

The background features a complex abstract design. On the left, several thick, dark blue lines flow vertically, some overlapping to create a sense of depth and movement. These lines are composed of many fine, parallel lines. On the right side, there is a pattern of light blue hexagons, some of which are solid and others are outlined, arranged in a grid-like structure that tapers towards the bottom right. The overall color palette is various shades of blue on a white background.

**CONNECTING  
TO GOD**  
*journal*

**fasting and praying  
One 2018**

# **Fasting 101**

I believe that it is important that we be a people who fast and pray. I am excited to see what God has in store for Weatherly Assembly in 2018. What better way to prepare for the Holy Spirit's move than to spend 21 days in fasting and prayer. I believe that many Christians fail to tap into one of the most powerful and rewarding spiritual reservoirs we have at our disposal—fasting. It's often because they don't know much about this important command for Christ's followers. We want to share with you this important scriptural discipline so you can put it into action for your life.

## **What is fasting?**

Biblical fasting is giving up specific foods and drink for a specified number of days. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing. (See specific Types of Fasts on the next page.) Every year our entire congregation at Weatherly, participates in a 21-day fast at the beginning of the New Year. We want to give God our best and our first. Fasting, prayer and reading God's Word go hand in hand. When you fast, also pray for God's purpose and plan for your life to be revealed.

## **Why fast?**

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, "When you give," "when you pray," "when you fast." He made it clear that fasting, like giving and praying, was a normal part of Christian life.

## **How do I fast?**

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach it with determination, you'll be less likely to waiver in weak moments. You may be surprised to find that fasting is not as daunting as you may think. But if you do find it to be a battle, don't lose heart, God knows your weaknesses. His fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him.

If the traditional full fast has always made you shy away from this important principle, you may be surprised to know that there are actually many different types of fasts. Find the fast or combination of fasts that fits your needs. For example, if you choose to go on a 21-day fast, you may want to begin with a full fast for 1-3 days and then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. No matter which fast you decide on, you must always remember to consult your doctor and drink lots of water.

## Types of fasts

**FULL FAST.** Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

**PARTIAL FAST.** There are many options for partial fasts. Below are just a few for you to select from.

>> Daniel Fast: The most frequently used example of a partial fast, found in Daniel, chapter 10, the Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical condition.

>> The following are examples of other types of partial fasts. Remember, the type of fast you select is what you and the Lord agree upon.

- > give up one item of food or drink such as caffeine, coffee, soft drinks or sweets or give up one meal.
- > fast for a specific number of days... one day, three days, so on.
- > choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the timeframe for this type of fast may vary.

The Lord speaks of private fasts and corporate fasts in Scripture.

### **CORPORATE FAST.**

A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is also very much a “private and personal experience.” Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7).

### **When should you fast?**

If you want to make fasting a way of life, work out a plan for the entire year to include days or meals to fast that works into your lifestyle. You may decide to fast one day a month or one meal a week. You may even decide to do a partial fast for one week every other month. Options are endless. There are also other unexpected times that you may feel a need to fast—during family struggles, financial problems, etc., specific times when you need to capture the attention and mercy of God in your life

## Frequently Asked Questions:

### **Can I have salt, pepper, seasonings, milk, whole grains, soy products, eggs, protein drinks, vitamins or butter?**

The general guidelines for each fast can be found in the “Types of Fasts” section. However, fasting is a private discipline. It is not something that is meant to be unattainable. Decide what is feasible for you and do your best.

### **Can children fast?**

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

### **What if I have a medical condition?**

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

### **What if I start and can't finish out the fast... have I fasted for nothing?**

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or try finishing up with a partial fast.

### **I forgot and ate something that wasn't on my fast... do I need to start again?**

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering “king stomach” is difficult, but you'll make it.

