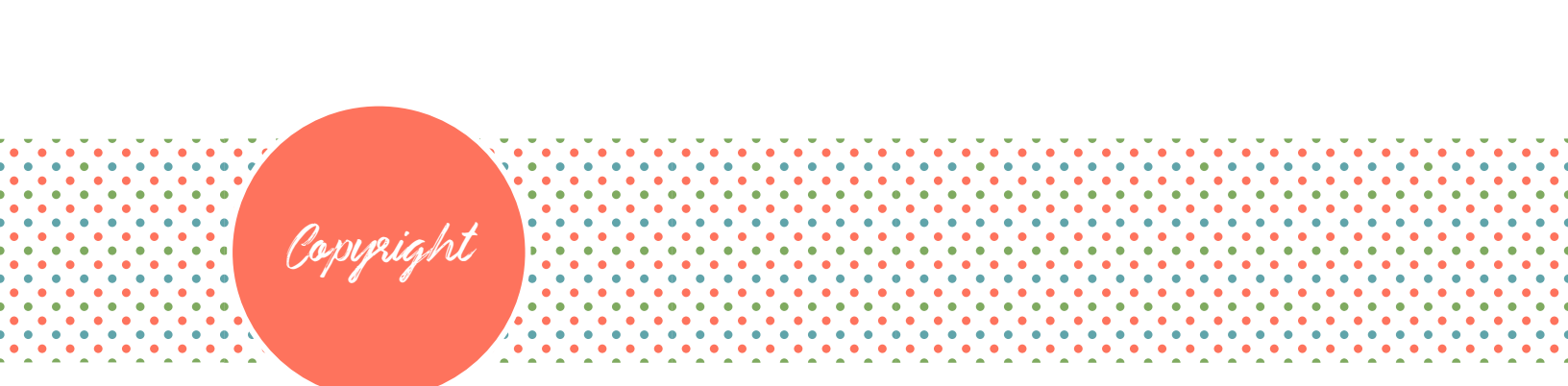


A person is sitting on the ground outdoors, wearing a light-colored jacket and white sneakers, reading an open Bible. A large orange circle is overlaid on the image, containing the title 'Biblical Fasting KIT' in a white script font. The background shows a grassy area and trees.

