

# THE HUMBLE FAST

For Tracking Your Journey  
Before, During, and After Fasting



John Allen and Madalyn Allen

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*Journey*  
This Journal Belongs to:

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Dear Reader,

I want to start by saying how grateful I am that you've chosen to pick up this fasting journal. Whether you're new to fasting or have been practicing it for years, I pray this journal will be a source of encouragement and guidance as you take steps to draw closer to God through this sacred discipline.

Let me share a little about why I created this journal. Embracing the spiritual practice of fasting has truly transformed my life. When I was a young Christian, fasting was something I approached with the mindset of trying to move the hand of God in my favor. I saw it as a way to convince Him to act on my behalf, to open doors I wanted opened or to solve problems I wanted fixed. But as I grew in my faith and understanding, I began to see fasting in a different light—a much deeper and more powerful one.

Now, fasting for me is not about trying to get something from God but about surrendering everything to Him. It has become an act of worship, a way of humbling myself before a Sovereign God who holds the entire world—and my life—in His hands. Fasting has become a physical way of saying, “Lord, I trust You completely. I have no power to direct my steps, but I know You do.” It’s an act of surrender to His will, His timing, and His plan. And every time I fast, I feel my heart aligning more and more with His.

But let’s be honest—fasting is hard. We live in a fast-paced, food-loving world where meals and snacks seem to be the center of everything we do. Fasting can feel isolating and overwhelming, especially when you’re just starting out. I remember those early days, feeling unsure of what to do or how to stay focused on the spiritual purpose of fasting. I created this journal because I wished I’d had something like this back then—a tool to lighten the load, keep me centered, and help me stay connected to God through the process.

This journal is not about rules or perfection. It's a companion for your journey, a space to reflect, pray, and process what God is doing in your heart as you fast. My hope is that it will help you focus on the true purpose of fasting: humbling yourself before God, surrendering to His will, and seeking His presence with your whole heart.

If I could offer you one piece of encouragement, it would be this: don't underestimate the power of a humble heart surrendered to God. Fasting isn't about how strong or disciplined you are; it's about leaning into God's strength and letting Him work in you. You don't have to have it all figured out. God honors your willingness to seek Him, and He will meet you where you are. So, as you use this journal, know that you are not alone. You are part of a long tradition of believers who have used fasting to seek God's guidance, grow closer to Him, and align their hearts with His will. I am praying for you as you take this step of faith. May this journal help you focus your heart, quiet your mind, and open your spirit to hear from the Lord in ways you never imagined.

With love and encouragement,

*Madalyn Allen*

## **The Primary Focus of Fasting: Humbling Yourself before God**

Fasting is one of the most profound acts of humility a believer can offer before God. It is a deliberate choice to deny physical needs and comforts to seek spiritual renewal, demonstrate repentance, and align one's heart with God's will. While the physical act of abstaining from food or drink is significant, the true focus of fasting lies in the posture of the heart—one of humility and total dependence on God. The Bible recounts several instances where fasting moved the heart of God, even in the lives of the most unlikely individuals. One of the most striking examples is found in 1 Kings 21:25-29, where Ahab, described as one of Israel's most wicked kings, humbled himself through fasting.

Ahab had committed countless sins, including idolatry and injustice, yet when confronted by the prophet Elijah about his impending judgment, Ahab tore his clothes, put on sackcloth, and fasted in deep remorse. His actions, though surprising, demonstrated genuine humility and an acknowledgment of God's sovereignty. Remarkably, God took notice of Ahab's contrite heart and delayed the judgment He had declared, saying to Elijah, "Do you see how Ahab has humbled himself before Me? Because he has humbled himself before Me, I will not bring the disaster in his days" (1 Kings 21:29).

This story reveals the profound impact of fasting when coupled with a sincere heart of humility. It shows that God values a broken and contrite spirit, even in those who have strayed far from Him. Fasting, when done with the right heart, can soften the hardest hearts, invite divine mercy, and lead to transformation. It is not merely a ritual or an obligation but a way to draw near to God with genuine repentance and a desire to align one's life with His purposes.

For believers, fasting is a reminder that humility is central to their relationship with God. It helps strip away pride, self-reliance, and distractions, creating space for deeper intimacy with the Lord. Through fasting, Christians acknowledge their need for God's grace and wisdom, positioning themselves to hear His voice more clearly and to respond in obedience.

As you consider the practice of fasting, remember that its ultimate goal is not to earn God's favor but to humble yourself before Him. Ahab's story serves as a powerful example of how humility, even in the most broken circumstances, can move the heart of God. No matter your past, you can approach God in humility, seeking His mercy and guidance.

Humble yourself before the Lord, and He will lift you up (James 4:10). Fasting is a sacred opportunity to surrender your will to His, to seek His face earnestly, and to experience the transformative power of His presence. Let fasting be an expression of your heartfelt dependence on God, knowing that He is gracious, compassionate, and eager to draw near to those who seek Him in humility.

## Purposes for Fasting in Scripture

### Repentance and Humility

- Fasting often accompanies repentance, demonstrating a heart broken over sin and fully submitted to God.
- Example: King David fasted and prayed for forgiveness after sinning (Psalm 51; 2 Samuel 12:16).

### Seeking God's Guidance

- Fasting is used to discern God's will and seek His direction.
- Example: The church in Antioch fasted and prayed before commissioning Paul and Barnabas for their missionary journey (Acts 13:2-3).

### Deliverance and Protection

- Fasting is a way to cry out to God for deliverance from danger or oppression.
- Example: King Jehoshaphat proclaimed a fast when Judah faced a vast enemy army (2 Chronicles 20:3).