### **Do I continue to exercise while fasting?**

Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

### **What if I have a manual labor job?**

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

# How to use this journal.

Wherever you are in life or whatever your needs are today, fasting can benefit you. If you are struggling with your health, marriage or finances, fasting is a powerful spiritual tool. Maybe you need guidance from God or protection for your family. Whatever your season in life may be, apply the spiritual discipline of fasting into your life. Our goal as Christ followers is to be closer to God. Fasting, praying, and reading God's word is a great opportunity for us to do that. We have provided a tool to do just that. We call it SOAP! We need to allow the Word of God to wash us clean from the inside out. We hope you take advantage of this tool, not just during your fast, but in your every day life.

## S.O.A.P.

### Step 1

Find scriptures for today in the Bible reading plan.

### Step 2

Read the passages. Read with an open heart and the Holy Spirit will give you words of encouragement, direction, and correction. **(2 Timothy 3:16)**

### Step 3

Turn to a fresh page in your daily pages to record what God has just shown you.

Write in the date

Give your lesson a title

Write the main scripture **(Scripture)**

Write what God is speaking to you in the scripture **(Observation)**

Write how you will be different today because of what you have read **(Application)**

Write out your prayer **(Prayer)**

## Remember

This Life Journal is designed to serve you in your growth with Christ. You can be flexible in how you use it, but be sure to develop a healthy habit of spending time Daily with the Lord.

Some have asked, "When is the best time for my devotions? In the morning or in the evening?"

My answer to that is, "The best time is when you are at your best!" If you are a morning person, do your devotions in the morning. If you are in evening person, do your devotions at night. But the bottom line is: Jesus deserves your best, so give Him the best part of your day!

# READ THROUGH THE BIBLE PLAN

## JANUARY

1. Genesis 1-3; Matthew 1
2. Genesis 4-6; Matthew 2
3. Genesis 7-9; Matthew 3
4. Genesis 10-12; Matthew 4
5. Genesis 13-15
6. Genesis 16-17; Matthew 5
7. Genesis 18-19; Matthew 6
8. Genesis 20-22
9. Genesis 23-24; Matthew 7
10. Genesis 25-26
11. Genesis 27-28; Matthew 8
12. Genesis 29-30; Matthew 9
13. Genesis 31-32
14. Genesis 33-35; Matthew 10
15. Genesis 36-38
16. Genesis 39-40; Matthew 11
17. Genesis 41-42; Matthew 12
18. Genesis 43-45
19. Genesis 46-48
20. Genesis 49-50; Matthew 13
21. Exodus 1-3; Matthew 14
22. Exodus 4-6
23. Exodus 7-8; Matthew 15
24. Exodus 9-11
25. Exodus 12-13; Matthew 16
26. Exodus 14-15; Matthew 17
27. Exodus 16-18
28. Exodus 19-20; Matthew 18
29. Exodus 21-22; Matthew 19
30. Exodus 23-24; Matthew 20
31. Exodus 25-26

## FEBRUARY

1. Exodus 27-28; Matthew 21
2. Exodus 29-30
3. Exodus 31-33
4. Exodus 34-35; Matthew 22
5. Exodus 36-38
6. Exodus 39-40; Matthew 23
7. Leviticus 1-3
8. Leviticus 4-5; Matthew 24
9. Leviticus 6-7; Matthew 25
10. Leviticus 8-10

11. Leviticus 11-12
12. Leviticus 13; Matthew 26
13. Leviticus 14
14. Leviticus 15-16
15. Leviticus 17-18; Matthew 27
16. Leviticus 19-20
17. Leviticus 21-22; Matthew 28
18. Leviticus 23-24
19. Leviticus 25; Mark 1
20. Leviticus 26-27; Mark 2
21. Numbers 1-2; Mark 3
22. Numbers 3-4
23. Numbers 5-6; Mark 4
24. Numbers 7-8
25. Numbers 9-11
26. Numbers 12-14; Mark 5
27. Numbers 15-16; Mark 6
28. Numbers 17-19