Biblical Fasting KIT

KELLY R BAKER



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Biblical Fasting Kit

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Second Edition

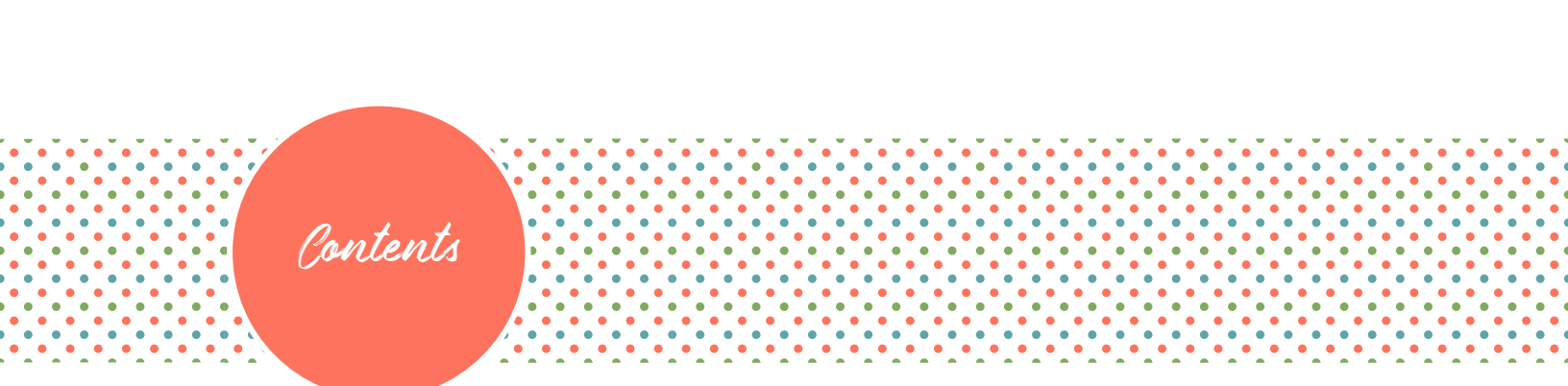
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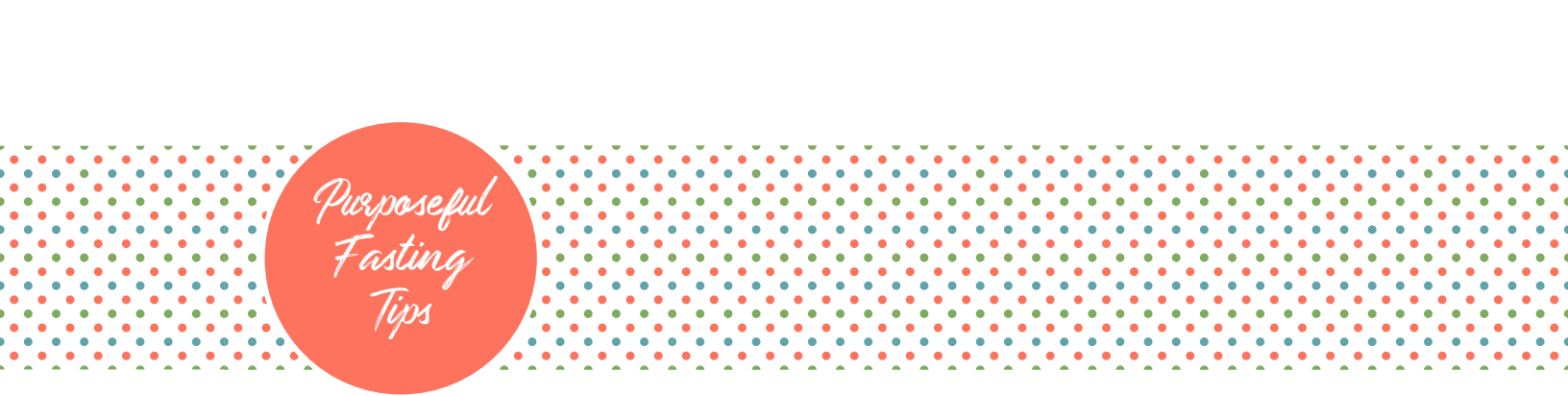
Reusable Worksheets

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Welcome Letter
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Note: The Reusable Worksheets are electronically fillable. See the Welcome Letter for more details.



Purposeful Fasting Tips

Welcome!

At some point you may feel that God is laying it on your heart to fast. If He does, then He has a specific purpose in mind.

Fasting regularly is a good practice, too, but please do so with His direction in mind. God will most certainly do a work in your heart when you fast and pray.

So get your Bible and your favorite pen. It's time to seek God through fasting and prayer.

7 Biblical Purposes for Fasting

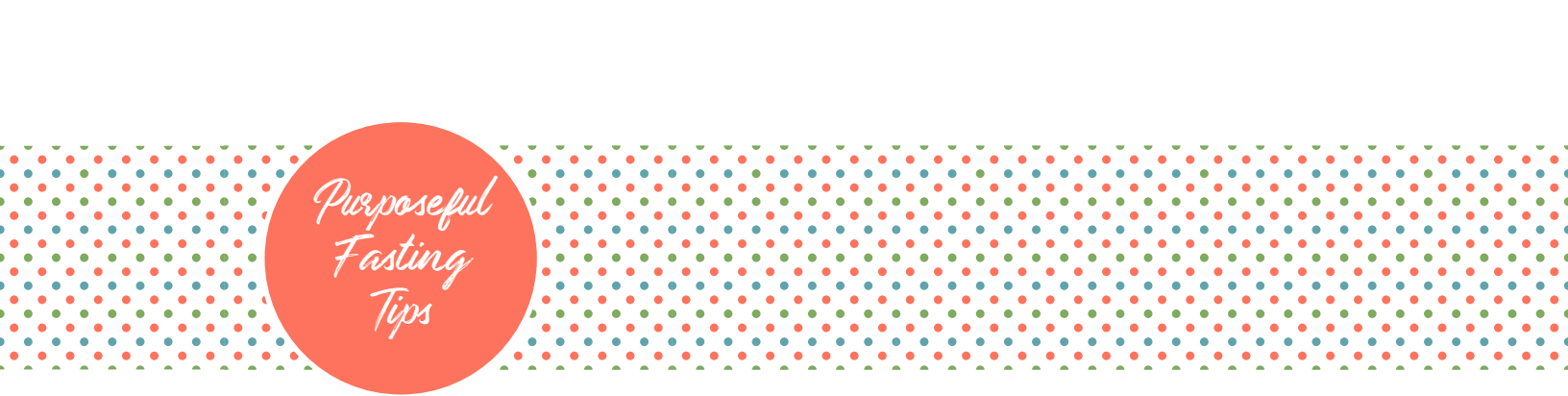
There are at least seven biblical purposes for fasting that I could find while studying this topic. I shared these specific examples in my post, [7 Benefits of Biblical Fasting](#).