### Preparation for Ministry or Mission

- Fasting is used to prepare spiritually for significant tasks or missions.
- Example: Jesus fasted before beginning His public ministry (Matthew 4:1-2).

### Strengthening Prayer

- Fasting amplifies the intensity and focus of prayer.
- Example: Nehemiah fasted and prayed when he learned of Jerusalem's broken walls (Nehemiah 1:4).

### Interceding for Others

- Believers fast on behalf of others, seeking God's intervention in their lives.
- Example: Daniel fasted and prayed for Israel's restoration (Daniel 9:3-5).

## Demonstrating Dependence on God

- Fasting reminds believers that God is the ultimate sustainer of life.
- Example: Jesus taught His disciples that fasting should be done in secret, focusing on God rather than seeking human praise (Matthew 6:16-18).

## **Types of Fasting in the Bible**

### Complete Fast

- In a complete fast, individuals abstain from all food and drink except water.
- Example: Ezra proclaimed a fast for the exiles to seek God's protection (Ezra 8:21-23). Jesus fasted for 40 days and nights without food in the wilderness (Matthew 4:2).

### Partial Fast

- A partial fast involves abstaining from certain types of food or meals rather than all food.
- Example: Daniel chose to abstain from rich foods, meat, and wine during his fast (Daniel 10:3).

### Absolute Fast

- In an absolute fast, there is no intake of food or water. This type of fast is usually undertaken for a very short and urgent period.
- Example: Queen Esther called for a three-day absolute fast before approaching the king (Esther 4:16).

### Corporate Fast

- A corporate fast is undertaken by a group of people, such as a nation or a congregation, seeking God together.
- Example: The people of Nineveh fasted corporately in response to Jonah's message of repentance (Jonah 3:5-10).

### Supernatural Fast

- This type of fast is unique and involves divine intervention to sustain the individual.
- Example: Moses fasted for 40 days and nights without food or water on Mount Sinai while receiving the Law from God (Exodus 34:28).

## How to Fast

### **Choosing the Right Fast for You**

Fasting is a meaningful spiritual discipline that allows believers to humble themselves before God, seek His face, and grow closer to Him. While the practice of fasting involves abstaining from food or drink, its true purpose is spiritual—to align one’s heart with God in worship, prayer, and humility. Choosing the right type of fast requires thoughtfulness, preparation, and intentionality. Below are some key considerations for fasting, including the importance of consulting a doctor, focusing on the true purpose of fasting, adopting the right posture, and determining when fasting may not be appropriate.

### **Consulting a Doctor Before Fasting**

Before starting a fast, especially one that involves abstaining from all food or drink, it is essential to consult a medical professional. This is particularly important for individuals with medical conditions, such as diabetes, or those on medication that requires food intake. Fasting can impact the body in significant ways, and ensuring it is done safely is a critical step in honoring both God and the temple of the Holy Spirit—your body (1 Corinthians 6:19-20). A doctor can help determine which type of fast—complete, partial, or modified—is safe and sustainable for your unique circumstances.

### **Focusing on the Purpose of Fasting**

While the physical act of fasting involves abstaining from food or specific activities, its significance lies in the posture of your heart during your fast. Fasting is meant to humble yourself before God, seek His guidance, and grow in intimacy with Him. Many people fast for non-spiritual reasons, such as dieting or detoxification, but these acts lack the heart posture required for biblical fasting. True fasting involves surrendering your will to God, setting aside time to pray, worship, and meditate on His Word. Isaiah 58:3-7 warns against fasting as a mere outward ritual without a heart of humility and devotion. Always remember that the fast itself is secondary to the transformation God desires to bring about in your heart.

## **The Right Posture for Fasting**

The spiritual posture of fasting is as important as the physical act. A fasting day should be marked by an attitude of surrender and humility. Begin your fast with prayer, asking God to help you focus on Him rather than the discomfort of hunger or distractions of daily life. Use the time you would typically spend eating to worship, read Scripture, and reflect on God's goodness. Yield your heart to Him by confessing sins, expressing gratitude, and interceding for others. The goal is to draw closer to God and allow Him to shape you through the process.

## **When Fasting May Not Be Appropriate**

Fasting requires intentionality and a commitment to seek God during the time of abstinence. If your schedule does not allow for moments of prayer, worship, and studying God's Word, it may not be the right time to fast. For example, fasting during an exceptionally busy work period or when caring for young children without support may hinder your ability to focus on the spiritual aspects of fasting. In such cases, consider alternative ways to dedicate time to God, such as a media fast or setting aside specific times for worship and prayer. The key is not to fast out of obligation but to do so in a way that honors God and allows for meaningful spiritual growth.

## **Humbling Yourself Before God**

Fasting is a powerful tool to humble yourself before God, but it must be approached with the right mindset and preparation. Consult with a medical professional to ensure your fast is safe, focus on the spiritual purpose more than the act itself, adopt a posture of humility and devotion, and choose the right time to fast. Remember, God is more concerned with your heart than with the specifics of your fasting. When done with a sincere heart, fasting becomes a profound expression of your dependence on God, allowing Him to draw you closer and transform you into His likeness.

## Frequently Asked Questions

### **How do I use this journal?**

This journal is designed to guide you through the spiritual practice of fasting by providing prompts for reflection before, during, and after your fast. Use the “Before the Fast” section to set your intentions, the “During the Fast” section to record your thoughts and experiences, and the “After the Fast” section to reflect on what you’ve learned and how God worked in your heart. There’s also space for prayers and thanksgiving, making it a well-rounded companion for your fasting journey.

