

# Fasting Tools

## Prepare to Fast

When choosing to fast, use these questions to prepare:

- What am I fasting from?

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- When am I fasting?

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- How long am I fasting?

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- Is there a specific purpose for this fast? If so, what is it?

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## Reflect

Once you have completed your fast, take some time to reflect using the following questions:

- Is there anything specific that the Lord showed you or spoke to you during your fast? If so, what?

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- What things have you noticed have changed in your life as a result of your fast? (e.g. relationships, perspectives, body, mind)

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