



STUDENT DEVOTIONAL

Like prayer & Bible reading, fasting is one of the spiritual disciplines of followers of Jesus. The next few paragraphs are to help you get your mind around fasting, and help you get started in this powerful Christian habit!

This is not a total guide to fasting. If you want to know more about fasting, there will be several online resources at:

www.AMPstudents.org/ampawake

www.facebook.com/AMPstudents

WHAT IS FASTING?

Biblical fasting is, very simply, denying oneself food for the sake of seeking and honoring God. Pastor Stovall Weems says that “prayer is connecting with God; fasting is disconnecting ourselves from the world.” That’s a great way to describe the feeling.

You can fast from other things that keep you connected to the world, too. Things like TV, video games, social networking, texting and more.

WHY SHOULD I FAST?

Over time, it’s very easy for our souls to get “gunked up”. Fasting is a way to give our bodies and our souls a deep cleaning. When we do, we find that not only do we feel better, but as we draw closer to God, we are more in tune with His voice.

HOW DO I FAST?

There are several different types of fasts. In this guide and over these next twenty one days, we have laid out a plan that will help you detach from some of the distractions of everyday life. This twenty-one day plan also involves cutting out some food items, and throws in a few days where you only drink liquids (like juices, smoothies and such) and other days where you’ll eat just fruits and vegetables.

The plan provided in this guide is just that – a guide. You can mix it up, or create your own. The main thing is remember – don’t make it all about what you eat or don’t eat. This is all about drawing closer to God and replacing distractions to pray, read our Bibles and seek God like never before.

On days where you will be fasting from Facebook, TV, etc., give ‘em up for the whole day. On days where you are fasting from food items, do what challenges you spiritually. 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 and go all liquids. Go for it! You’ll be glad you did.

AWAKE 21

LIVE LOVE

To prepare, it's best to slow down your eating before the fast, then pick it back up slowly by eating small, simple foods. It's smart to plan ahead and make sure you'll have plenty of the fruits, vegetables, juices, etc. on hand. If not, you're likely to overeat at your next meal, and that's never a good choice!

WHAT DO I DO?

Drink lots of water. Pray. Read your Bible. Listen to worship music. Think. Grab your Bible, this devotional, and maybe a journal to capture your thoughts and what God shows you. Get ready, this experience is going to be like no other!

HOW TO USE THIS GUIDE

Carve out a quiet time each day. Grab your Bible, journal and something to write with. It's best to do this in the morning because once your day begins there will be tons of distractions. Learn to put God first in your day, and He will multiply your time. You'll 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 from your Bible and the notes in this guide.

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 this 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." It's like you're washing your brain with the Word of God. Easy to remember. You can continue this practice in your daily time with Jesus. Now let's get started!

Very important Notice:

Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.

DAY 1

Fasting Item: Video Games

Daily Bible Reading: 1 Samuel 10

GOD'S QUALIFICATIONS

God doesn't always pick people that are fully qualified to do the job He's calling them to do. Instead, He's the one who qualifies, guides and leads the ones He chooses.

There's a big difference! When we shift our focus on God's ability instead of our inability – we will find we can step out in faith and confidence to do what He's calling us to.

Think about what God is calling you to. Is there fearfulness that keeps you from stepping out in courage and faith? Commit these things to God and over the next 21 days ask Him to help you reach a deeper level of dependence and trust in Him.

DAY 2

Fasting Item: TV & Movies

Daily Bible Reading: Mark 4

THE SOIL OF YOUR LIFE

Seeds need the right conditions to grow and bear fruit. Jesus uses the parable in Mark chapter 4 to explain His Word like seed. It goes into our hearts with potential to bear lots of fruit and life. But sometimes, it's the condition of our hearts that can hinder us from allowing His Word to work deeply within us, and we don't experience the results we could otherwise.

Consider the condition of your heart. Which "soil" best describes it? Regardless of where you find yourself, God can change it all and turn your heart into fertile ground that produces life. But you've got to take some time to tune into God. Turn off the TV and make time to pray. Ask God which type of soil your heart is. He's the best at turning it all around!

DAY 3

Fasting Item: Fast Food

Daily Bible Reading: 1 Samuel 11

MORE THAN ENOUGH

Do you ever have times where you get some bad news and end up feeling so sad it makes you want to give up? Or experienced so much pressure, fear or temptation that you just want to give in? That's how the people of Israel felt in this chapter! But when everyone else was afraid, God rushed in and helped King Saul lead the people to not only fight but DEFEAT their enemies!

