

## Plan Your Fast

### 7 STEPS TO SUCCESSFUL FASTING & PRAYER

BY BILL BRIGHT

#### 1) **SET OBJECTIVES:**

- Consider what you want to commit to prayer
- Consider what you want God to do in and through you
- Journal these things

#### 2) **MAKE YOUR COMMITMENT:**

- Decide on whether in addition to meats, sweets and yeast, you will restrict any physical or social activities, i.e., social media.
- Perhaps you want to commit to daily exercise in addition.
- Decide when and how much time each day you will devote to prayer and reading God's Word.
- Partner with one or two others for prayer and check-ins.

#### 3) **PREPARE YOURSELF SPIRITUALLY:**

- Ask the Holy Spirit to help you examine yourself in order to repent of any unconfessed sin.
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you.
- Do not underestimate spiritual opposition and prepare by asking God to strengthen you.
- Listen to Christian music during the fast (91.9FM, 104.1FM, 1340AM).

#### 4) **PREPARE YOURSELF PHYSICALLY:**

- If this is your first time participating in a fast, consider gradually eliminating meats, sweets and yeast from your diet.

#### 5) **PUT YOURSELF ON A SCHEDULE:**

- Consider how you will start and end your days and what you can do to be intentional about communing with God throughout the day.
- It is helpful to meal prep for the week on Sundays. Use the reverse to plan your meals daily.

#### 6) **END YOUR FAST GRADUALLY:**

- Begin gradually reintroducing the foods we have fasted from.
- Abruptly eating these foods can often have negative and even dangerous effects to our digestive systems.

#### 7) **EXPECT RESULTS:**

- If we are sincere in our fast, we can expect and will have answers to prayers and a heightened awareness of God's presence in our lives.



# Triumphant's 2019


## 21-DAY FALL FAST

# PREPARING TO BLESS

SEPTEMBER 9 - SEPTEMBER 29

## FASTING FROM MEATS, SWEETS & YEAST

READING THROUGH  
THE GOSPEL OF JOHN  
(READ 1 CHAPTER A DAY WHILE FASTING)



Jesus said to them: "My food is to do the will of Him who sent me and to accomplish His work."  
John 4:34

# Plan Your Fast

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Sept 8</b> Corporate Prayer @ 9:30am Preparation Day	<b>Sept 9 - Day 1</b> John 1	<b>Sept 10 - Day 2</b> John 2	<b>Sept 11 - Day 3</b> John 3	<b>Sept 12 - Day 4</b> John 4	<b>Sept 13 - Day 5</b> John 5	<b>Sept 14 - Day 6</b> John 6
<hr/> <b>Sept 29 - Day 21</b> Corporate Prayer @ 9:30am John 21	B:	B:	B:	B:	B:	B:
	L:	L:	L:	L:	L:	L:
	D:	D:	D:	D:	D:	D:
<b>Sept 15 - Day 7</b> Corporate Prayer @ 9:30am John 7	<b>Sept 16 - Day 8</b> John 8	<b>Sept 17 - Day 9</b> John 9	<b>Sept 18 - Day 10</b> John 10	<b>Sept 19 - Day 11</b> John 11	<b>Sept 20 - Day 12</b> John 12	<b>Sept 21 - Day 13</b> John 13
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:
<b>Sept 22 - Day 14</b> Corporate Prayer @ 9:30am John 14	<b>Sept 23 - Day 15</b> John 15	<b>Sept 24 - Day 16</b> John 16	<b>Sept 25 - Day 17</b> John 17	<b>Sept 26 - Day 18</b> John 18	<b>Sept 27 - Day 19</b> John 19	<b>Sept 28 - Day 20</b> John 20
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D: