

YOUTH FASTING GUIDE

# AWAKENING

21 DAYS OF PRAYER AND FASTING

# AWAKENING 2010

## Youth Fasting Guide

Like prayer and Bible reading, fasting is one of the spiritual disciplines of followers of Jesus. The next few paragraphs are here to help you get your mind around fasting, and help you get started in this powerful experience! By the way: this is by no means meant to be a comprehensive guide. We'll stick with simple stuff, and if you want to know more, hit up some of the online resources at [www.awake21.org](http://www.awake21.org).

**What is Fasting?** Biblical fasting is, very simply, denying oneself food for the sake of seeking God and drawing closer to Him. Pastor Stovall Weems says that "prayer is connecting with God; fasting is disconnecting ourselves from the world." That's a great way to describe how prayer and fasting work so powerfully together.

**Why should I fast?** Fasting is like hitting a reset button, both physically and spiritually. As we go about our daily lives, there are things that can build up over time and we can start to lose our spiritual focus. Fasting is like a deep cleaning both spiritually and physically that helps us take our minds off the things of this world and instead gives us a fresh spiritual focus. It's all about drawing closer to God.

**How do I fast?** There are several different ways that you can fast. For the most part, fasting involves abstaining from food or certain types of foods. You can also fast from specific activities or habits, or from other things that keep you connected to the world. Things like TV, video games, social networking, chatrooms, etc.

For this fasting guide, we are outlining a fasting calendar (see the last page). It's a schedule which includes fasting from distractions as well as from food. On days where you will be fasting from facebook, TV, or other distractions, give 'em up for the whole day. On days where you are fasting from food, you can do either a normal fast, or a Daniel fast, whichever you feel challenges you spiritually. You can get more information about this at [www.awake21.org](http://www.awake21.org).

**How should I prepare to fast?** It's important to choose ahead of time what type of fast you will participate in. Not only will this help you prepare, but when you commit to your plan ahead of time, you'll set yourself up to finish strong. Choosing your fasting plan is a very personal decision. We are all at different places in our relationship with God and we shouldn't compare our fasting plans to other people's. Pray and ask God to show you what He wants you to do, and then commit to your plan.

**What should I do while fasting?** Drink lots of water. Pray. Read your Bible. Play your guitar. Think. This journal is designed to help you in all that (except the guitar playing. For that, you are on your own.)

Don't hesitate to get out of your comfort zone. If you have fasted before, mix in a few extra days of fasting from food. Or, if you've only ever done a partial fast, hit up a Daniel fast. GO FOR IT! You will be glad you did.

*One last note:*

Fasting does require reasonable precautions. If you have any health concerns, consult a physician or medical professional before starting your fast.

## **How to Use this Journal:**

Very simply, carve out some quiet time each day. It's best to do this in the morning. Why? Because once your day begins, there will be a million distractions.

Learn to put God first in your day, and He will supernaturally multiply your time. You'll probably even find that you get more done in less time.

During your quiet time, go through the daily devotional this way:

**Scripture:** Read the Scripture passage and short commentary.

**Observe:** Think about what you see that clicks with you. What do you think it means? Are you going through a similar situation?

**Application:** How do you think the Scripture applies to you, personally? What is God trying to say to you through His Word?

**Prayer:** Pray and ask Jesus to make those applications real. Is there something you need to change? Someone you need to speak to? Apologize to? A different way you need to act? Is there something God is asking you to do that you've never done before?

Yep, that flow spells: "SOAP" Wash your brain with the Word of God. Easy to remember. You can continue this practice in your daily time with Jesus.

## Paul Gets Saved

- FASTING ITEM: Video Games
- READ: *Acts 9:1-6*
- Saul (who God later renamed “Paul”) was a Christian-killer. He hated Christians’ guts. Then, he had an encounter with Jesus. After that, Paul called Jesus “Lord.” Paul’s personal experience gave him a relationship with Jesus that changed his life forever.

**Q:** What is your personal experience with Jesus? How did you meet Him? Write down the story.

---

---

---

---

---

---

---

---

---

---

## The God-First Life

- FASTING ITEM: Television
- READ: *Matthew 6:25-33*
- There are so many things in our lives that we could worry about – school, friends, parents, sports, etc. However, God tells us that by worrying, we cannot add even a single moment to our life, and that before we worry and freak out, we should take those concerns to Him.

**Q:** What are some things in your life you worry about? Ask God to help you worry less and trust Him more.

---

---

---

---

---

---

---

---

---

---

## Iron Sharpens Iron

- FASTING ITEM: Fast Food (no pun intended)
- READ: *Proverbs 27:17*
- Knives are meant to be sharp. When a knife gets dull, it doesn't work very well any more. But if you grind a knife against a sharpening stone, you can make the blade sharp again. In the same way, we need people in our lives who are strong to help keep us sharp in our faith.