They are listed below:

- Protection: Esther 4:16; Ezra 8:21-23; 2 Chronicles 20:1-25
- Victory over temptation: Matthew 4:1-11
- Commission into ministry: Acts 13:2-3; Acts 14:23
- Reach the heart of God: Jonah 3:4-10
- Deliverance: Mark 9:28-29; Isaiah 58:6
- Preparation for new seasons of ministry: Matthew 4:1-17
- Health: Isaiah 58:8

In each of these, I see the physical act of fasting entwined with both physical and spiritual reasons. Spiritual warfare is interwoven when fasting is applied to physical needs.

For instance, in 2 Chronicles 20:1-3, King Jehoshaphat called a public fast in response to the frightening news that a multitudinous army's attack was imminent.



Purposeful Fasting Tips

After this, the children of Moab, the children of Ammon, and with them some of the Ammonites, came against Jehoshaphat to battle.

Then some came who told Jehoshaphat, saying, “A great multitude is coming against you from beyond the sea from Syria. Behold, they are in Hazazon Tamar” (that is, En Gedi).

Jehoshaphat was alarmed, and set himself to seek to the LORD. He proclaimed a fast throughout all Judah. 2 Chronicles 20:1-3

Some Guidelines on When to Fast

Jesus said, “when” you fast not “if” you fast (Matthew 6:16-18). When you fast, remember what Jesus said in this passage:

Moreover when you fast, don’t be like the hypocrites, with sad faces. For they disfigure their faces that they may be seen by men to be fasting. Most certainly I tell you, they have received their reward.

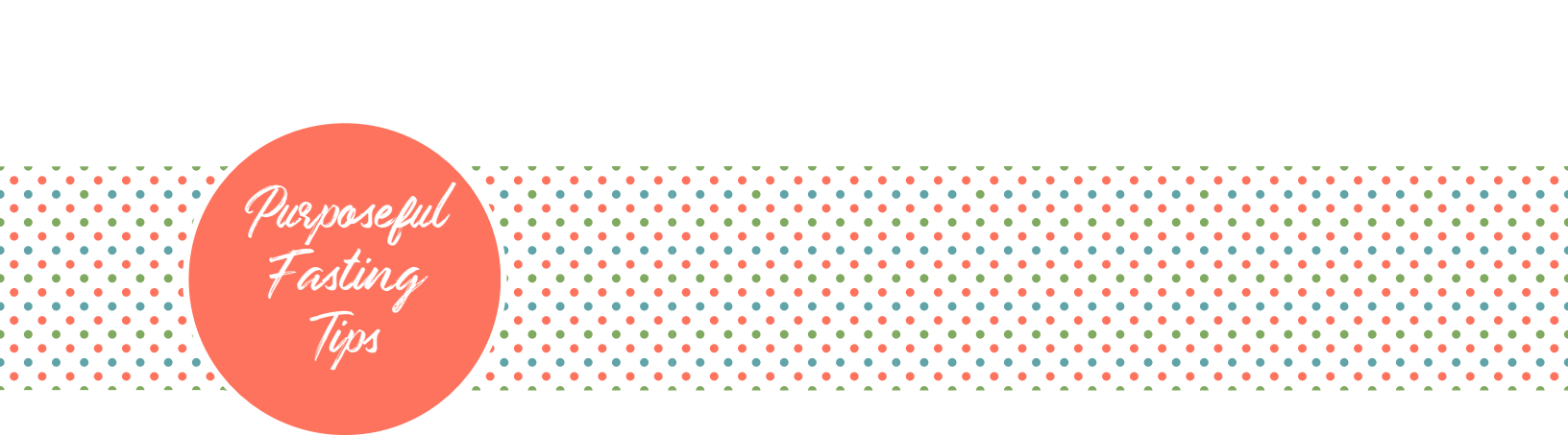
But you, when you fast, anoint your head and wash your face, so that you are not seen by men to be fasting, but by your Father who is in secret; and your Father, who sees in secret, will reward you.

