

2025

FASTING

Bible Journal

This Journal Belongs to...

ALL ABOUT FASTING

What is fasting?

Fasting is habit that Christ-followers have. When we fast we **give up** so we can **fill up**. We fill our lives with so many things - toys, friends, sports, music, our hobbies, our devices.... The list goes on and on. And before we know it, our lives are full! At the end of the day we realize that we didn't spend anytime focusing on God. We can get so distracted by all the things in life that forget the most important thing is God! When you fast, you empty yourself and give things up, so God can fill you up. Fasting helps us remember God and put Him first in our lives.

When we get rid of some of the distractions in our lives, we make room for God to pour Himself into our lives and we can grow closer to Him. God will fill us with His love, His strength and His power.

In the boxes below check off things that you can commit to give up and ways you can fill up over the next 3 days. Fasting is giving something up and spending the time you would normally use to spend time with God. You can also write in your own ideas or draw a picture by the blank boxes. Before you start, take a minute to pray and ask God to help you know what things are distractions in your life.

Also, ask God for help knowing how to fill up and grow closer to Him.

GIVE-UP

- ☐ SWEETS
- ☐ VIDEO GAMES
- ☐ WATCHING TV
- ☐
- ☐

FILL-UP

- ☐ READ MY BIBLE
- ☐ PRAY
- ☐ PRAISE & WORSHIP
- ☐
- ☐

How can I connect with God while I fast?

PRAYER: Make time to talk to God and listen

PRAISE: Sing, dance, play an instrument, write a song or listen to music that celebrates God

READ THE BIBLE: Read a few verses and then write/draw things that you notice. Next, think of a way you can do what the verse is saying. Last, spend time in prayer talking to God.

GET CREATIVE: Draw or Paint a picture about God or a story in the Bible, write in a journal, make a list of things you're grateful for, take a walk and appreciate everything God has created.

Try it! SOAP

SOAP is a fun way to study the Bible. Each letter stands for a step you can take when reading the Bible and living out your faith! Try it during the fast using the pages in this journal!

Scripture - Read a short Bible passage out loud and/or write it out.

Observation - What do you notice about the verses? What do you think the main message is? What verses, words or ideas jump out to you?

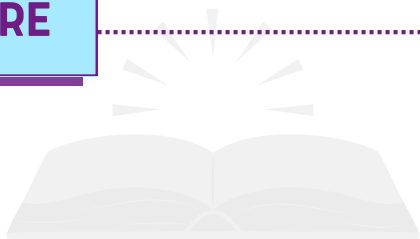
Application - Ask God how he wants you to live out this verse. How can you make a good choice based on what you learned today?

Prayer - Talk to God. Spend some time praying for yourself and/or for others.

January 3: Pray About Everything!

SCRIPTURE

Philippians 4:6-7



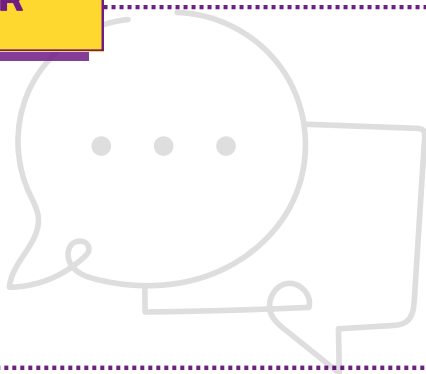
OBSERVATION



APPLICATION



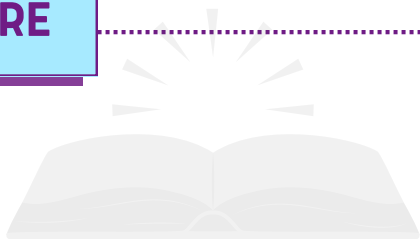
PRAYER



January 4: He Cares

SCRIPTURE

Matthew 20:30-34



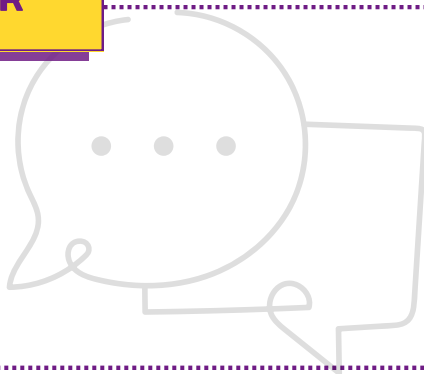
OBSERVATION



APPLICATION



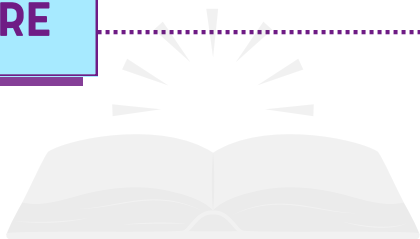
PRAYER



January 5: Nothing is Impossible

SCRIPTURE

Ephesians 3:14-20



OBSERVATION



APPLICATION



PRAYER

