

## FASTING DETAILS

### What is Fasting?

Fasting is an intentional denial rooted in a quest to get closer to God. Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny my physical flesh, to increase my spiritual effectiveness. Fasting takes prayerful discipline!

Mark 9:29

### How do I Fast? Fast Options

**DENIAL:** No food from 6AM to 6PM

**DANIEL:** Fruit, vegetables, juice and water only.

**DESERT:** WATER is your only beverage option for the entire period of time. You may eat what you like!

**DETOX:** No social media, no television with the exception of the news and religious programming.

**WHEN FASTING:** Refrain from sinful habits or habitual behaviors. (Examples: cursing, gossip, overeating, alcoholism, ungratefulness, sexual sins, etc. See Galatians 5:19-26 and Hebrews 12:1) Prayerfully after the fast, you won't look back!

### What is Prayer?

**Prayer** is my intentional reach for God's direct and specific involvement in my life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing He can and will respond with thoughts, ideas, situations, people or primarily His word. James 5: 16



FellowshipChicago

# FOLLOWING GOD FAST FORWARD

Mark 9:29

## 30 DAY SPIRITUAL FAST

Fellowship Missionary Baptist Church  
45th Place & Princeton Ave.  
Chicago, IL 60609  
773.924.3232

[www.fellowshipchicago.com](http://www.fellowshipchicago.com)

## WEEK 1 Purpose

January 14th - 20th

---

---

Day 1

**The Perfect Will of God** James 4:13-15

---

Day 2

**Accepting Your Calling(s)** 2 Timothy 1:9

---

Day 3

**Discerning The Seasons** Psalm 1:3

---

Day 4

**Resting in Purpose** Philippians 4:11-12

---

Day 5

**Excelling In Your Gifts** 2 Corinthians 8:7

---

Day 6

**Peace and Order** Romans 15:13

---

Day 7

**Favor** Psalm 90:17

---

**Signs, Wonders, Miracles** Mark 16:17-18

---

## WEEK 2 Provision

January 21st - 27th

---

---

Day 8

**Household** 2 Corinthians 9:8

---

Day 9

**Financial** Deuteronomy 8:18

---

Day 10

**Spiritual** John 14:26

---

Day 11

**Relational** Matthew 21:22

---

Day 12

**Vision** 1 Chronicles 29:11-12

---

Day 13

**Health** Exodus 23:25

---

Day 14

**Overflow** Philippians 4:19

---

## WEEK 3 Self Control

January 28th - February 3rd

---

---

Day 15

**Verbal** Proverbs 21:23

---

Day 16

**Dietary** Daniel 1:12-16

---

Day 17

**Temptation** Galatians 5:16

---

Day 18

**Emotional** Proverbs 25:28

---

Day 19

**Financial** Proverbs 21:5

---

Day 20

**Not Giving Up** Philippians 4:13

---

Day 21

**Anger** Galatians 5:22-23

---

## WEEK 4 Healthy Relationships

February 4th - 10th

---

---

Day 22

**Friendship** Proverbs 27:17

---

Day 23

**Marriage** 1 Corinthians 13:4-7

---

Day 24

**Self Love** Ephesians 5:29

---

Day 25

**Successful & Single** 1 Corinthians 7:32

---

Day 26

**Business** 2 Corinthians 6:14-18

---

Day 27

**Parenting** Proverbs 22:6-8

---

## WEEK 5 Follow Through

February 11th - 13th

---

---

Day 28

**Goals** Philippians 3:13-14

---

Day 29

**Change** James 1:22-25

---

Day 30

**Growth** 2 Peter 3:18

---