You have your Bible, right? Go ahead and look up the following verses as I give them so you can follow along.

Jesus set the example of this spiritual discipline for us in Matthew 4:2.

So fasting can be done regularly, but be Spirit led as far as how often (See Luke 2:37, 2 Corinthians 11:27).

Public, national fasts were recorded in the Bible on occasions when the people were repenting of sin. (See 1 Samuel 7:1-6; Nehemiah 9:1-3). So it’s biblical to participate when the leadership of your church (or nation) calls a fast.



Purposeful Fasting Tips

Are you desperate to hear Him more clearly? Then fast when you need direction. When the noise of everything else is temporarily removed, it is easier to receive clarification (See Acts 13:2).

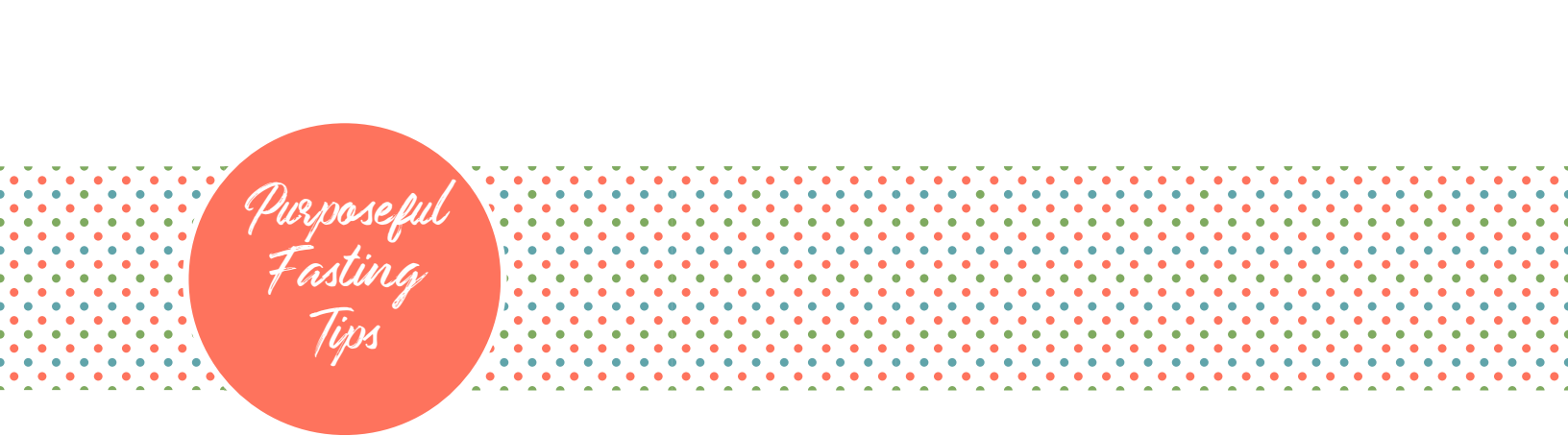
Did you get the Praying for Direction scripture cards from the **Live Yielded Shop**?

They are ready for you to use when you need to hear from God on next steps in your life.