The next time you feel overwhelmed by weakness or just plain discouraged; remember that fasting is one of the ways we can allow the Holy Spirit to flow in our lives. He gives us the power, strength and energy to overcome any difficulties we may face.

DAY 4

Fasting Item: Facebook/Twitter/Texting

Daily Bible Reading: 1 Samuel 12

WHO'S IN CHARGE?

The people of Israel had it made: God Himself was their King! He guided and protected them, providing everything they needed. But other nations had a man for a king - and the Israelites began to want one too. They worried about what everyone else thought of them and wanted to be like those around them. They ended up being ruled by an imperfect man instead of being led by a perfect God.

Sometimes, we do the same thing.

With Facebook, we can put ourselves in other people's control and care way too much what they think about us by what our profile pics look like or what kind of updates we post. Disconnect from it all today and let God remind you of who you are in Him. As you fast Facebook today, completely recommit to God and make Him the King of your life!

DAY 5

Fasting Item: Sweets & Junk Food

Daily Bible Reading: Mark 5

MISSION IMPOSSIBLE

Have you ever felt like things seemed impossible? In those moments, when you realize there is nothing you can do, that's the perfect time to let Jesus to take over! In Mark 5, a heartbroken dad finds out his daughter has died. What could he do? Jesus knew. "Do not fear, only believe." God's problem solving works the same way today.

Whatever it is you're facing, think of those words, "Do not fear, only believe." You can always trust Jesus. When your circumstances seem impossible, He can make things possible. What difficult situation do you need to let go of? Is there anything in your life that you've given up on or lost hope for that you need to let Jesus breathe life back into? Recommit those things to Him today.

DAY 6

Fasting Item: Video Games

Daily Bible Reading: 1 Samuel 13

WAIT ISN'T DOING NOTHING

Saul was 30 when he became king of Israel, and he reigned for 42 years. The entire time, Saul struggled with obedience to God. He made choices to please people, instead of looking to please God (and suffered consequences). Today we read about Saul disobeying God yet again, taking matters in his own hands instead of waiting like he should have. This time, his disobedience cost him the crown - he would have to be replaced.

Have you ever gotten tired of waiting? Taken matters into your own hands only to regret it later? Severe consequences can be avoided altogether - if we can learn to just trust God and wait on Him. Today, pray that God will strengthen your perseverance, even through temptation.

DAY 7

Fasting Item: Facebook/Twitter/Texting

Daily Bible Reading: 1 Samuel 14

IF GOD IS FOR US

Jonathan takes a big risk in this chapter - because he trusted in God! No doubt we will all have times where we shrink back in fear or intimidation. Even if you feel outnumbered, remember God is with you. Put your confidence in His character and His ability - and watch Him do the impossible!

Today, spend some time thinking of the amazing greatness of God. Jesus died so that we can have victory in our lives. Even if you're not facing challenges now, strengthen your faith in who He is. As you read through this passage, notice the character and strength of God.

Remember who He is and that the very same God that worked on Jonathan's behalf is just as much for you

DAY 8

Fasting Item: Sweets & Junk Food

Daily Bible Reading: Mark 8

DON'T MISS OUT

In our culture, it seems that being cynical has somehow become cool. In Mark chapter 6, we read how Jesus was unable to do any mighty works in his hometown of Nazareth because the people's cynical thinking turned into skepticism. Their narrow thinking actually blocked the power of Jesus! A wall had been built up in their minds and no matter what miraculous things Jesus had done; all they could see was the kid next door: the carpenter's son.

Have you become cynical? Does it seem foolish to believe for the impossible, but there's something in you that believes there could be more? Pray about those areas specifically and ask God to increase your faith. Remember, even if your faith is the size of a mustard seed, God can work with that!

DAY 9

Fasting Item: Turn off Cell Phones & Gadgets

Daily Bible Reading: 1 Samuel 15

CONFESS AND REPENT

After being confronted in this chapter, Saul finally confessed that he was wrong. But something was missing: he never repented and turned back to God. All the way to the end, Saul still only cared about what other people thought. What pride. What arrogance. Compromise after compromise led down a road of complete destruction. No matter where we are, if we turn around and run back to God, He forgives us, restores us, and puts us back on the right track.

Are you holding on to something God told you to get rid of? Have you compromised your walk with God? In your prayer time today, don't just confess, but repent! Turn away from those things and back to God. You will be refreshed and set free when you do!