**Q:** Who is that person who keeps you sharp in your faith? How does he or she do that?

---

---

---

---

---

---

---

---

---

---



## Help a Brother Out

- FASTING ITEM: Daniel Fast: Fruits and Vegetables Only
- READ: *Luke 16:19-31*
- As followers of Jesus, we are called to help the less fortunate and care for those who can't help themselves. In this story we see a rich man who was blessed by God financially, but did nothing to help the less fortunate and ended up in regret. Don't make the same mistake and miss the opportunity to help others.

**Q:** What gifts do you think God has given you? In what way can you use those gifts that God has given you to help others?

---

---

---

---

---

---

---

---

---

---

## Relating to Your Parents

- FASTING ITEM: Facebook/MySpace/Twitter
- READ: *Ephesians 6:1-3*
- God asks us to obey our parents. If we do, then God's promise to us is that we'll enjoy life. A long, happy life. How about that?!

**Q:** Are you good at obeying your parents? Write down some areas where you have struggled with this. Ask God to help you to always honor and obey your parents.

---

---

---

---

---

---

---

---

---

---

## All Authority

- FASTING ITEM: Video Games
- READ: *Matthew 28:18-19*
- Jesus has all authority in heaven and on earth. The cool part about that is that Jesus, with all the authority in the world, has entrusted us with spreading His message of hope.

**Q:** Why is it important that we always remember that Jesus is the ultimate authority? How does it make you feel that Jesus has trusted you with the most important message in the world?

---

---

---

---

---

---

---

---

---

---

## What is a Biblical Principle?

- FASTING ITEM: Television
- READ: *2 Timothy 3:16-17*
- Are you having trouble finding the exact Scripture that tells you that 3 hours of XBOX a day is a sin? God's Word is full of things called principles. These principles help guide our lives. They work not through specific instructions, but through concepts that we can apply to every situation. Biblical principles apply to everything from how we spend our time, to dealing with difficulty and how to handle relationships.

**Q:** Write a one-sentence Biblical principle you think is true. It can be about money, dating, drugs and alcohol, or anything else. Now, use [biblegateway.com](http://biblegateway.com) or your Bible's concordance to find a few scriptures to back up what you think you know. Does what you wrote line up with what the Scriptures say on the topic?

---

---

---

---

---

---

---

---

## Defending Your Faith

- FASTING ITEM: Sweets
- READ: *1 Peter 3:15*
- When Jesus changes your life forever, people notice. When people notice something different about you, they will many times ask, “Hey, what’s your deal?” This Scripture tells us to be ready to tell them about Jesus. Not through Bible-bashing or telling them they are doomed, but with gentleness and respect. Your testimony will help point them to Jesus.

**Q:** Have you ever had anyone ask what you believe about Jesus?  
Write down the story.

---

---

---

---

---

---

---

---

---

---

## With Everything

- FASTING ITEM: Facebook/MySpace/Twitter
- READ: *Mark 12:28-34*
- Jesus tells us that the greatest and most important of all the commandments is to love the Lord with all of our heart, soul, mind and strength. Have you ever wondered what this means? Jesus is simply telling us to love Him above everything else – we should love Him completely, with everything we’ve got. The only way we can do that is to first understand how much God loves us.

**Q:** Today take time to focus on how much God loves you.

---

---

---

---

---

---

---

---

---

---

## Healthy Relationships

- FASTING ITEM: Texting with friends
- READ: *Proverbs 13:20*
- If you hang out in the barber shop long enough, you'll get your hair cut. In the same way, we become like the people we hang out with. If we hang out with Jesus (through prayer, fasting, reading our Bible, etc.), we will become like Jesus.

**Q:** Who do you think has been the most positively influential person in your life? Write his/her name down. How did their influence help you become a better person? Now, write down a person's name that you think YOU have influenced. How did you influence them to become a better person?

---

---

---

---

---

---

---

---

---

---

## Groovy Kind of Love

- FASTING ITEM: Partial Fast: No Meats
- READ: *John 13:34*
- Jesus tells us in the Bible that we are to love others like He has loved us. The cool thing about this verse is that Jesus does not love us with an ordinary love. He loves us with a love that is unlike any other love in this world and gives us the ability to love others the same way.

**Q:** Who are the people in your life that you love the most? Why? Who are the people in your life that you need to love more?