Prepare Physically

- Prepare your system for fasting by going off solid food gradually, especially for extended fasts. Eat smaller, healthier meals (e.g. choose fruit and vegetables over sugary foods).
- Your body will detoxify while fasting. Side effects are grumpiness, headaches, lightheadedness, dizziness, tiredness, and obviously hunger pains (stave them off by increasing liquids). Note that if you are on a water fast (drinking water only), gum or mints will stimulate digestive juices and make it more difficult to continue.
- Avoid strenuous exercise. Instead, opt to get extra rest when your schedule allows.
- Mentally commit to what entertainment you will limit or avoid during your fast. It will make it easier to stay focused on God during your fast, resist temptations, and stick to the time you will spend with God instead of eating.
- Gradually reintroduce smaller meals of fruit and vegetables into your system to break your fast.

He must increase, but I must decrease. John 3:30



Purposeful Fasting Tips

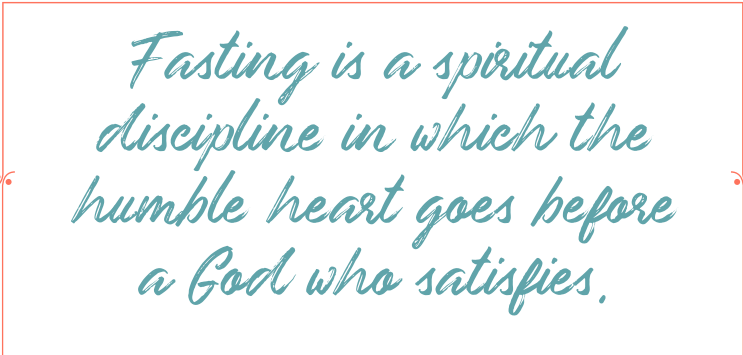
Prepare Spiritually

- Prepare your heart to fast. He is more than Savior; He is Lord. Yield to His lordship. Ask God to remove complacency and renew a fervency in your relationship with Him; commit fully to Him.
- Repent of any known sins; forgive anyone that the Holy Spirit brings to mind.
- Expect Him to move during this undivided time set apart with Him.
- Expect to be attacked by the enemy; he will take notice of your fast and attempt to hinder you. Ask God to open your eyes to his schemes.
- Spend extra time in praise and worship, prayer, and in the Word.

