

A Simple Guide to Prayer, Fasting & Reflection*Delight yourself also in the LORD, And He shall give you the desires of your heart. Psalm 37:4*

Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28
The Body 10 mins mandatory silence God wants me well Write out Matthew 8:17 & Isaiah 53:4-5 Record thoughts in your journal	The Body 10 mins mandatory silence My body belongs to God. He paid for it Write out I Cor 6:19-20 Record thoughts in your journal	The Body 10 mins mandatory silence. Read I Cor 6:12-20 My body is a member of Christ Write out I Cor 6:13 Record thoughts in your journal	The Body 10 mins mandatory silence. God is willing to heal. Read Matt.8:1-3; Write out Acts 10:34 Record thoughts in your journal	The Body 10 mins mandatory silence Lord help me to guard my eyes. Write out Psalm 101:3 Record thoughts in your journal	The Body 10 mins mandatory silence Lord help me to guard my mouth Write out Psalm 141:3-4; Ps 145:21 Record thoughts in your journal	The Body 10 mins mandatory silence. Teach me Lord to incline my ears to hear you. Write out Proverbs 4:20-22 Record thoughts in your journal
Feb 29	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6
Mind/Soul 20 mins mandatory silence I surrender my mind to the Lord. Write out Romans 12:2 (NLT) Record thoughts in your journal	Mind/Soul 20 mins mandatory silence I have His perfect peace today Read & Write out Isaiah 26:3 Record thoughts in your journal	Mind/Soul 20 mins mandatory silence My mind/soul is being restored today Write out Psalm 23 Record thoughts in your journal	Mind/Soul 20 mins mandatory silence Talk to God about your mind Write out Philippians 4:4-7 Record thoughts in your journal	Mind/Soul 20 mins mandatory silence Talk to God about your mind Write out Joshua 1:6-8 Record thoughts in your journal	Mind/Soul 20 mins mandatory silence Talk to God about your mind Write out Psalm 19:14; James 1:21-22 Record thoughts in your journal	Mind/Soul 20 mins mandatory silence I can think clearly. I have the mind of Christ. Write out Psalm 107:2 Record thoughts in your journal
Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13
Spirit/Heart 30 mins mandatory silence Read Luke 10:38-41 Write out Psalm 40:8 Record thoughts in your journal	Spirit/Heart 30 mins mandatory silence I trust the Lord with my whole heart. Write out Psalm 37:3-5 Record thoughts in your journal	Spirit/Heart 30 mins mandatory silence. Thank God for something. Write out Colossians 3:14-16 Amplified Bible Record thoughts in your journal	Spirit/Heart 30 mins mandatory silence Commit something to God. Write out Proverbs 16:1-3 Record thoughts in your journal	Spirit/Heart 30 mins mandatory silence. Share your heart with God Write out I Peter 5:6-7. Record thoughts in your journal	Spirit/Heart 30 mins mandatory silence. Share your secrets with God. Ask Him to share His secrets with you. Write out Psalm 25:14. Record thoughts in your journal	Spirit/Heart 30 mins mandatory silence Ask God to search your heart; Write out Psalm 139:23 Record thoughts in your journal
Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20
Love 1hour mandatory silence. Talk to God about love. Write out I John 3:1-3 Record thoughts in your journal	Love 1hour mandatory silence. Thank God for preservation Write out Psalm 145:20 Record thoughts in your journal	Love 1hour mandatory silence Show God love today Write out Matthew 22:36-38 Record thoughts in your journal	Love 1hour mandatory silence What is love? Write out I Corinthians 13 Record thoughts in your journal	Love 1hour mandatory silence Love God with your strength Write out Mark 12:29-31 Record thoughts in your journal	Love 1hour mandatory silence Show love to your neighbor Write out Luke 10:26-28 Record thoughts in your journal	Love 1hour mandatory silence Ask God about love Write out Jude 1:20-22 Record thoughts in your journal
Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27
Give 1hour mandatory silence Talk to God about giving Write out John 3:16 Record thoughts in your journal	Give 1hour mandatory silence Give freely & cheerfully today Write out Luke 6:38 Record thoughts in your journal	Give 1hour mandatory silence Ask God who/where to give. Read Isaiah 58:1-14. Write out Isaiah 58:6 Record thoughts in your journal	Give 1hour mandatory silence Do you live to give? Write out I Cor 9:6-8 Record thoughts in your journal	Give 1hour mandatory silence I am forgiven. Read Mark 3:5-9 Write out I John 1:9 Record thoughts in your journal	Give 1hour mandatory silence. Talk to God about offenses. Write out Matthew 5:23-25. Luke 17:1 Record thoughts in your journal	Give 1hour mandatory silence. Give anonymously today Write out Matthew 6:1-3 Record thoughts in your journal
Mar 28	Mar 29	Mar 30	Mar 31	Apr 1	Thank you, Jesus!	Thank you, Jesus!
Serve 2 hours mandatory silence. Talk to God your service Write out Philippians 2:3-5 Record thoughts in your journal	Serve 2 hours mandatory silence. Serve your family today Write out Matthew 18:3-5 Record thoughts in your journal	Serve 1hour mandatory silence. Serve outside the family. Write out Matthew 10:24 Record thoughts in your journal	Serve 1hour mandatory silence. Do you serve in a ministry? Write out Matthew 20:26-28 Record thoughts in your journal	Serve 1hour mandatory silence. What is a faithful servant? Write out Matthew 24:45-50 Record thoughts in your journal		

