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AWAKE 21

STUDENT FASTING GUIDE
AND 21 DAY DEVOTIONAL

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21 DAYS OF PRAYER, FASTING, & PERSONAL DEVOTION

JANUARY 8th - 28th, 2012

www.ampstudents.org/ampawake

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

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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.

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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!

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

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