

## Creating Your Fasting Plan:

- Spiritual Preparation
  - 1. Identify your primary motivation for fasting.
  - 2. Decide on a Bible reading plan.
  - 3. Read Isaiah 58 and other verses on fasting.
  - 4. Ask a friend to be your prayer partner.
  - 5. Buy a journal or use a notebook.
- Physical Preparation:
  - 1. Ease into the fast.
  - 2. Plan your meals for the first week.
  - 3. Make a grocery list for the first week.
  - 4. Prepare food ahead of time.
  - 5. Cook and freeze meals.
- During the Fast
  - 1. Get alone with God every day.
  - 2. Go through the devotions in part 2, “The Focus”
  - 3. Review Appendix 2, “Verses to Feed On” (p. 201)
  - 4. Be in contact with your prayer partner to share how he or she can continue to pray for you.
  - 5. Write down what God reveals to you.
- Physical Preparation
  - 1. Drink plenty of water.
  - 2. Plan your meals for weeks two and three.
  - 3. Continue to refer to the meal plans for each week for ideas.
  - 4. Make a grocery list for weeks two and three.
  - 5. Prepare foods ahead of time.
  - 6. Double recipes and freeze them.
  - 7. Improve digestion by eating slowly and chewing your food well.
  - 8. Try juicing.
  - 9. Focus on foods you can eat, not on foods you can't eat.
  - 10. Exercise.