### **Is this journal suitable for beginners?**

Absolutely! This journal is an excellent tool for those new to fasting. The prompts and structure provide clarity and focus, helping you navigate the spiritual and practical aspects of fasting. It’s a great way to begin this discipline while staying grounded in its true purpose.

### **Can this journal be used for different types of fasts?**

Yes, the journal is versatile and can be adapted to any type of fast, whether it’s a complete fast, a partial fast, or fasting from specific activities like social media. The focus is on your spiritual journey, not the specific details of your fast.

### **How long does this journal last?**

This journal is not time-bound, so you can use it for multiple fasts. Each section is designed to be filled out for a single fasting experience. If you’re fasting for multiple days, you can use a new set of prompts for each day or reflect on the entire fast as a single event.

### **Do I need to fill out every section?**

No, the journal is a flexible tool, and you can use it in a way that suits your needs. While completing each section provides a comprehensive reflection, you can skip prompts that don’t resonate with your current fast or focus.

**What if I struggle or break my fast early?**

Struggles are a normal part of fasting, especially in the beginning. If you need to break your fast early, don't be discouraged. Use the journal to honestly reflect on the experience and what you learned. Every fasting attempt is an opportunity for growth and deeper dependence on God.

**Can this journal be used during a group or corporate fast?**

Yes! While the journal is primarily for personal use, it can also be a great resource during group or corporate fasts. It allows you to record your individual reflections while staying aligned with the group's purpose and goals.

**What should I do if I don't feel connected to God during my fast?**

It's normal to go through seasons where you may not feel an immediate connection to God. Use the journal to process these feelings and continue seeking Him through prayer and worship. Fasting is a discipline of faith, and often the breakthroughs come later.

**Can this journal be used for spiritual practices other than fasting?**

While the journal is specifically designed for fasting, many of the prompts, such as prayers, thanksgiving, and reflections, can be adapted for other spiritual practices like extended prayer or personal retreats.

**Is it okay to fast without using a journal?**

Yes, journaling is not a requirement for fasting, but it can be a helpful tool to focus your thoughts, document your journey, and process what God is teaching you. The journal is here to support and enhance your fasting experience, not to replace the spiritual essence of fasting.

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**Before Fasting**

Why I'm Humbling Myself before the Lord in Fasting

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Specific Things on My Heart and Mind in Preparation for Fasting