DAY 10

Fasting Item: Video Games

Daily Bible Reading: 1 Samuel 16

BEAUTIFUL THINGS

David knew the sting of rejection because he didn't "look" the part, but he held firm to who he was in God. Even though his own father was ready to overlook him, David knew his destiny was not in the hands of man. He had a heart after God. God set the record straight and made it clear that He doesn't judge the outward appearance - He looks at the heart. Today, people are judged or dismissed because of the way they look. But true character is shown through a person's actions, not their appearance.

Take some time to think both about how you relate to others, and how you see yourself. Commit to following after God and finding your value in Him.

DAY 11

Fasting Item: Daniel Fast

Eat only Fruits & Veggies

Daily Bible Reading: Psalm 56 & 57

WHERE DO YOU TURN

Do you ever turn to food when you're in a bad mood or having a hard day? Maybe it isn't food or sweets for you, but other things you turn to when you're worried, frustrated or afraid. When King David was having some of his most challenging days, he always turned to God.

Like him, everyone struggles from time to time. But during this time of concentrated prayer, fasting and personal devotion, ask God to take you to a new level of trust and satisfaction in Him. Even though our nature is to turn to "stuff", practice turning to God whenever you're tempted, or having your roughest of days. The more we put God first, the stronger we become.

DAY 12

Fasting Item: TV & Movies

Daily Bible Reading: 1 Samuel 17

FOCUS ON YOUR CALL

You know that feeling when you hear someone talking trash about your best friend? It can make you angry – pretty quick, can't it? In the same way, when David heard the way Goliath was speaking to the Israelite army, he was furious! Even when his brother questioned him, David didn't back down. He knew this was a big deal - He was standing up for the name of God.

Standing for God can often mean being criticized. We can learn a lot from David: he didn't debate with his brother and he kept his focus on the real issues. Today, take some time to think about what really matters in your life. What is God calling you to? If others are trying to tear you down, keep your focus on God to avoid getting sidetracked.

DAY 13

Fasting Item: Fast Food, Sweets & Junk Food

Daily Bible Reading: 1 Samuel 18

LIVE LIKE CHRIST

David's life was full of trials. God was with him and blessed him big time, but David had to practice patience, kindness, honor, humility, and self control along the way. It's the same with us today.

God is with us, but we live in a fallen and broken world, and things aren't always easy. No matter what, we have to check our attitudes and our actions – regardless of what we're facing. Practicing this daily is what will build a Christ-like character within us. How often do you show patience to others? Kindness to your sibling or honor to your parents? Today, work on getting better in these areas.

DAY 14

Fasting Item: Facebook/Twitter/Texting

Daily Bible Reading: Mark 7

BEING HOLY AND ACTING HOLY

What does it mean to live holy? Is it following a set of rules to seem "good", or is it something more? When we get caught up in just following rules, we miss out on growing in God. We can follow rules and rituals all day long, but if our lives are not being transformed on the inside, it all becomes meaningless.

In your prayer time today, take some time to make sure things are not becoming "ritual" in your walk with God. If they have, don't worry – that can all change. Make a commitment to not just go through the motions, but really "be there" and let God transform you in the process.

DAY 15

Fasting Item: Turn off Cell Phones & Gadgets

Daily Bible Reading: 1 Samuel 19

CHOOSE WISELY

David was treated unfairly most of the time due to jealousy. But he never acted out in vengeance, or became bitter from it. Even while it meant he had to run for his life at times, David stayed faithful to God.

Have you ever been treated unfairly? Are there situations you face on a regular basis that seem unfair or unjust? Even if you could be justified in your actions, resolve today that you're not going to go there. Ask God to give you the patience and strength to respond in the right way.

DAY 16

Fasting Item: Video Games & TV

Daily Bible Reading: 1 Samuel 20

WITH A LITTLE HELP FROM MY FRIENDS

True friendships can be a powerful thing. When we are surrounded by friends who truly love Jesus, they will encourage us, watch out for us, and point us to God's best. No doubt, we will all come up against some tough times when we will need good friends to support us. But we have to be careful to choose our closest friends – the ones we truly do life with.

Think about the friends closest to you. Are they spiritually strong people? If not, who could you position yourself closer to? Also, think about what kind of friend you are to others. Resolve to be the kind of friend that encourages and challenges others to chase after God.

DAY 17

Fasting Item: Daniel Fast (Eat only Fruits & Veggies)

Daily Bible Reading: Mark 8

NEVER FORGET

Even though the disciples had seen Jesus work miracles before, they didn't believe He could do them again. It was as though they simply forgot! But Jesus' work was never really about the miracle - it was about surrendering every care to Him and trusting His ability. This is a key to keeping our faith alive.

