

My Commitment to Fasting for Spiritual Breakthrough

By the grace of God I am making this commitment

Signed _____ Date _____

Place a checkmark next to the commitment(s) you are making. You may choose to do one or more of the following

- During the next 7 days – I will fast one entire day.

Circle the day: M, T, W, Th, F, S, Sun

- During the next 7 days – I will fast one meal per day – and I will spend the time I would have spent preparing, eating, and cleaning up instead in prayer and spiritual reading or reflection.

Circle your choice: Breakfast Lunch Supper

- I will fast desserts / sugar for the entire 7 day period

Date: from _____ to _____

- I will fast TV... videos... and movies instead – so that I can clear my head and have more opportunity to ‘hear’ from God during these 7 days

Date: from _____ to _____

- I will fast computer / email – in an effort to reduce the amount of time I’m spending filling my mind with information and trivia, as well as wasting time ‘surfing’ through mindless websites

Date: from _____ to _____

As you are fasting use the time gained to pray for the items below

- Ask God to bring deep conviction of sin, spiritual brokenness, a holy fear of God and genuine repentance (2 Corinthians 7:10)
- Pray for God to give you a spiritual hunger (Philippians 2:13)
- Pray that God will pour out His Spirit like a mighty purifying flood. (James 4:2)
- Pray that God would give your heart an inclination to Him and His Word. Without that, nothing else will happen of any value in your life. Where does that "want to" come from? It comes from God. So pray Psalm 119:36 "Incline my heart to Your testimonies and not to gain."
- Pray that the eyes of your heart will be opened, so that when you read His Word you will see what is really there and not just your own ideas. So pray Psalm 119:18 "Open my eyes, that I may behold wonderful things from Your law."
- Pray that your heart would not be ‘fragmented’ but united and focused on God. Where does that wholeness and unity come from? From God. So pray Psalm 86:11 "O Lord, I will walk in Your truth; unite my heart to fear Your name."
- Pray that all this extra time of engagement with the Word of God and the presence of His Spirit would cause your heart to be satisfied with God and not with the world. So pray Psalm 90:14 "O satisfy us in the morning with Your lovingkindness, that we may sing for joy and be glad all our days."
- Pray that your joy in God would be as full as possible – and would spill onto others (beginning with those closest to you). This joy will give you strength and endurance in the face of adversity. Where does this come from? It comes from God. So pray Ephesians 3:16 "That God would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man."
- Pray that your strength in Christ will produce good deeds – that the glory of God would be seen in your life. So pray Colossians 1:10 "That [we] will walk in a manner worthy of the Lord . . . bearing fruit in every good work and increasing in the knowledge of God."

(Several points adapted from John Piper's 'How to Pray for Your Soul' article)