

2/14-2/18

# VOX CHURCH FASTING PLAN

Theme: Revive Us!

*“Sow for yourselves righteousness; reap steadfast love; break up your fallow ground, for it is time to seek the Lord, that he may come and rain righteousness upon us.”*

Hosea 10:12

## SET YOUR PURPOSE AND SHARE YOUR VISION

We are fasting for **spiritual breakthroughs in our own lives and New England** as a church. Consider your personal goals for this time of fasting. As a follower of Christ, what are you longing for in your relationship with God? A greater hunger for prayer and God’s Word? An increase of the work of the Holy Spirit in and through you? Freedom from a specific sin or unhealthy behavior pattern? A clearer view of the glory and beauty of God? Write down your plan and spiritual goals after choosing your fasting type. Pick a friend to partner with in this process. Talk through your fasting commitments and check in often during the week.

## TYPES OF FASTING

**FULL FAST:** Drink liquids only. If you have a medical condition, please consult your physician first.

**DANIEL FAST:** Eat only vegetables, fruit, water, and juice.

**PARTIAL FAST:** Skip one or two meals on specific days or abstain from certain kinds of foods.

**ALL-DAY FOOD FAST:** Abstain from food one day or multiple specific days.

**ACTIVITY/MEDIA FAST:** Abstain from TV, social media, sports, hobbies, entertainment, etc.

## ADJUST YOUR RHYTHMS

Don’t just abstain from food or activities—feast on God’s Word and his presence. Every day, open your heart to God as never before. One of the most significant benefits of fasting is to experience God in a new and more profound way. Ask for and expect an increased awareness of your need for God and his presence. Move away from self-reliance and lean into deeper spiritual dependence. Resist the attitude to treat this as a sacrifice; consider it an adventure into a deeper walk with Jesus!

## DAILY PLAN

Use the guide to meet with God morning, noon, and night. Each day write down what you are fasting. Let the gospel narrative offered every day bring you to a fresh encounter with Jesus. After reading the passage, ask yourself the Spiritual Reflection questions. Be still and invite God’s Spirit to bring clarity. Capture what you hear God saying by journaling each day.

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*Enter this fast by faith. Expect breakthroughs in spiritual awakening, physical hunger, and answered prayer for others. There may be difficult moments, but remind yourself and your friends who are fasting that God is transforming us as we fast and pray.*

Today I am fasting \_\_\_\_\_

## MORNING DEVOTIONAL FOCUS

Theme: Surrender All

Scripture: Read Mark 10:17-31

## THOUGHT FOR TODAY

*"Fasting deals with the two great barriers to the Holy Spirit that are erected by man's carnal nature. These are the stubborn self-will of the soul and the insistent self-gratifying appetites of the body." Derek Prince*

## SCRIPTURE REFLECTION

- What part of this story leaps out at you? Why do you think that is?
- Reread verse 21. Can you imagine Jesus' tone of voice? Why do you think embracing God's love for you is an important first step before surrendering all?
- The distraction of great possessions kept the Rich Young Ruler from accepting Jesus' invitation. Ask the Holy Spirit to show the distractions that keep you from fully experiencing more of God. By God's grace, lay them down.

## VOX PRAYER FOCUS

Pray a prayer of surrender. Write your prayer out and revisit it often this week.

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## NOON DEVOTIONAL FOCUS

Scripture reading: Isaiah 58

Key passage: 58:3-4

One translation of verse 3 states, "Behold in the day of your fast you pursue your own business." Why do you think this type of fast is unacceptable to the Lord, and how will this week of fasting be different for you? Is there self-reliance, pride, or another sin you need to turn from today? Spend time confessing and fully receiving forgiveness from Jesus by faith. End your time with five minutes of silence and stillness before the Lord.

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## NIGHTLY EXAMEN

Begin with one minute of silence. Consider these questions: When did I live a life of surrender today? When did I not live a life of surrender today? Reflect, repent, and respond as prompted by the Holy Spirit.

Closing Prayer: *Father, I receive your love for me. From that place of love, I surrender all.*

Today I am fasting \_\_\_\_\_

## MORNING DEVOTIONAL FOCUS

Theme: Loving Much

Scripture: Read Luke 7:36-50

## THOUGHT FOR TODAY

*"If we empty our hearts of self, God will fill them with his love."* Charles Spurgeon

## SCRIPTURE REFLECTION

- What element of this story is speaking to you right now?
- Does your current heart condition resemble Simon the Pharisee or the woman of the city in need of forgiveness?
- Reread verses 37–38. What was it about Jesus that caused this woman to respond with tears, love, and humility? Ask God to give you a glimpse of what she experienced in Jesus' presence. Wait on him, receive, and then respond to him.

## VOX PRAYER FOCUS

Pray for and receive a fresh infilling of the Holy Spirit.

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## NOON DEVOTIONAL FOCUS

Scripture: Read Isaiah 58

Key passage: 58:5–6

Use these two verses as a springboard for prayer. Humble yourself. Bow down and acknowledge your need for Christ. Surrender personal areas you are bound to or yoked to sin. If you're not sure, ask the Holy Spirit to show you. Receive freedom from oppression through the work of Jesus Christ.