## MARCH

1. Numbers 20-22
2. Numbers 23-25; Mark 7
3. Numbers 26-28; Mark 8
4. Numbers 29-31; Mark 9
5. Numbers 32-34
6. Numbers 35-36; Mark 10
7. Deuteronomy 1-3
8. Deuteronomy 4-6; Mark 11
9. Deuteronomy 7-9
10. Deuteronomy 10-12; Mark 12
11. Deuteronomy 13-15
12. Deuteronomy 16-18; Mark 13
13. Deuteronomy 19-21
14. Deuteronomy 22-24
15. Deuteronomy 25-27; Mark 14
16. Deuteronomy 28-29
17. Deuteronomy 30-31; Mark 15
18. Deuteronomy 32-34
19. Joshua 1-3; Mark 16
20. Joshua 4-7
21. Joshua 8-10
22. Joshua 11-13
23. Joshua 14-15; Luke 1

24. Joshua 16-18; Luke 2
25. Joshua 19-21
26. Joshua 22-24; Luke 3
27. Judges 1-3; Luke 4
28. Judges 4-6
29. Judges 7-8; Luke 5
30. Judges 9-10
31. Judges 11-12; Luke 6

## APRIL

1. Judges 13-15
2. Judges 16-18; Luke 7
3. Judges 19-21
4. Ruth
5. 1 Samuel 1-3; Luke 8
6. 1 Samuel 4-7
7. 1 Samuel 8-10
8. 1 Samuel 11-12; Luke 9
9. 1 Samuel 13-14
10. 1 Samuel 15-16; Luke 10
11. 1 Samuel 17-18; Luke 11
12. 1 Samuel 19-21
13. 1 Samuel 22-24
14. 1 Samuel 25-26; Luke 12
15. 1 Samuel 27-29
16. 1 Samuel 30-31; Luke 13
17. 2 Samuel 1-2; Luke 14
18. 2 Samuel 3-5
19. 2 Samuel 6-8
20. 2 Samuel 9-11; Luke 15
21. 2 Samuel 12-13; Luke 16
22. 2 Samuel 14-15; Luke 17
23. 2 Samuel 16-18
24. 2 Samuel 19-20; Luke 18
25. 2 Samuel 21-22
26. 2 Samuel 23-24; Luke 19
27. 1 Kings 1-2
28. 1 Kings 3-5; Luke 20
29. 1 Kings 6-7
30. 1 Kings 8-9

## MAY

1. 1 Kings 10-11; Luke 21
2. 1 Kings 12-13
3. 1 Kings 14-15; Luke 22
4. 1 Kings 16-18
5. 1 Kings 19-20; Luke 23
6. 1 Kings 21-22

7. 2 Kings 1-3
8. 2 Kings 4-6; Luke 24
9. 2 Kings 7-9
10. 2 Kings 10-12; John 1
11. 2 Kings 13-14; John 2
12. 2 Kings 15-16; John 3
13. 2 Kings 17-18
14. 2 Kings 19-21
15. 2 Kings 22-23; John 4
16. 2 Kings 24-25; John 5
17. 1 Chronicles 1-3
18. 1 Chronicles 4-7
19. 1 Chronicles 8-10
20. 1 Chronicles 11-12; John 6
21. 1 Chronicles 13-15; John 7
22. 1 Chronicles 16-18
23. 1 Chronicles 19-21; John 8
24. 1 Chronicles 22-24
25. 1 Chronicles 25-27
26. 1 Chronicles 28-29; John 9
27. 2 Chronicles 1-3; John 10
28. 2 Chronicles 4-6
29. 2 Chronicles 7-9
30. 2 Chronicles 10-12; John 11
31. 2 Chronicles 13-14