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Ex. Bible Meditation, Prayer, Singing, Journaling, Quiet Reflection, Confession,  
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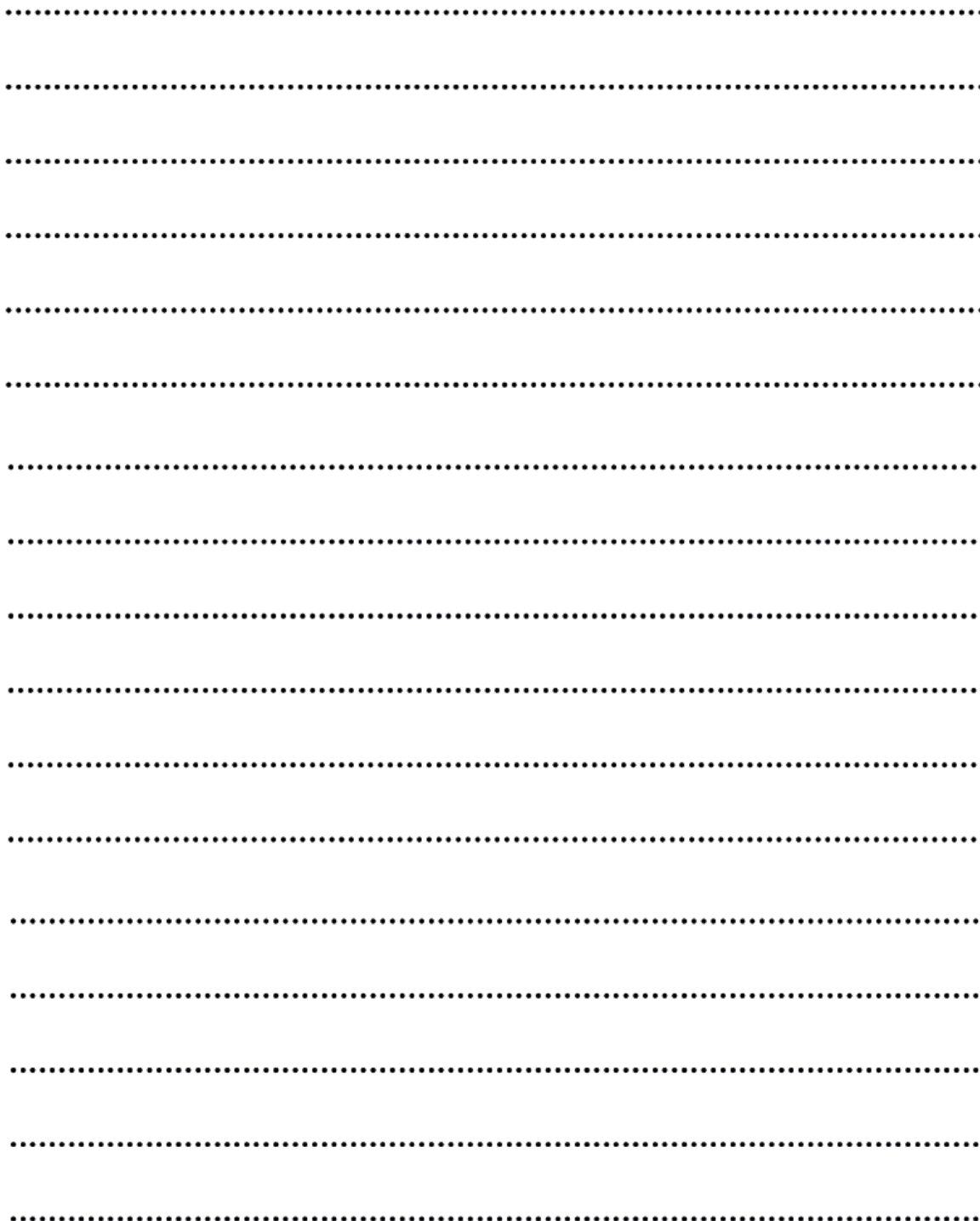
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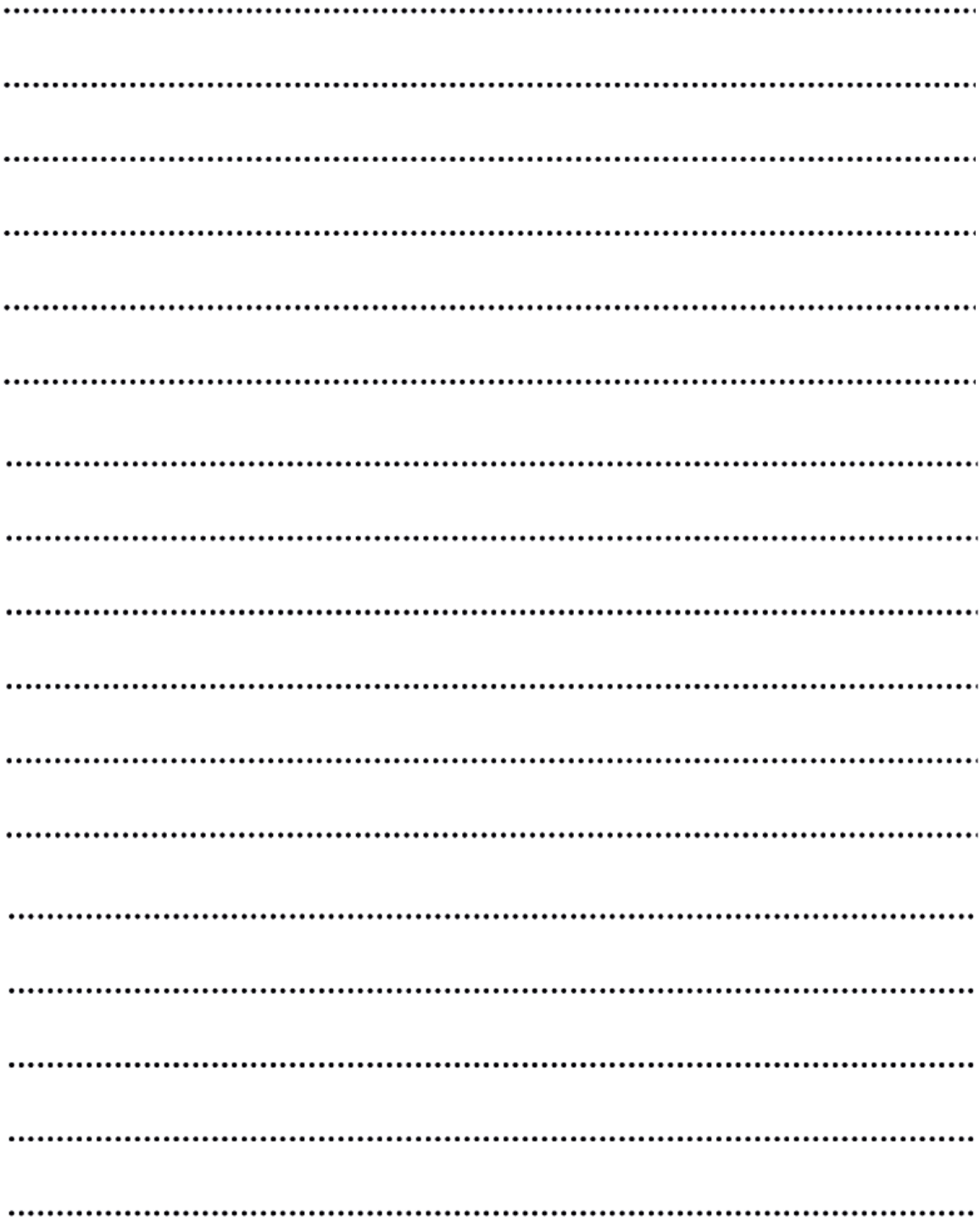
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