---

---

---

---

---

---

---

---

---

---



## Don't Awaken Love Before it's Time

- FASTING ITEM: Television
- READ: *Song of Songs* 8:4 (you may need the Table of Contents to find this book; don't sweat it!)
- The Hebrew word here for "love" is "ahava". It's a word that means "strong, passionate, burning desire." It's used to describe God's love for us. It's also described as the love between a husband and a wife. When we awaken our *ahava* before marriage, it runs rampant. Like fire that's broken out of its place, it consumes and destroys everything in its path.

**Q:** Have you "awakened" your desires before the right time? If you are in a physical relationship with someone you are not married to, there is grace. God forgives you. However, you need a plan to get the wildfire back under control. Write here what God is telling you to do.

---

---

---

---

---

---

---

---

---

---

## Stronger than Your Struggles

- FASTING ITEM: Facebook/MySpace/Twitter
- READ: *Luke 10:19*
- Jesus tells us that He has given us authority and power over the enemy. He has all authority on heaven and earth and He shares that authority and power with us. Shouldn't we look at temptation in our lives differently, knowing that because of Jesus we have authority over Satan (the one who is tempting us)?

**Q:** What is one thing in your life that you have been struggling with? Pray that the next time you are tempted God will help remind you that you are stronger than your struggles because of the authority He has given you.

---

---

---

---

---

---

---

---

---

---

## The Inspiration of Scripture

- FASTING ITEM: Fast Food
- READ: *2 Peter 1:20-21*
- God wrote the Bible. He didn't do it with a click pen. He did it with people. Just as God works through us today by the power of His Spirit, He worked through guys like Paul and Luke, who wrote books of the Bible. Because they let God work so powerfully through them, we can now read God's life-giving Word and know Him as our Creator, Redeemer and Friend.

**Q:** Has God ever done anything cool through you? Write down an experience you had when you feel like God spoke something through you, or answered a prayer you prayed.

---

---

---

---

---

---

---

---

---

---

## Wise Choices

- FASTING ITEM: Sweets
- READ: *Proverbs 22:3*
- This is a picture of two men walking on a path. One is wise, and one is a fool. They both see a cliff ahead. The wise man changes direction. The fool keeps walking, thinking all along that everything is gonna be OK, and walks right off the cliff. Our choices affect our future.

**Q:** Can you see any areas where you might be heading down the wrong path or heading towards a cliff? Write down what God is showing you today.

---

---

---

---

---

---

---

---

---

---

## Control Freak

- FASTING ITEM: Daniel Fast: Fruits and Vegetables Only
- READ: *Genesis 22:1-18*
- Abraham and his wife Sarah had prayed for years and years to be able to have children. When God finally blessed them with a son (Isaac) He then asked for Abraham to sacrifice him. What?! But Abraham proved that he was faithful to God, even when asked to give up his son that he loved. Abraham showed that he put God first in his life above everything and everyone else. If Abraham had not obeyed God he would have been able to keep his son alive for sure, but in obeying God not only did Abraham get to keep his son that he had wanted for so long but the Bible says that God gave him descendents that would outnumber the stars. Because Abraham was faithful God gave him much, much more than what he had asked for.

**Q:** Is there anything in your life that you struggle giving control of over to God? What do you think God could do with that if you put it in His hands?

---

---

---

---

---

---

---

## Bad Company

- FASTING ITEM: Television
- READ: *1 Corinthians 15:13*
- Bad friends will take you down. Not bad friends as in friends who treat you badly. Those are just bad people. We're talking about friends who lead you to do what you KNOW you shouldn't do. If most of your time is spent hanging out with people who don't follow Christ, you'll most likely end up following them wherever they go.

**Q:** Write down the names of your closest friends. Which of them influence you to follow Jesus? Which do not? What do you need to do about the balance of friends in your life?

---

---

---

---

---

---

---

---

---

---

## Actions Speak, Intentions Reek

- FASTING ITEM: Normal Fast: Water only!
- READ: *1 John 3:17-18*
- Have you ever looked at someone less fortunate than you and felt compassion for them? Did that compassion lead you to step out and help them? If so, then you did the very thing that this scripture encourages us to do. It is good for us to feel compassion for those less fortunate, but the main thing is that we *do* something to help.

**Q:** What things make you feel compassionate? Why do you think it is important that we put our words into action? Ask God to show you ways to put your faith in action.

---

---

---

---

---

---

---

---

---

---

## Boundaries

- FASTING ITEM: Facebook/MySpace/Twitter
- READ: *Genesis 13:1-13*
- Sodom was a nasty place. Lot knew that the people there were far from God in their lifestyles. However, he chose to “pitch his tents near Sodom” (vs. 12). A short time later (Genesis 19:1), we see that Lot got comfortable there and even became an elder of the city! Lot didn’t understand the power of boundaries. If Lot would have stayed away from that place, he might not have fallen so far. He got too close to sin.