## JUNE

1. 2 Chronicles 15-16; John 12
2. 2 Chronicles 17-18; John 13
3. 2 Chronicles 19-20
4. 2 Chronicles 21-22; John 14
5. 2 Chronicles 23-24; John 15
6. 2 Chronicles 25-27; John 16
7. 2 Chronicles 28-29; John 17
8. 2 Chronicles 30-31; John 18
9. 2 Chronicles 32-33
10. 2 Chronicles 34-36; John 19
11. Ezra 1-2
12. Ezra 3-5; John 20
13. Ezra 6-8; John 21
14. Ezra 9-10; Acts 1
15. Nehemiah 1-3
16. Nehemiah 4-6; Acts 2
17. Nehemiah 7-9; Acts 3
18. Nehemiah 10-11; Acts 4
19. Nehemiah 12-13
20. Esther 1-2; Acts 5
21. Esther 3-5

22. Esther 6-8; Acts 6
23. Esther 9-10; Acts 7
24. Job 1-2
25. Job 3-4
26. Job 5-7; Acts 8
27. Job 8-10
28. Job 11-13; Acts 9
29. Job 14-16
30. Job 17-19

## JULY

1. Job 20-21; Acts 10
2. Job 22-24; Acts 11
3. Job 25-27; Acts 12
4. Job 28-29; Acts 13
5. Job 30-31
6. Job 32-33; Acts 14
7. Job 34-35; Acts 15
8. Job 36-37
9. Job 38-40
10. Job 41-42; Acts 16
11. Psalms 1-3; Acts 17
12. Psalms 4-6
13. Psalms 7-9; Acts 18
14. Psalms 10-12
15. Psalms 13-15; Acts 19
16. Psalms 16-17; Acts 20
17. Psalms 18-19
18. Psalms 20-22
19. Psalms 23-25; Acts 21
20. Psalms 26-28; Acts 22
21. Psalms 29-30; Acts 23
22. Psalms 31-32
23. Psalms 33-34; Acts 24
24. Psalms 35-36; Acts 25
25. Psalms 37-39; Acts 26
26. Psalms 40-42; Acts 27
27. Psalms 43-45
28. Psalms 46-48; Acts 28
29. Psalms 49-50; Romans 1
30. Psalms 51-53; Romans 2
31. Psalms 54-56; Romans 3

## AUGUST

1. Psalms 57-59; Romans 4
2. Psalms 60-62; Romans 5
3. Psalms 63-65; Romans 6
4. Psalms 66-67; Romans 7

5. Psalms 68-69
6. Psalms 70-71; Romans 8
7. Psalms 72-73; Romans 9
8. Psalms 74-76
9. Psalms 77-78; Romans 10
10. Psalms 79-80; Romans 11
11. Psalms 81-83
12. Psalms 84-86; Romans 12
13. Psalms 87-88; Romans 13
14. Psalms 89-90; Romans 14
15. Psalms 91-93; Romans 15
16. Psalms 94-96
17. Psalms 97-99; Romans 16
18. Psalms 100-102; 1 Corinthians 1
19. Psalms 103-104; 1 Corinthians 2
20. Psalms 105-106; 1 Corinthians 3
21. Psalms 107-109; 1 Corinthians 4
22. Psalms 110-112; 1 Corinthians 5
23. Psalms 113-115; 1 Corinthians 6
24. Psalms 116-118; 1 Corinthians 7
25. Psalms 119
26. Psalms 120; 1 Corinthians 8
27. Psalms 121-122; 1 Corinthians 9
28. Psalms 123-125; 1 Corinthians 10
29. Psalms 126-128
30. Psalms 129-131; 1 Corinthians 11
31. Psalms 132-134

## SEPTEMBER

1. Psalms 135-136; 1 Corinthians 12
2. Psalms 137-139; 1 Corinthians 13
3. Psalms 140-142
4. Psalms 143-145; 1 Corinthians 14
5. Psalms 146-147; 1 Corinthians 15
6. Psalms 148-150
7. Proverbs 1-2; 1 Corinthians 16
8. Proverbs 3-5; 2 Corinthians 1
9. Proverbs 6-7; 2 Corinthians 2
10. Proverbs 8-9; 2 Corinthians 3
11. Proverbs 10-12; 2 Corinthians 4
12. Proverbs 13-15; 2 Corinthians 5
13. Proverbs 16-18; 2 Corinthians 6
14. Proverbs 19-21; 2 Corinthians 7
15. Proverbs 22-24; 2 Corinthians 8
16. Proverbs 25-26; 2 Corinthians 9
17. Proverbs 27-29; 2 Corinthians 10
18. Proverbs 30-31; 2 Corinthians 11
19. Ecclesiastes 1-3