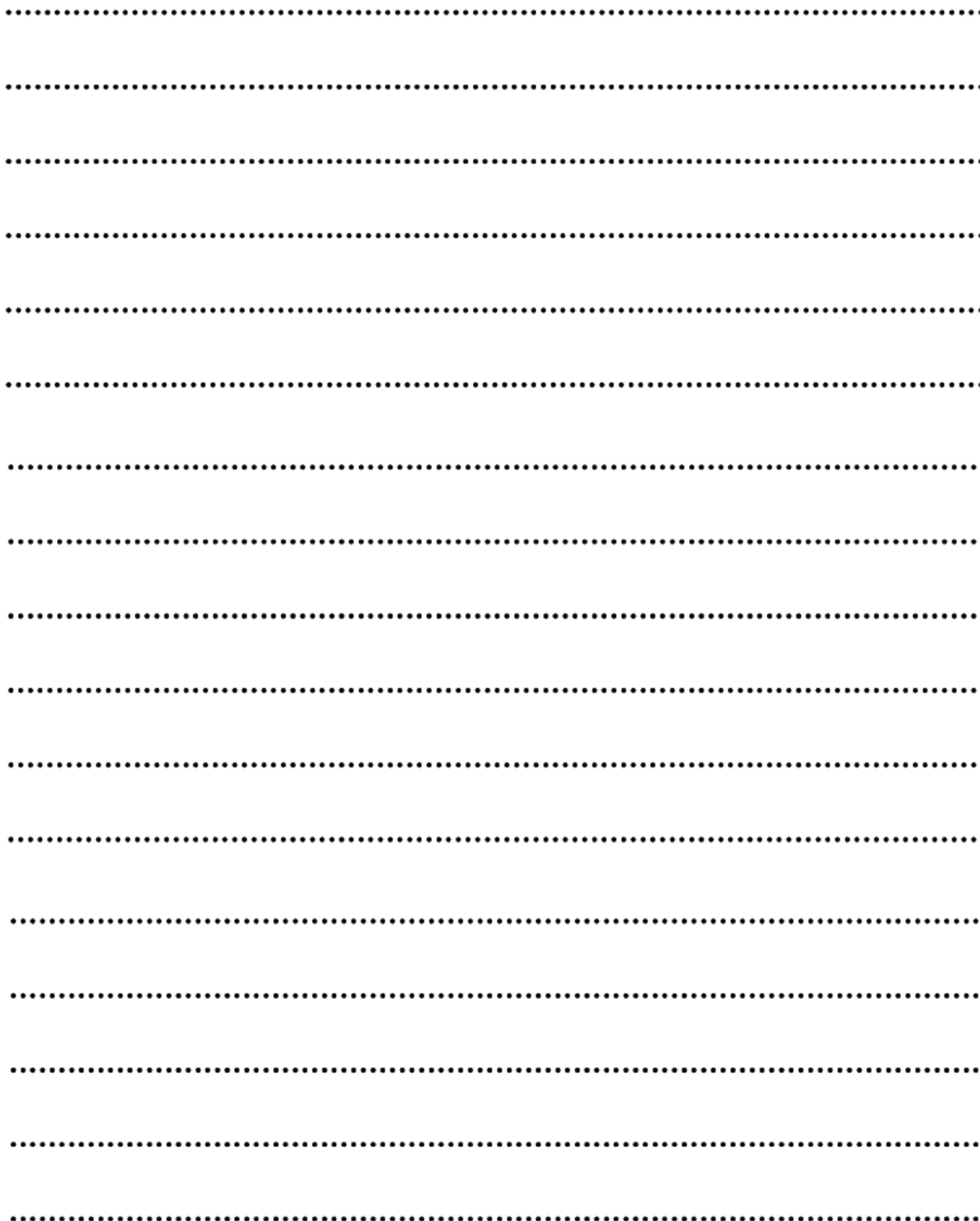
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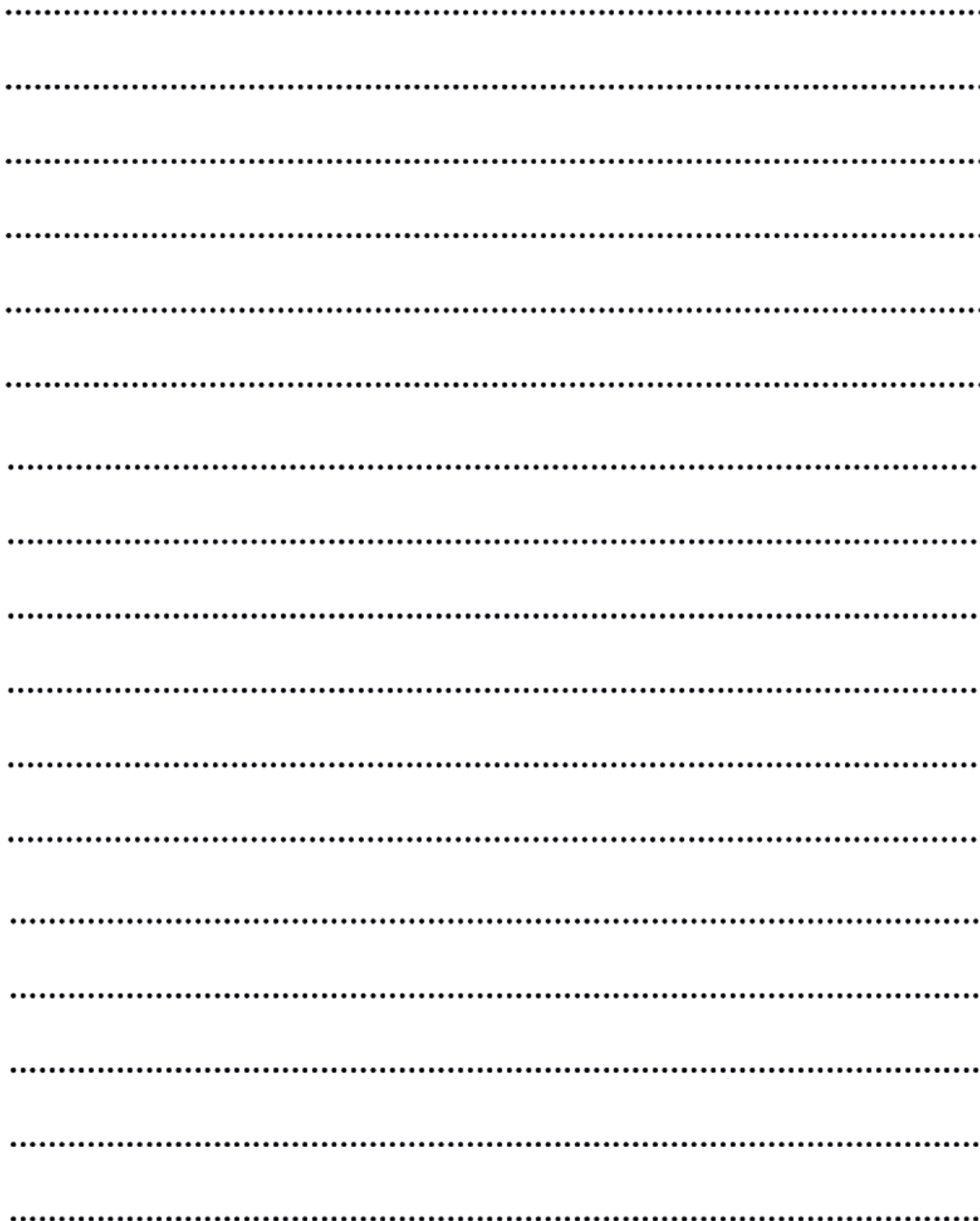
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