Then, pray for two or three people close to you who also need freedom. Do all this with expectant faith! End by thanking God for the true victory found in him.

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## NIGHTLY EXAMEN

Begin with one minute of silence. Consider this question: How did I love well today? How did I not love well today? Reflect, repent, and respond as prompted by the Holy Spirit.

Closing Prayer: *God, fill my heart with your love.*

Today I am fasting \_\_\_\_\_

## MORNING DEVOTIONAL FOCUS

Theme: Finally Free

Scripture: Read Luke 13:10-17

## THOUGHT FOR TODAY

*"Face him with the pain. Press into his heart and trust him to do the work that only he can do."* Alicia Britt Chole

## SCRIPTURE REFLECTION

- The woman in today's story had 'a disabling spirit for 18 years.' Fasting is an opportune time to experience freedom from the long-standing issues or patterns that distract us from fully following Jesus. Ask God to show you specifically what you need to lay down to draw closer to him.
- Reread verse 13. Invite the love and compassion of Jesus to free you from each of those issues or struggles. Turn from any sin he reveals to you.
- Open your heart to receive the life and freedom found in Christ.

## VOX PRAYER FOCUS

Pray a prayer of faith and thanksgiving for all that God is doing. Don't strive to change. Rest in faith.

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## NOON DEVOTIONAL FOCUS

Scripture: Read Isaiah 58

Key passage: 58:7-10

How is God specifically speaking to you in verses seven through nine? Journal these thoughts. How do you want to respond to what he is saying right now? End this time worshipping Jesus.

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## NIGHTLY EXAMEN

Begin with one minute of silence. Consider these questions: Did I depend upon God's nearness as I went about my day today? Or did I work from my own strength?

Closing Prayer: *My heart and my flesh may fail, but God, you are the strength of my heart and my portion forever.*

Today I am fasting \_\_\_\_\_

## MORNING DEVOTIONAL FOCUS

Theme: Keep Contending

Scripture: Read Matt 15:21-28

## THOUGHT FOR TODAY

*“Prayer - though it is often draining or even an agony – is in the long term the greatest source of power that is possible.”* Tim Keller

## SCRIPTURE REFLECTION

- The woman in the story offers an earnest cry for mercy to Jesus on behalf of her suffering daughter. The text tells us that “he did not answer her a word.” Have you experienced this with God during times of prayer? How did you respond to what felt like his silence?
- Jesus fully knew the hearts of people. Scripture tells us that compassion moved Jesus to heal and deliver people. Some Bible commentators say that in this story, Jesus knew her strength and resolve and was drawing her to a deeper place of faith. How can you apply this perspective to situations you are contending for in prayer?
- Ask God to show you ways you have doubted or lost trust in him in these areas of contending prayer. Turn from that doubt, embrace faith, and receive forgiveness and refreshing in his presence.

## VOX PRAYER FOCUS

Pray that God would give you a persistent spirit of prayer. That is, the desire and ability to not faint or lose heart, but to ask and keep asking. Receive this by faith.

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## NOON DEVOTIONAL FOCUS

Scripture: Read Isaiah 58

Key passage: 58:11-12

How does God want to use fasting to strengthen your spiritual life in this passage? How does this speak to your life right now? Craft specific prayers to God using these verses.

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## NIGHTLY EXAMEN

Begin with one minute of silence. Consider these questions: How did I use my words today? Did I build up, or did I tear down?

Closing Prayer: *May my spoken words and my unspoken thoughts be pleasing to you, O Lord, my rock and my redeemer.*

Today I am fasting \_\_\_\_\_

### MORNING DEVOTIONAL FOCUS

Theme: All I Am

Scripture: Read Mark 12:41-44

### THOUGHT FOR TODAY

*All to Jesus, I surrender. All to Him I freely give. I will ever love and trust Him. In His presence daily live. All to Jesus, I surrender. Humbly at His feet I bow. Worldly pleasures all forsaken*

*Take me, Jesus, take me now."*

"I Surrender All" Christian hymn published in 1896

### SCRIPTURE REFLECTION

- Today's passage is small in length but big in meaning. What is the Holy Spirit drawing your attention to in the text?
- "She put in everything she had." Sit in this phrase for a while. Knowing God's unconditional love for you, ask him to give you a heart of complete surrender. Receive the joy found in abandoning yourself entirely to God.
- Find a version of "I Surrender All" wherever you stream music. Listen to the lyrics. Let the truth of glorious, full surrender to Christ fill your heart and mind.

### VOX PRAYER FOCUS

Simply spend time in prayer thanking God for his love and goodness over your life.

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### NOON DEVOTIONAL FOCUS

Scripture: Read Isaiah 58

Key passage: 58:13-14

After reading this passage, how do you think a weekly Sabbath impacts your spiritual growth? Is Sabbath something you ignore or resist? Why is this? Are you willing to change this and obey God's Word?

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### NIGHTLY EXAMEN

Begin with one minute of silence. Consider these questions: When did I experience unhealthy attachments (to approval, possessions, status, something else) today? When did I experience contentment in Christ alone?

Closing Prayer: *Lord, I set my heart towards you. I choose to obey your voice. I hold fast to you, for you are my life and the length of my days. I love you with all my heart.*