20. Ecclesiastes 4-6; 2 Corinthians 12
21. Ecclesiastes 7-9; 2 Corinthians 13
22. Ecclesiastes 10-12; Galatians 1
23. Song of Songs 1-3; Galatians 2
24. Song of Songs 4-5; Galatians 3
25. Song of Songs 6-8; Galatians 4
26. Isaiah 1-2; Galatians 5
27. Isaiah 3-4; Galatians 6
28. Isaiah 5-6; Ephesians 1
29. Isaiah 7-8; Ephesians 2
30. Isaiah 9-10; Ephesians 3

## OCTOBER

1. Isaiah 11-13; Ephesians 4
2. Isaiah 14-16
3. Isaiah 17-19; Ephesians 5
4. Isaiah 20-22; Ephesians 6
5. Isaiah 23-25; Philippians 1
6. Isaiah 26-27; Philippians 2
7. Isaiah 28-29; Philippians 3
8. Isaiah 30-31; Philippians 4
9. Isaiah 32-33; Colossians 1
10. Isaiah 34-36; Colossians 2
11. Isaiah 37-38; Colossians 3
12. Isaiah 39-40; Colossians 4
13. Isaiah 41-42; 1 Thessalonians 1
14. Isaiah 43-44; 1 Thessalonians 2
15. Isaiah 45-46; 1 Thessalonians 3
16. Isaiah 47-49; 1 Thessalonians 4
17. Isaiah 50-52; 1 Thessalonians 5
18. Isaiah 53-55; 2 Thessalonians 1
19. Isaiah 56-58; 2 Thessalonians 2
20. Isaiah 59-61; 2 Thessalonians 3
21. Isaiah 62-64; 1 Timothy 1
22. Isaiah 65-66; 1 Timothy 2
23. Jeremiah 1-2; 1 Timothy 3
24. Jeremiah 3-5; 1 Timothy 4
25. Jeremiah 6-8; 1 Timothy 5
26. Jeremiah 9-11; 1 Timothy 6
27. Jeremiah 12-14; 2 Timothy 1
28. Jeremiah 15-17; 2 Timothy 2
29. Jeremiah 18-19; 2 Timothy 3
30. Jeremiah 20-21; 2 Timothy 4
31. Jeremiah 22-23; Titus 1

## NOVEMBER

1. Jeremiah 24-26; Titus 2
2. Jeremiah 27-29; Titus 3

3. Jeremiah 30-31; Philemon 1
4. Jeremiah 32-33; Hebrews 1
5. Jeremiah 34-36; Hebrews 2
6. Jeremiah 37-39; Hebrews 3
7. Jeremiah 40-42; Hebrews 4
8. Jeremiah 43-45; Hebrews 5
9. Jeremiah 46-47; Hebrews 6
10. Jeremiah 48-49; Hebrews 7
11. Jeremiah 50; Hebrews 8
12. Jeremiah 51-52; Hebrews 9
13. Lamentations 1-2; Hebrews 10
14. Lamentations 3-5
15. Ezekiel 1-2
16. Ezekiel 3-4; Hebrews 11
17. Ezekiel 5-7; Hebrews 12
18. Ezekiel 8-10; Hebrews 13
19. Ezekiel 11-13; James 1
20. Ezekiel 14-15; James 2
21. Ezekiel 16-17; James 3
22. Ezekiel 18-19; James 4
23. Ezekiel 20-21; James 5
24. Ezekiel 22-23; 1 Peter 1
25. Ezekiel 24-26; 1 Peter 2
26. Ezekiel 27-29; 1 Peter 3
27. Ezekiel 30-32; 1 Peter 4
28. Ezekiel 33-34; 1 Peter 5
29. Ezekiel 35-36; 2 Peter 1
30. Ezekiel 37-39; 2 Peter 2