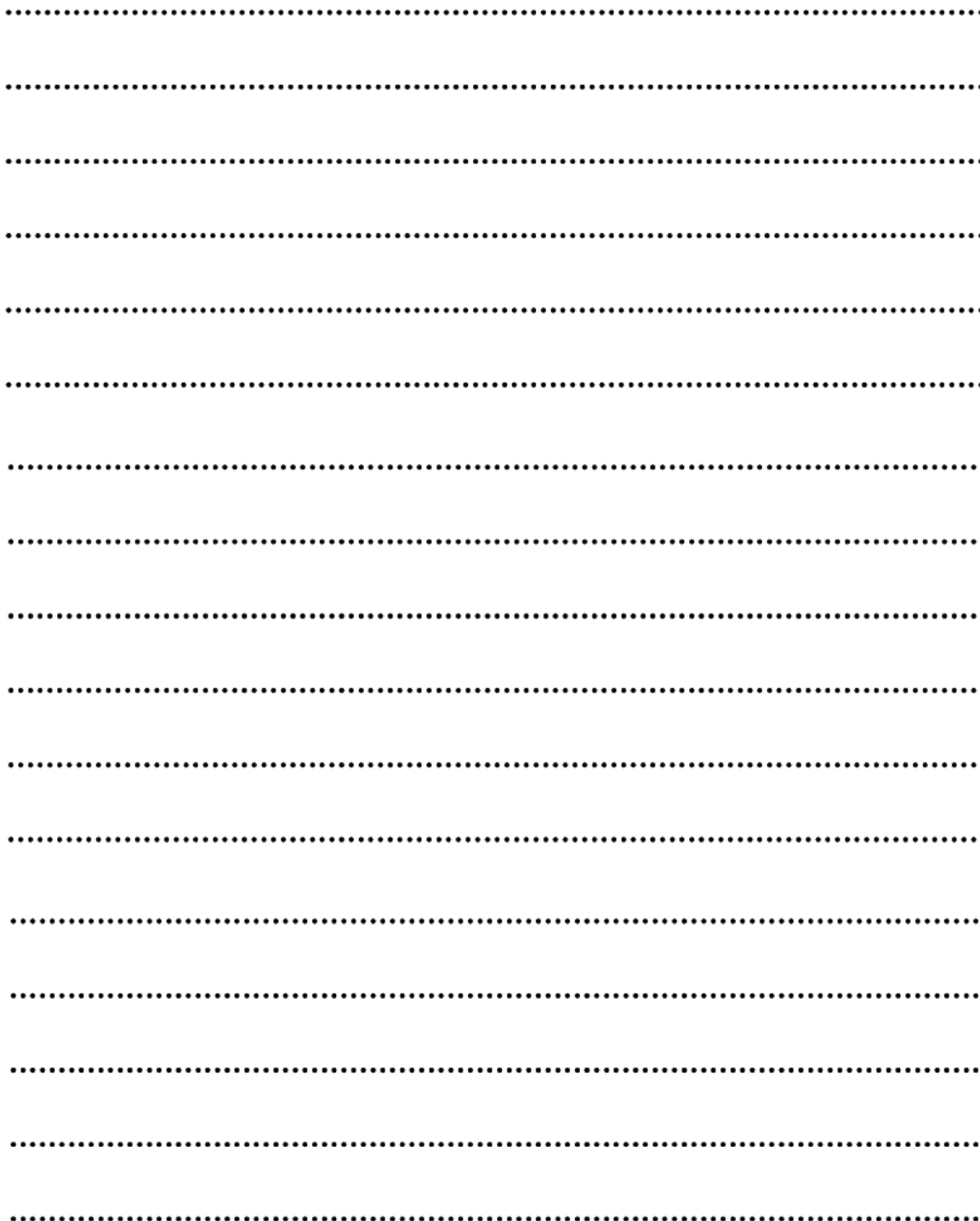
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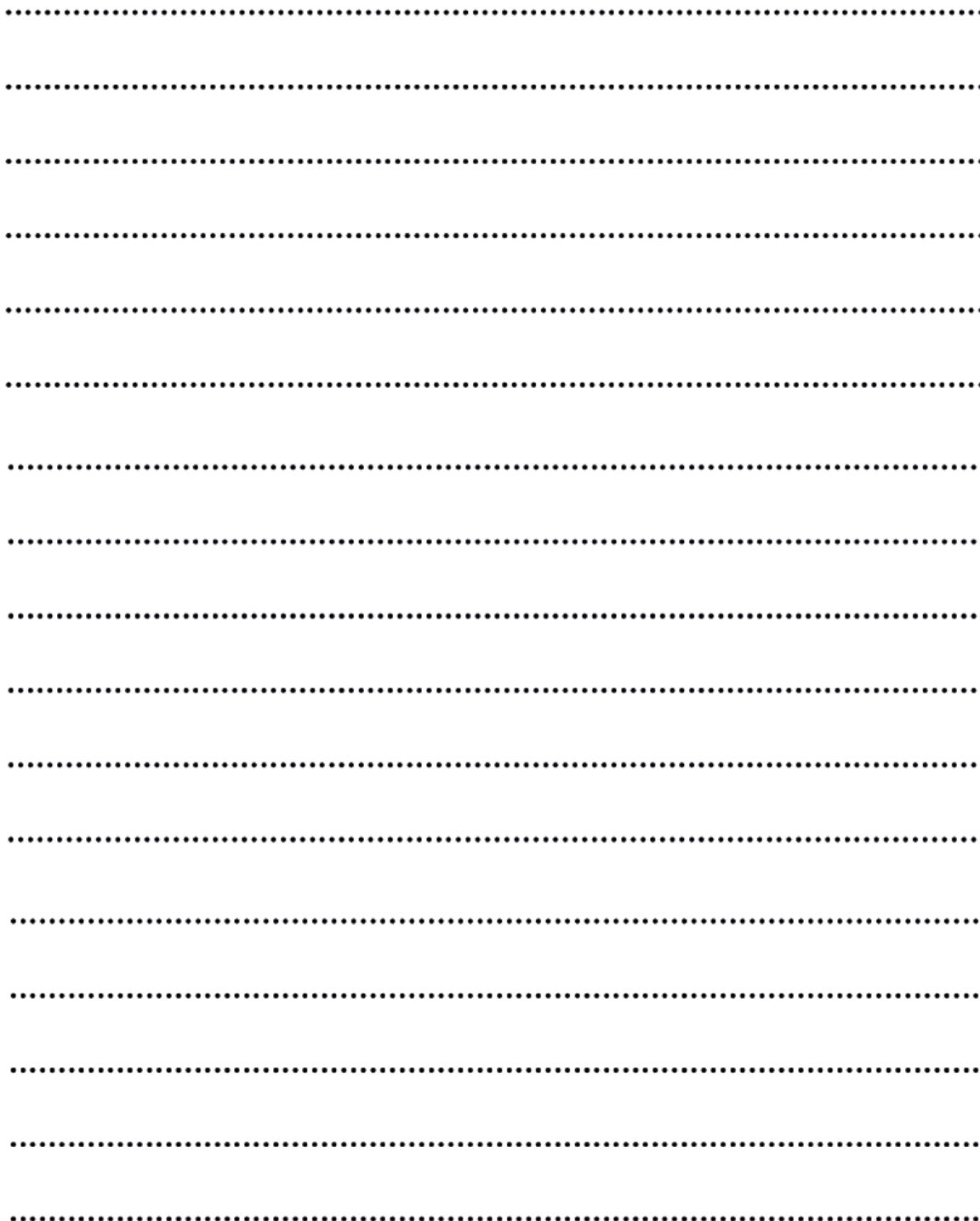
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