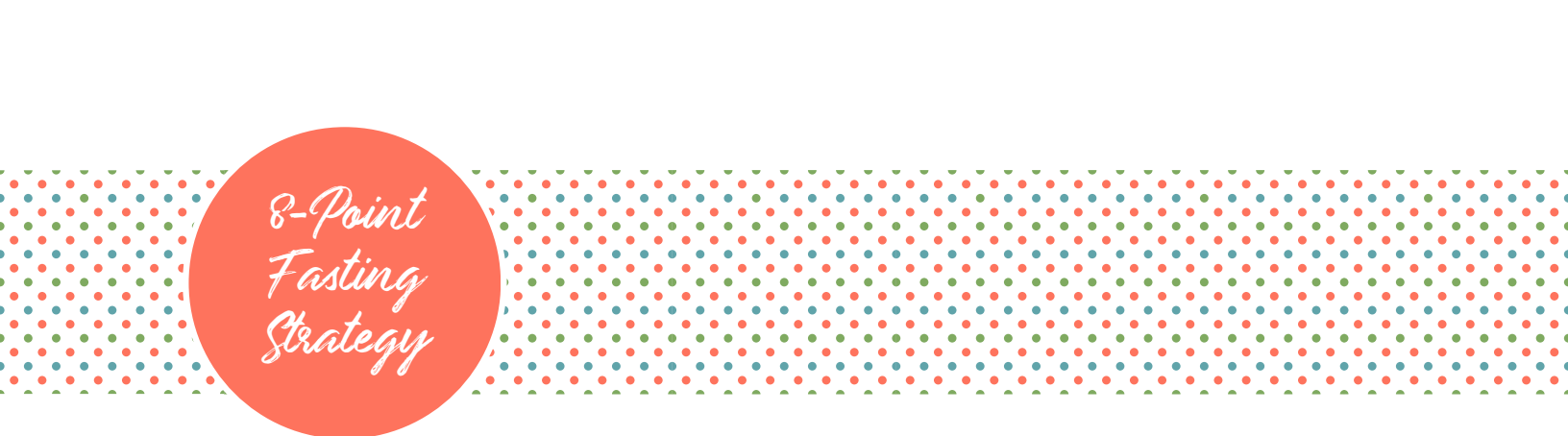
Fasting and Grace

Unless you're a one who's seasoned in the spiritual discipline of fasting, you might "give in" during your fast and partake of the food or entertainment you're supposed to be fasting from.

Don't let the enemy lie to you and tell you to throw in the towel because you blew it. Further, don't let him convince you your fast wasn't effective if you can't finish one of the days.



Fasting is a spiritual discipline in which the humble heart goes before a God who satisfies.



8-Point Fasting Strategy

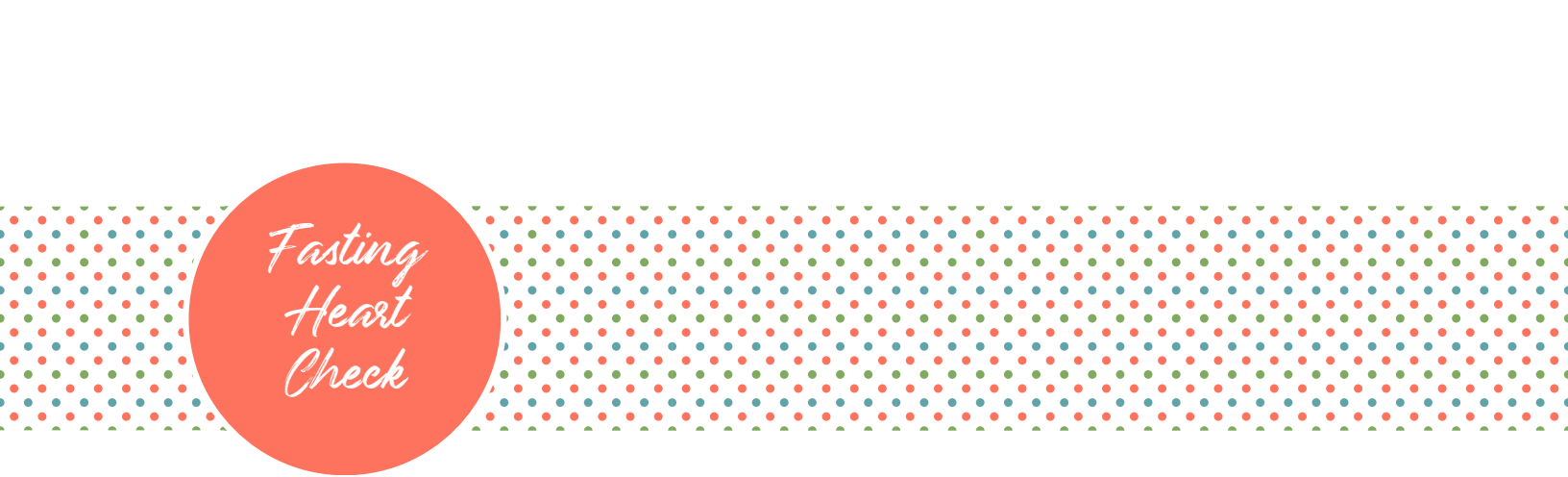
Use the corresponding worksheets with these questions.

Part 1: Before You Fast

- 1. Discover the purpose.** Seek God; ask Him to reveal the specific purpose He has for your fast. Or, perhaps you have one? What is stirring in your heart?
- 2. Set the duration.** How many days will you be fasting? If you're a beginner, start slowly. Don't forget to add time before your actual fast to prepare your body and time at the end to gradually introduce food back into your body again.
- 3. Determine what you are fasting from.** See **7 Benefits of Biblical Fasting** for a list of the types of fasts. Will you be fasting from all food, a specific food? Additionally, or for physical reasons, a form of entertainment? Remember, when you fast, the time you would usually spend eating is spent with the Lord instead.
- 4. Display theme verse(s).** Ask God if He has a theme verse or passage in mind for you to focus on during the fast. Where can you display this for an effortless reminder?
- 5. Write your counterattack plan.** Jesus had a Scripture ready in response to every temptation Satan pelted Him with. How do you think Satan might attack you during your fast? What verses are relevant to the purpose of your fast?

