

10-Day Fasting Worksheet

This worksheet is designed to guide you through a 10-day season of fasting, whether from food, entertainment, social media, or other activities. Use it to set intentions, draw closer to Jesus, and retain what God reveals. Reflect, pray, and prepare your heart as you seek God's presence.

I. What am I fasting FOR?

Scripture: *"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*(Matthew 6:17-18, NIV)

- **Why is fasting important to me/us?** List 2-3 reasons (e.g., to seek God's guidance, to grow in faith).

- **What specific prayer request am I/we bringing to God during this fast?** (e.g., healing, clarity).

- **How will I/we surrender myself and others to God?** List ways (e.g., praying for a family member's salvation, trusting God with worries).

- **Will I/we fast continuously for 10 days or on specific days/times?** Specify (e.g., fasting lunch daily, no social media on weekends).

- **How will I/we prepare to fast?** Check all that apply:

- ☐ Plan simple meals
- ☐ Clear schedule or reduce commitments

- Notify family/friends for support
- Other: _____

II. What am I fasting FROM?

Scripture: *“Turn my eyes away from worthless things; preserve my life according to your word.”* (Psalm 119:37, NIV)

- **What will I/we fast from?** Check all that apply or write your own:
 - Food (e.g., one meal daily, specific foods like sugar)
 - Social Media/Technology (e.g., no scrolling after 7 PM)
 - Entertainment (e.g., TV, gaming)
 - Other (e.g., shopping, gossip): _____
- **What God-centered activities will replace these?** (e.g., prayer walk instead of social media, reading Scripture instead of TV).

- **What spiritual practices will I/we use to encounter Jesus?** (e.g., journaling gratitude, memorizing a verse, using the P.R.A.Y. method).

- **Daily Fasting Log (Days 1-10):** Track what you fasted from and the spiritual practice you engaged in each day.

Day What I Fasted From Spiritual Practice I Engaged In

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

III. How will I retain what God is showing me during the season of fasting?

Scripture: *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”* (James 1:2-3, NIV)

- **What temptations might disrupt my/our fast?** List challenges and solutions (e.g., Challenge: Craving social media; Solution: Turn off notifications).
Challenge: _____ Solution: _____
Challenge: _____ Solution: _____
- **What Scripture will I/we memorize to combat temptations?** (e.g., 1 Corinthians 10:13).

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- **How will I/we document God’s work during the fast?** (e.g., journal daily insights, note answered prayers).

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- **Who is my/our accountability partner to check in with mid-fast?** Name: _____
 - **Daily Reflection:** At the end of each day, write one thing God revealed or how you sensed His presence.
Day 1: _____
Day 2: _____
Day 3: _____
Day 4: _____
Day 5: _____
Day 6: _____
Day 7: _____
Day 8: _____
Day 9: _____
Day 10: _____
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IV. How will I MAINTAIN what the Lord did in my life during this season of fasting for the future?

Scripture: *“Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.”* (1 Corinthians 15:58, NIV)

- **What habits or practices will I/we continue post-fast?** (e.g., daily prayer, limiting screen time).

- **How has this fast changed my/our relationship with God?**

- **What is my/our 30-day plan to maintain these changes?** (e.g., weekly prayer walk, monthly fasting day).

- **How will I/we celebrate what God did?** (e.g., share testimonies at a post-fast gathering).

Personal Note

One year while fasting for 10 days, I discovered areas of my life that were really not surrendered to the Lord. Slowly, over the 10 days, I discovered a renewed, deeper sense of trust in God’s provision, which transformed my approach to worry.

After this fast, write your own testimony:
“During my 10-day fast, God showed me...”

Try This

Start your fast with a Communion gathering. Reflect: “How does Jesus’ sacrifice empower my fast? How does resting in Him as the Lord of the Sabbath draw me closer?” Write one way you’ll rest in Him during this season:

Tips for Success:

- Pair with an accountability partner to share progress on Day 5.
- Join a small group to discuss your fasting experience.
- Consider a post-fast gathering to share testimonies and celebrate God’s work.
- Use a journal to expand on daily reflections or answered prayers.