IMPORTANT NOTE: A preparation period of three days is recommended of prior to beginning this time of prayer, fasting & reflection. During the three days, it is recommended that you plan your simple meals and liquids. Pray and seek God's purpose and will during the fast. Speak with family or loved ones, or friends who may be impacted by your change in eating or practices. The Lord will guide you in these things.

Mandatory silence periods = no talking, texting, telephone, surfing the internet, television. *You may listen to spiritual music, sermons, pray, take a nap, read, go for a walk, journal/write; knit, etc.* © Copyright 2011

Scriptures & Faith Confessions

FASTING – My fasting is to be seen by God only.

Matthew 6:16-18 ¹⁶ “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

I AM SAVED.

I AM PRESERVED.

I AM PROTECTED.

I AM DELIVERED.

I AM FREE.

I AM LOVED.

I AM FORGIVEN.

I AM STRONG.

I AM GENEROUS.

I AM VICTORIOUS.

I AM SUCCESSFUL AND LIVING IN GOD’S BEST.

I AM OBEDIENT, YIELDED AND FULLY SURRENDERED TO ALMIGHTY GOD

THE HOLY SPIRIT IS MY HELPER, STRENGTHENER, COMFORTER, TEACHER AND GUIDE.

For if our heart condemns us, God is greater than our heart, and knows all things. I John 3:20

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. I John 4:4

40 DAYS OF DELIGHT -A SIMPLE GUIDE TO FASTING, PRAYER AND REFLECTION

Delight yourself also in the LORD, And He shall give you the desires of your heart. Psalm 37:4

Fast begins: February 22, 2012 **Fast Ends:** April 1, 2012

Fasting Guidelines

IMPORTANT DISCLAIMER

If you are on any medications, pregnant, had recent surgery, or suffer any illnesses, please seek professional medical advice before you begin this fast.

This is a spiritual fast. **What you do is as important as what you don't do.** This fast is designed to include constant contact with God. It includes daily activities to help you draw closer to Him. Your focus will not be on food abstinence alone, but also drawing closer to God, through Bible reading and studying, reflection, journaling, making your declarations of faith, worship, praise, sing, walking, resting, and etc. You are not simply resting from food. *(To abstain from food only without prayer, study, worship, etc. will be of no significant benefit to you.)*

You will be successful in this fast because:

You will rely on the Holy Spirit, our Helper and Guide. We have the best Helper and Comforter available! This is a time where you will learn to following the leading of the Spirit. If the Spirit of God indicates that you should not eat something listen to Him. If you sense a hesitation from your heart, slow down and pray. Hold off until you have peace about eating or drinking that particular thing. When you eat, you should have His peace about eating.

