

# PRAYER & FASTING PLANNER

## Prayer & Fasting

*Since the beginning of our church, we have set our hearts on being a people of prayer. We have made it a core practice, injecting it into the life of the church wherever possible. We take our cue from Jesus who was always withdrawing to pray and only did what He heard from the Father (John 5:19). While His life was characterized by prayer, there was a time when He went through a season of prayer and fasting prior to being thrust into public ministry. We want our life together to be characterized by prayer, but also feel there will be seasons when our prayer will intensify and be coupled with fasting.*

*Each year, our plan is to fast as a church for one week, three times a year. To make the most out of these times together, it is important to plan for how you will participate (Luke 14:28).*

# HOW WILL YOU FAST?

*Take a few moments to record your plan for fasting. Be as specific as possible.*

How will you be fasting (complete, partial, selective?)

If a complete fast, what days will you fast?

If you are doing a partial, or selective fast, what foods are you going to consume?

What needs to change about your schedule/routine for this to be possible?

How do you plan to break the fast? (Please read articles on [jubileestl.org/fasting](http://jubileestl.org/fasting) to get tips on re-introducing foods back into your body.)

# WHAT IS YOUR PRAYER PLAN?

*Take a few moments to write down how you plan to engage in prayer through our week of fasting and prayer.*

What day(s) of the week do you plan to participate in our prayer meetings?

M      T      W      R      F      S

What is one area of breakthrough in your life or family that you want to pray for?

List 3-5 neighbors, friends, or co-workers you'd like to pray for during this season.

Other:

# JOURNAL

*Great travelers and explorers don't just take trips; they go on journeys! We benefit and learn from their exploits because they took the time to record their observations. The following section is an opportunity for you to write down your prayer and fasting journey for the next seven days.*

Take a few moments each day and log your

- Prayers
- Answers to prayer and
- Experiences with God

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## REVIEW AND REFLECT

*Take a few moments and look back over the past 21 days.*

What were a few highlights?

What were a few low spots?

What are some things you learned...  
about God?

about yourself?

about Jubilee?

*Please share answered prayers with your community group leader, coach, or location pastor so that our stories can build each other up and encourage the church.*