



31 DAYS OF PRAYER & FASTING

FASTING GUIDE

fallbrook church



WE ARE ALL AT DIFFERENT PLACES IN OUR WALK WITH GOD. THE GOAL IS NOT PURE FOCUS ON ABSTAINING FROM SOMETHING, IT IS TO DRAW CLOSER TO GOD. FIND THE PLACE WHERE YOU FEEL LIGHT AND SPIRITUALLY IN TUNE. KEEP YOUR MIND FOCUSED ON GOD AND SPIRITUAL THINGS. KEEP YOUR MIND ON THE PURPOSE BEHIND THIS FAST. **FINALLY, THINK SOAP:**
SCRIPT**URE, **O**B**B**ERVATION, **A**PP**L**ICATION AND **P**RAY**E**R.**

MONDAY

EXERCISE | SPEND 30 MINUTES EXERCISING...WALKING, CYCLING, ETC.

TUESDAY

MEMORIZE SCRIPTURE | IDENTIFY VERSES FROM SCRIPTURE TO MEMORIZE.

WEDNESDAY

MEDITATION | MEDITATE FOR 15 MINUTES, RESTING IN GOD'S PRESENCE.

THURSDAY

VOLUNTEER | VOLUNTEER AT CHURCH OR A LOCAL NON-PROFIT ORGANIZATION.

FRIDAY

NO-FRY FRIDAY | ABSTAIN FROM ALL FRIED-FOODS.

SATURDAY

PRAYER | PRAY FOR 30 MINUTES WITHOUT INTERRUPTION.

SUNDAY

OPTIONAL FASTING DAY.

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