

The background of the image shows a person's hand writing in a notebook on a wooden desk. A laptop is partially visible on the right, and a green plant is on the left. A large orange circle is overlaid in the center, containing the title text.

Biblical Fasting **KIT**

Reusable
Worksheets

KELLY R BAKER

DATE: _____

*My
Fasting
Strategy*

THE PURPOSE OF MY FAST IS:

THE DATES OF MY FAST ARE:

THIS IS WHAT I'M FASTING FROM:

Note: for longer fasts, you might want to use the included calendar. For example, in a 40 day fast what you fast from each day might not be the same. The calendar gives ample room to record.

THE THEME VERSE OF MY FAST IS:

DATE: _____

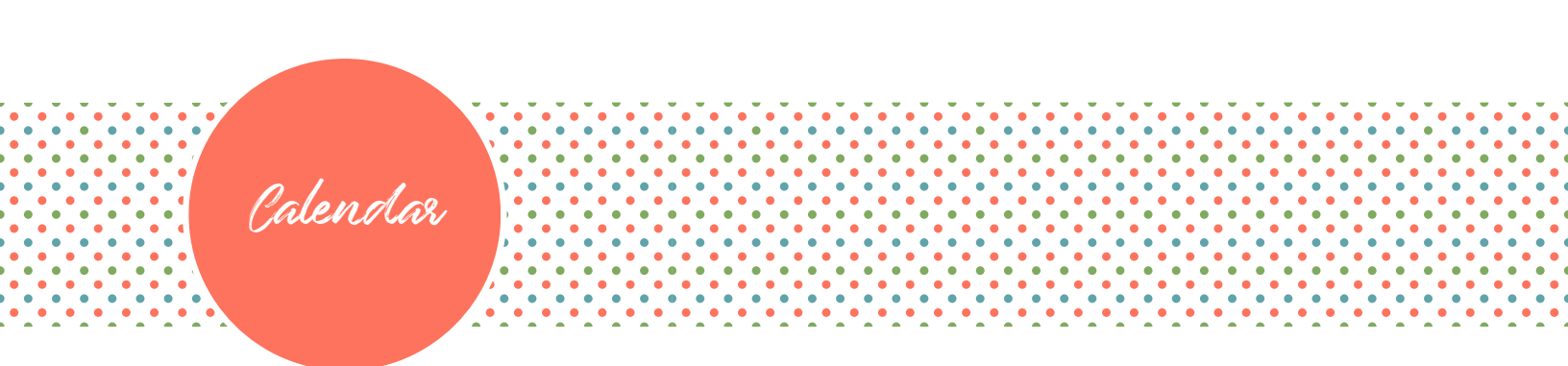
*My
Fasting
Strategy*

MY COUNTERATTACK PLAN IS:

MY QUESTIONS FOR GOD ARE:

THE STRUGGLES I'M FACING ARE:

GOD IS SHOWING ME THAT:



Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

*Prayer
Needs*

DATE: _____

5-DAY BIBLICAL FASTING

Reading & Reflection Plan

1

Day 1: Fasting for Protection

Read:

2 Chronicles 20:1-30

Summarize: Write a summary of the passage above.

Reflect: What does this passage tell you about God?

5-DAY BIBLICAL FASTING

Reading & Reflection Plan

2

Day 2: Fasting for Victory over Temptation

Read:

Matthew 4:1-11

Summarize: Write a summary of the passage above.

Reflect: What does this passage tell you about God?

5-DAY BIBLICAL FASTING

Reading & Reflection Plan

3

Day 3: Fasting for Commission into Ministry

Read:

Acts 13:2-3; Acts 14:23

Summarize: Write a summary of the first passage above.

Reflect: What do these verses tell you about God?

5-DAY BIBLICAL FASTING

Reading & Reflection Plan



Day 4: Fasting for Reaching the Heart of God

Read:

Jonah 3:4-10

Summarize: Write a summary of the passage above.

Reflect: What does this passage tell you about God?

5-DAY BIBLICAL FASTING

Reading & Reflection Plan

5

Day 5: Repentance

Read:

1 Samuel 7:1-6

Summarize: Write a summary of the passage above.

Reflect: What does this passage tell you about God?