You are not alone. Others are fasting with you. I suggest, however, that each person should have a fasting partner. This person could be a friend, family member, colleague or someone in your church. This person should be someone who will encourage you and pray with you.

No need to fear. Refuse to be fearful of failure or anything else. Allow yourself to be loved by God. Be aware of how much He loves you. There is no need to be fearful of anything! Don't worry about slipping or failing! When we are weak God shows Himself strong in us. Perfect love casts out fear. When you are afraid, remind yourself how Jesus died for us while we were yet sinners. Remember how far your Father God will go to save and rescue his children. Let Him be your Father today!

Know that you are not condemned by God for any weakness you may experience.

Romans 8:13 says, there is therefore now, no condemnation for those who are in Christ Jesus. God Himself will help us. We only need to turn to Him.

If you get weak or miss a day. Pick up where you left off and keep going. There are no fasting police! Cry out to the Lord when weak. The Holy Spirit, our Helper, will help!

Following the 40-Days of Delight Calendar is important to your success. The goal is to draw closer to God.

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Fasting Guidelines

What and How to Eat and Drink

It is also designed as modified or partial fast. **Begin with turning your plate down for 1--2 meals a day.**

If you've never successfully fasted before, begin week one with fasting one meal a day. Then increase it to two meals in week two.

Drink lots of water at least 2-4 quarts daily

How to Eat	You May Eat & Drink	What You Should Avoid
<p>Simplicity and moderation are key. Assuming you eat three meals a day. Begin with turning your plate down for 1--2 meals a day.</p> <p>Scheduling: It is better to eat the same time everyday. Example: You may fast from the time you awake until 1 or 2pm and then take your meal OR eat your meal during the early part of the day then fast the remainder of the evening.</p> <p>Plan your meals. It can be more difficult if you wait until you are hungry to decide what to eat.</p>	<p>Vegetables Fish (chicken, if you are unable to eat seafood) Fruits Soups Beans Juice (preferably organic, low or no sugar) Tea Salad Dressing in moderation Water (2-4 quarts a day)</p>	<p>No Fast Food No Fried Foods No sodas. No diet sodas No alcohol No bread No meat No sweets</p>

Things that help:

- Eat slower. Take 20-30 minutes to eat.
- Eating with someone else may be helpful.
- Put your food on a plate, rather than eat out of a box or commercial container.
- Prayer, Worship and Praise
- Eat good food. Enjoy your food. When you fast, your taste buds will come alive! Enjoy every meal and every flavor.
- If you dine alone, put on good worship music in the background

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Fasting Guidelines

<p>What is Fasting? Fasting is the laying aside of food for a period of time or resting the body from food.</p> <p>Types of Fasts Full (total abstinence) Modified/Partial (limited intake)</p> <p>Purpose or Reasons for Fasting Spiritual (seeking God, drawing closer) Healing/Health Weight Loss Detoxification</p>	<p>How to Fast Matthew: 6:16 “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.</p> <p>Benefits of Fasting Improved health; healing Revelation Understanding; Light Breaking of addictions Discipline Deeper relationship with God Read Isaiah 58</p>	<p>What the Bible Says About Fasting Exod. 34:28 1 Sam. 7:6 1 Kings 19:8 Matt. 6:17 Luke 4:2 Acts 9:9 Dan. 10:3 Isa. 58 Zech. 7:5. Ps. 69:10. Ezra 8:23 Joel 2:12. Acts 13:2</p> <p>Look them up. Write them down. What do you observe from these scriptures? Put it in your journal</p>
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My Fasting Commitment Contract:

I _____, with the help of the Holy Spirit, God's mercy and grace, I will fast from (dates) _____ to _____.

My reason for fasting is _____
_____.

Type of fast I choose is MODIFIED OR FULL. Circle one. I believe God will see me through!

Signature: _____

Date: _____