**Q:** Are there some areas of your life where you could use some clearer boundaries? Ask God to show these to you and give you the courage to put them in place.

---

---

---

---

---

---

---

---

---

---



## The Simplest Commandment

- FASTING ITEM: Video Games
- READ: *Exodus 20:12*
- Honoring and obeying your parents is not always the easiest thing to do but of all of the 10 commandments that God gave us, this one comes with a promise . . . "that you may live a long life in the land God has given you." God gave us parents to look after us when we are young and help guide us in making decisions while we grow up. Although you might get frustrated sometimes with your parents, God knew what He was doing in giving them to you and in giving you the commandment to obey them.

**Q:** Think back to a time when listening to your parents actually helped keep you safe or worked out to be the best thing for you. Is there something now that you are struggling to obey your parents in doing? Pray about how God can help you listen to your parents in that area.

---

---

---

---

---

---

---

---

## Applying Scripture to Our Daily Lives

- FASTING ITEM: Television
- READ: *Psalm 119:105*
- "Back in the day," before flashlights and electricity, people used oil lamps to find their way around in the dark. The lamps would provide just enough light for them to see their next step. Like a lamp for our feet, the Bible helps us choose our steps carefully, so we can stay on the right path.

**Q:** This verse also calls God's Word a light for our paths. What do you think that means? Like the flashlight example above, what would be a good example of how God's Word is a light for our paths? Write it here.

---

---

---

---

---

---

---

---

---

---

# AWAKENING

## 21 DAYS OF PRAYER AND FASTING CALENDAR

<p><b>FASTING ITEM:</b> Video Games</p> <p><b>READ:</b> Acts 9:1-6</p>	<p><b>FASTING ITEM:</b> Television</p> <p><b>READ:</b> Matthew 6:25-33</p>	<p><b>FASTING ITEM:</b> Fast Food</p> <p><b>READ:</b> Proverbs 27:17</p>	<p><b>FASTING ITEM:</b> Daniel Fast: Fruits &amp; veggies only</p> <p><b>READ:</b> Luke 16:19-31</p>	<p><b>FASTING ITEM:</b> Facebook/My Space/Twitter</p> <p><b>READ:</b> Ephesians 6:1-3</p>	<p><b>FASTING ITEM:</b> Video Games</p> <p><b>READ:</b> Matthew 28:18-19</p>	<p><b>FASTING ITEM:</b> Television</p> <p><b>READ:</b> 2 Timothy 3:16-17</p>
<p><b>FASTING ITEM:</b> Sweets</p> <p><b>READ:</b> 1 Peter 3:15</p>	<p><b>FASTING ITEM:</b> Facebook/My Space/Twitter</p> <p><b>READ:</b> Mark 12:28-34</p>	<p><b>FASTING ITEM:</b> Texting friends</p> <p><b>READ:</b> Proverbs 13:20</p>	<p><b>FASTING ITEM:</b> Partial Fast: No Meats</p> <p><b>READ:</b> John 13:34</p>	<p><b>FASTING ITEM:</b> Television</p> <p><b>READ:</b> Song of Songs 8:4</p>	<p><b>FASTING ITEM:</b> Facebook/My Space/Twitter</p> <p><b>READ:</b> Luke 10:19</p>	<p><b>FASTING ITEM:</b> Fast Food</p> <p><b>READ:</b> 2 Peter 1:20-21</p>
<p><b>FASTING ITEM:</b> Sweets</p> <p><b>READ:</b> Proverbs 22:3</p>	<p><b>FASTING ITEM:</b> Daniel Fast: Fruits &amp; veggies only</p> <p><b>READ:</b> Genesis 22:1-18</p>	<p><b>FASTING ITEM:</b> Television</p> <p><b>READ:</b> 1 Corinthians 15:13</p>	<p><b>FASTING ITEM:</b> Normal Fast: Water only!</p> <p><b>READ:</b> 1 John 3:17-18</p>	<p><b>FASTING ITEM:</b> Facebook/My Space/Twitter</p> <p><b>READ:</b> Genesis 13:1-13</p>	<p><b>FASTING ITEM:</b> Video Games</p> <p><b>READ:</b> Exodus 20:12</p>	<p><b>FASTING ITEM:</b> Television</p> <p><b>READ:</b> Psalm 119:105</p>

During this fast, I'm praying about and believing God for :

---



---

[WWW.AWAKE21.ORG](http://WWW.AWAKE21.ORG)