Part 2: During Your Fast

- 6. Document any questions.** What questions come to mind as you're going through that specific purpose of your fast?
- 7. Identify your struggles.** What struggles are you facing during your fast?
- 8. Record what God shows you.** Go back later in the fast and read what you wrote. Often you will gain more revelation or see the answers to your questions as God completes the work He is doing.



Fasting Heart Check

Evaluate your struggle in this fast. The devil hates it when you get serious about God like this! Use the YIELD acronym to complete your Heart Check and overcome!

Y = Yield to God.

Pray right now and tell God you are surrendering to His counsel regarding your heart's struggle in this fast. It can simply begin just by deciding to do so!

I = Investigate what is holding you back.

Have you replaced your Daily Time with God with other things? Is the pull of something so strong that it's keeping you from obeying God? Honestly answer what your natural man would "rather" have or do.

E = Eliminate the sin.

God is the only one who can truly erase your sin. And remember, he who knows what to do and does it not, it is sin (James 4:17). So take this moment to repent. And believe God's promise in 1 John 1:9 that He forgives you!

L = Learn the Yield to God Verses.

Commit to begin memorizing them. Use the included Scripture cards to help you memorize them (separate file). Hiding His Word in your heart helps you not sin against Him (Psalm 119:11). They will help you in other areas, too, not just fasting!

D = Declare the Yield to God Verses over your life.

Personalize them as you pray. Use the examples on the next page if you like.

*Yield to God
Verses &
Declarations*

Declare the Yield to God Verses over your life.

Those who belong to Christ have crucified the flesh with its passions and lusts. If we live by the Spirit, let's also walk by the Spirit. Galatians 5:24-25

God, I crucify my flesh today. I choose to walk in the Spirit.

But put on the Lord Jesus Christ, and make no provision for the flesh, for its lusts. Romans 13:14

I put on the Lord Jesus Christ. I will make no provision for what my flesh wants.

But I say, walk by the Spirit, and you won't fulfill the lust of the flesh. Galatians 5:16

The Holy Spirit guides my life! I won't do what my sinful nature craves. Instead, I will walk by the Spirit!

Remain in me, and I in you. As the branch can't bear fruit by itself unless it remains in the vine, so neither can you, unless you remain in me.

I am the vine. You are the branches. He who remains in me and I in him bears much fruit, for apart from me you can do nothing. John 15:4-5

I will remain attached to the vine. My life will bear much fruit through God's mighty work in me!

As therefore you received Christ Jesus the Lord, walk in him, rooted and built up in him and established in the faith, even as you were taught, abounding in it in thanksgiving. Colossians 2:6-7

I will continue to follow Jesus. I choose to let my roots grow down into Him and let my life be built on Him. My faith is growing strong through the truth of God's Word. Thank You, Lord!

*About
the
Author*



Kelly R. Baker

For over 14 years, Kelly R. Baker has been teaching others how to have a Daily Time with God. Daily Time™ means: **D**etermining **A**gain **I** Live **Y**ielded. **T**oday **I**'m **M**aintaining **E**vidence. She lives with this mantra, and it's her pleasure to pass on what she has learned to you. Using practical application of the Word and her Daily Time™ framework, she helps Believers discover the exact delays and get started growing again.

Kelly is a Bible study teacher, writer, mentor, and homeschool mom. She serves with her husband in leading the worship ministry at their church. You will probably find her sneaking a bite (or more) of organic dark chocolate in between wrangling her four homeschooled kids. She'd love to thrive in Christ together with you. She promises if you live yielded, you'll see the fruit!

Connect with her at <https://kellyrbaker.com>.



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