

Biblical Fasting – Guided Notes, Scripture & Journaling

This guide is designed to help you follow along during teaching, engage Scripture deeply, and journal intentionally throughout our corporate fast.

Key Scriptures for Personal Study

- Matthew 4:4
- Philippians 3:18–19
- Romans 8:5–6
- Galatians 5:17
- Matthew 6:16–18

What Is Fasting?

Fasting is the intentional absence of food for a spiritual purpose.

Intentional (deliberate interruption of normal routines):

Food (biblical fasting always involves food):

Spiritual Purpose (seeking God, not discipline alone):

Why Food Matters

Food is directly tied to the flesh. When food is removed, the flesh loses leverage and the spirit becomes more sensitive to God.

“Man shall not live on bread alone, but on every word that comes out of the mouth of God.”
Matthew 4:4

What appetites or routines may be ruling your life?

Appetite and Authority

“Their god is their appetite.” — Philippians 3:19

What is God asking you to dethrone during this fast?

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Flesh vs. Spirit

“The mind set on the flesh is death, but the mind set on the Spirit is life and peace.” — Romans 8:6

Where do you need to take authority over your thoughts?

Biblical Purposes for Fasting

Have you considered your purpose for fasting?

Fasting in the New Testament

Jesus said “when you fast,” not if. Fasting is a spiritual discipline—a means to Christ, not the end.

- Matthew 6:16–18 — God rewards what is done in secret.

Breakthrough – Isaiah 58

A fast that loosens chains, breaks oppression, restores justice, and releases healing.
What breakthrough are you believing God for?

Protection – Esther 4

A corporate fast for divine protection and preservation in a moment of crisis.
Who are you interceding for during this fast?

Wisdom & Spiritual Warfare – Daniel 10

A partial fast that positioned Daniel for revelation and exposed unseen spiritual battles.
What wisdom or clarity do you need from God?

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Direction – Acts 13:2–3

The early church fasted first, and the Holy Spirit gave clear direction.
What direction are you seeking from the Lord?

Missional Focus of Our Fast

We are fasting not just for personal growth, but for mission—that God would grow our church biblically and numerically, open doors for discipleship, and give us boldness to love and share the gospel. Who is God placing on your heart to love or reach?

Personal Reflection

What do you want God to do in your life during this fast?

We fast together—but God meets us personally.

As we humble ourselves before the Lord, we believe He will respond—personally and powerfully.