So how do we keep from responding the way the disciples did? No matter what your situation, surrender every care to God. His amazing miracle-working power is still alive today if we will just release our burden to Him. He will supply above and beyond what you need.

What are you holding onto that you can surrender to God today? In your prayer time, release every care you have to the Lord and believe that He will take care of it.

DAY 18

Fasting Item: Total Fast (No Food)

Daily Bible Reading: 1 Samuel 21

GOD PROVIDES

David and his men had been on a long journey, were no doubt super hungry, and needed something fast. They were so desperate that they resorted to eating the holy bread in the temple that was only for priests. This is a great picture of God's mercy and grace because God met their need by giving them access to a special kind of bread.

Though you may be really hungry right now like David and His men were, remember that we, too, have favor in God's eyes and Jesus has given us access to a better bread (Matt 4:4)! God's Word is like food for our souls. If you can, spend some extra time filling up on God's Word today.

DAY 19

Fasting Item: Sweets and Junk Food

Daily Bible Reading: 1 Samuel 22

YOU ARE NOT ALONE

Even as David is running for his life, he takes time to help Abiathar. He didn't get so caught up in his own problems that he didn't care about anything else. Sometimes in our own struggles, we just can't find the strength to help others. But it's in those hard times that we can find a strength we never knew we had.

Are you going through something that God could use to help someone else? Or have you been hurting on your own when you could be reaching out for help? Remember, God didn't intend for us to do life alone. Ask Him to show you ways you could be linking arms with others.

DAY 20

Fasting Item: Facebook/Twitter/Texting

Daily Bible Reading: Mark 9

GOD IS EVERYWHERE

Why did Jesus only take 3 of the disciples up to the mountain? Maybe it's because we give more access to those we're the most connected to. Being close to God doesn't have to happen just during Awake 21, or some camp or trip.

Keep it going the next 21 days by making prayer, fasting and devotion a regular part of your life. Get alone with God. Disconnect every now & then from Facebook, texting and other distractions, and you'll find that being close to God can be something you experience every day.

DAY 21

**Fasting Item: Facebook/Twitter/Texting,
TV & Movies, Sweets & Junk Food**

Daily Bible Reading: 1 Samuel 23

GOD GIVES VICTORY

David was faced with tough decisions that would impact himself, his soldiers and the nation of Israel. Instead of relying on his own strength and intelligence, David repeatedly gave God his undivided attention and asked Him what he should do. Because he obeyed, God gave them all victory!

You too will be faced with difficult decisions this year. Will this be a year of victory or defeat for you? Seek Jesus and love Him with all of your heart, mind, soul and strength. Obeying His voice will make all the difference

FINISH STRONG: THE NEXT 21 DAYS

Whether you're tired, hungry or excited to be completing your fast, hang in there! Though the fast may be ending, it's really the beginning of a great year, walking with God. Remember, the whole point of this fast was to sacrifice food and other luxuries for the sake of giving God our undivided attention and growing deeper in Him.

The fire and zeal for God burning in your heart is what keeps your relationship with Him fresh and new. It allows you to continue serving and obeying Him from a position of "want to", and you will experience joy everyday—regardless of what life brings your way.

Keep going the next 21 days...and the 21 days after that...and so on. What you have practiced in these 3 weeks is super easy to sustain long-term. Prayer, fasting, and personal devotion are all quite simple to make a part of your everyday life.

During Awakening, you've created space for God to fill. The best way to continue in these same practices is to keep that space open indefinitely. Don't allow it to close up! Protect that time and space with God and make it your priority each day.

Just like reading your Bible, praying, and attending church, fasting is also a lifestyle.

We encourage you to make fasting a part of your life. It's not a rule to follow - it's an "I get to experience God" thing. It is like going into heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a high level. We encourage you to do the same. Figure out what works for you, commit to it, and make it a part of your life.

SUN	MON	TUE	WED	THU	FRI	SAT
8 Video Games	9 TV & Moives	10 Fast Food	11 FB, Twitter Texting	12 Sweets & Junk Food	13 Video Games	14 FB, Twitter, Texting
15 Sweets & Junk Food	16 Turn off cell phones & gadgets	17 Video Games	18 Daniel Fast Eat only Fruits & Veggies	19 TV & Moives	20 Fast Food, Sweets & Junk Food	21 FB, Twitter Texting
22 Turn off cell phones & gadgets	23 Video Games & TV	24 Daniel Fast Eat only Fruits & Veggies	25 TOTAL FAST No Food	26 Fast Food, Sweets & Junk Food	27 Facebook Twitter Texting	28 FB/Txt, TV, Sweets & Junk Food

LIVE LOVE