## DECEMBER

1. Ezekiel 40-41; 2 Peter 3
2. Ezekiel 42-44; 1 John 1
3. Ezekiel 45-46; 1 John 2
4. Ezekiel 47-48; 1 John 3
5. Daniel 1-2; 1 John 4
6. Daniel 3-4; 1 John 5
7. Daniel 5-7; 2 John 1
8. Daniel 8-10; 3 John 1
9. Daniel 11-12; Jude 1
10. Hosea 1-4; Revelation 1
11. Hosea 5-8; Revelation 2
12. Hosea 9-11; Revelation 3
13. Hosea 12-14; Revelation 4
14. Joel; Revelation 5
15. Amos 1-3; Revelation 6
16. Amos 4-6; Revelation 7
17. Amos 7-9; Revelation 8
18. Obadiah; Revelation 9

19. Jonah; Revelation 10
20. Micah 1-3; Revelation 11
21. Micah 4-5; Revelation 12
22. Micah 6-7; Revelation 13
23. Nahum; Revelation 14
24. Habakkuk; Revelation 15
25. Zephaniah; Revelation 16
26. Haggai; Revelation 17
27. Zechariah 1-4; Revelation 18
28. Zechariah 5-8; Revelation 19
29. Zechariah 9-12; Revelation 20
30. Zechariah 13-14; Revelation 21
31. Malachi 1-4; Revelation 22



# Daily Pages

Date  
5/7/13

Title  
Marching Orders

**S**

What I tell you in the darkness, speak in the light, and what you hear whispered in your ear, proclaim upon the house tops.

Matthew 10:27

**O**

If I am not hearing Him in the darkness, what will I speak in the light?! Find not hearing Him whisper in my ear, what will I proclaim on the housetops?!

**A**

What a great word! This scripture reminds me to not only talk to God in prayer, but it is the equally important for me to hear Him in prayer!

Lord, help me to hear You today! I want to be still so that I need to hear Your marching orders for me today, for my week, and for my life. Speak Lord! Your servant is listening!

**P**

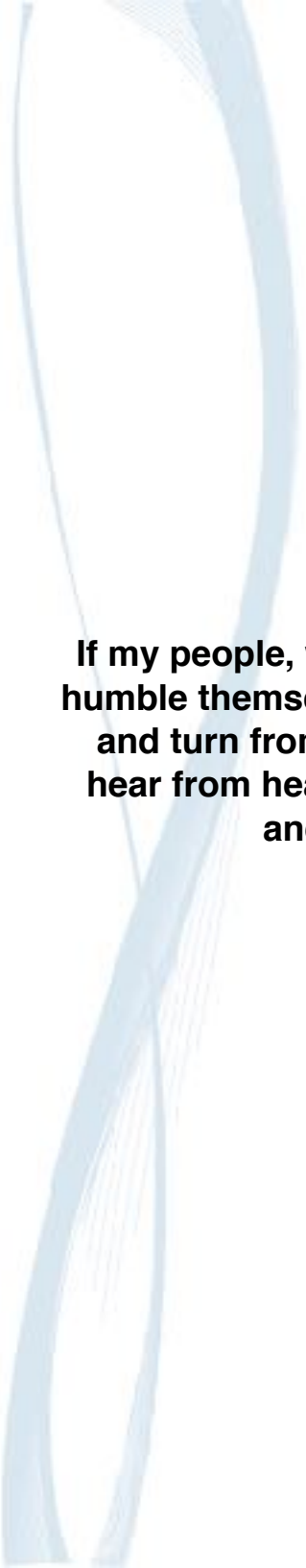
HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT I JUST READ?











**If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.**

**2 Chronicles 7:14**