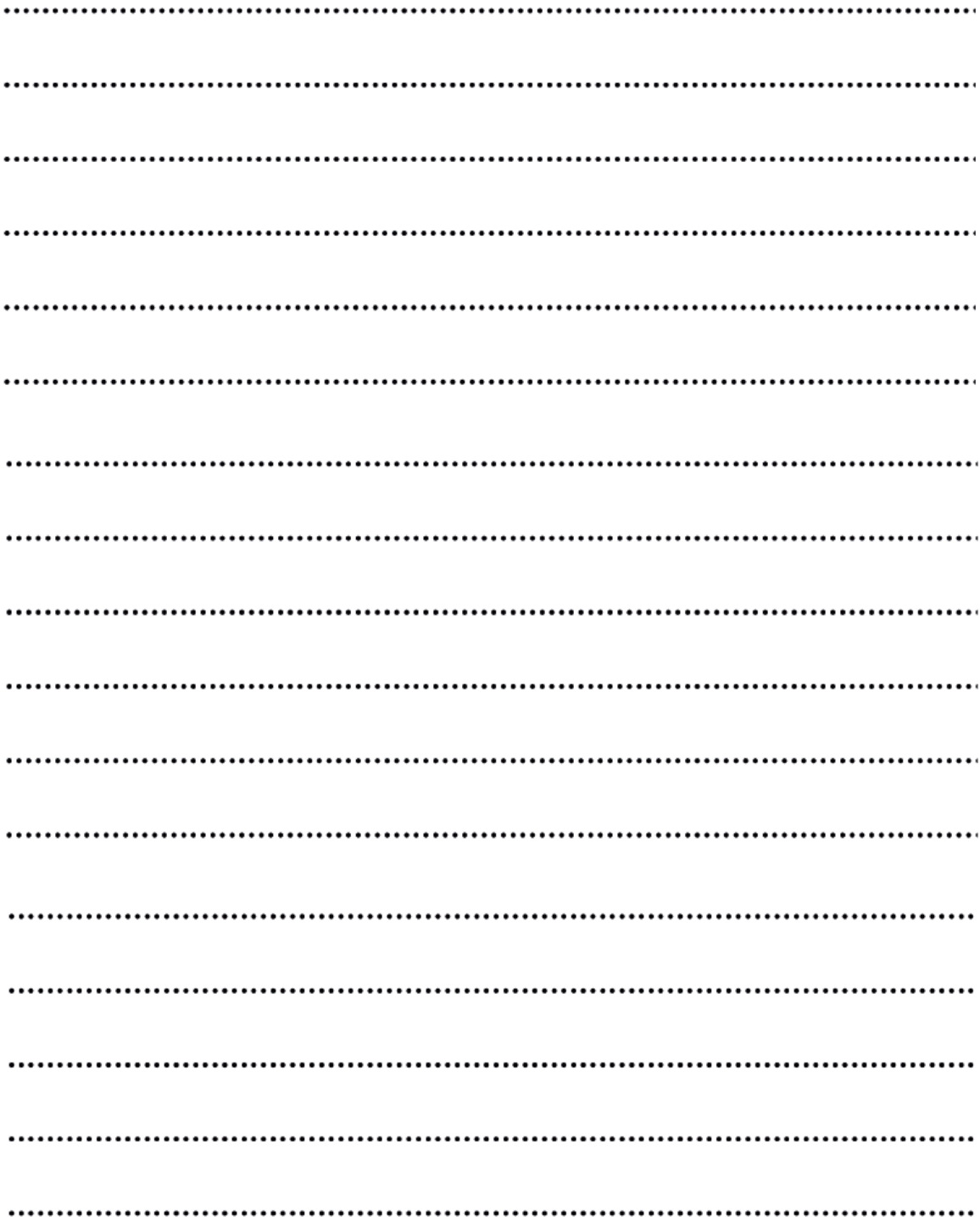
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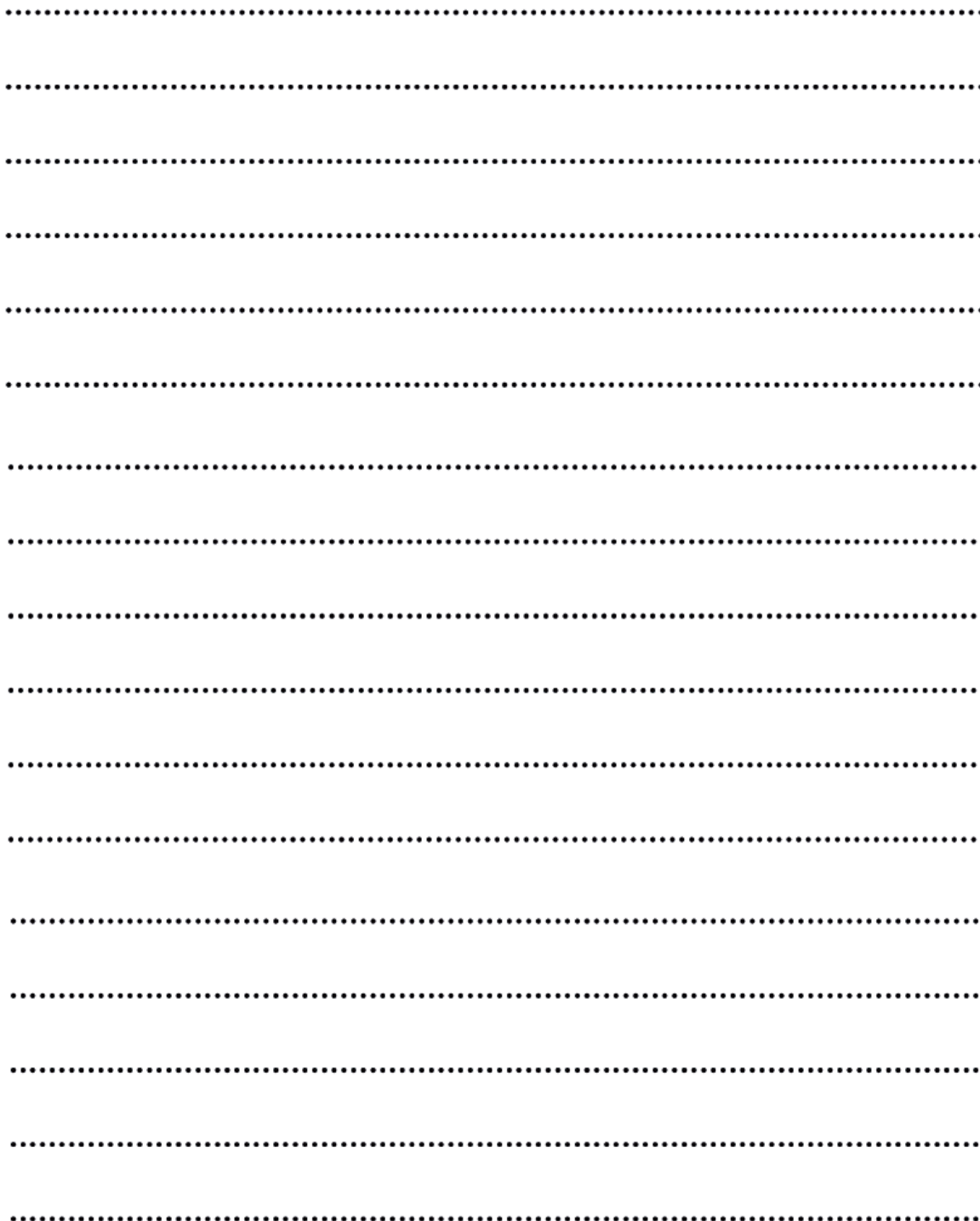
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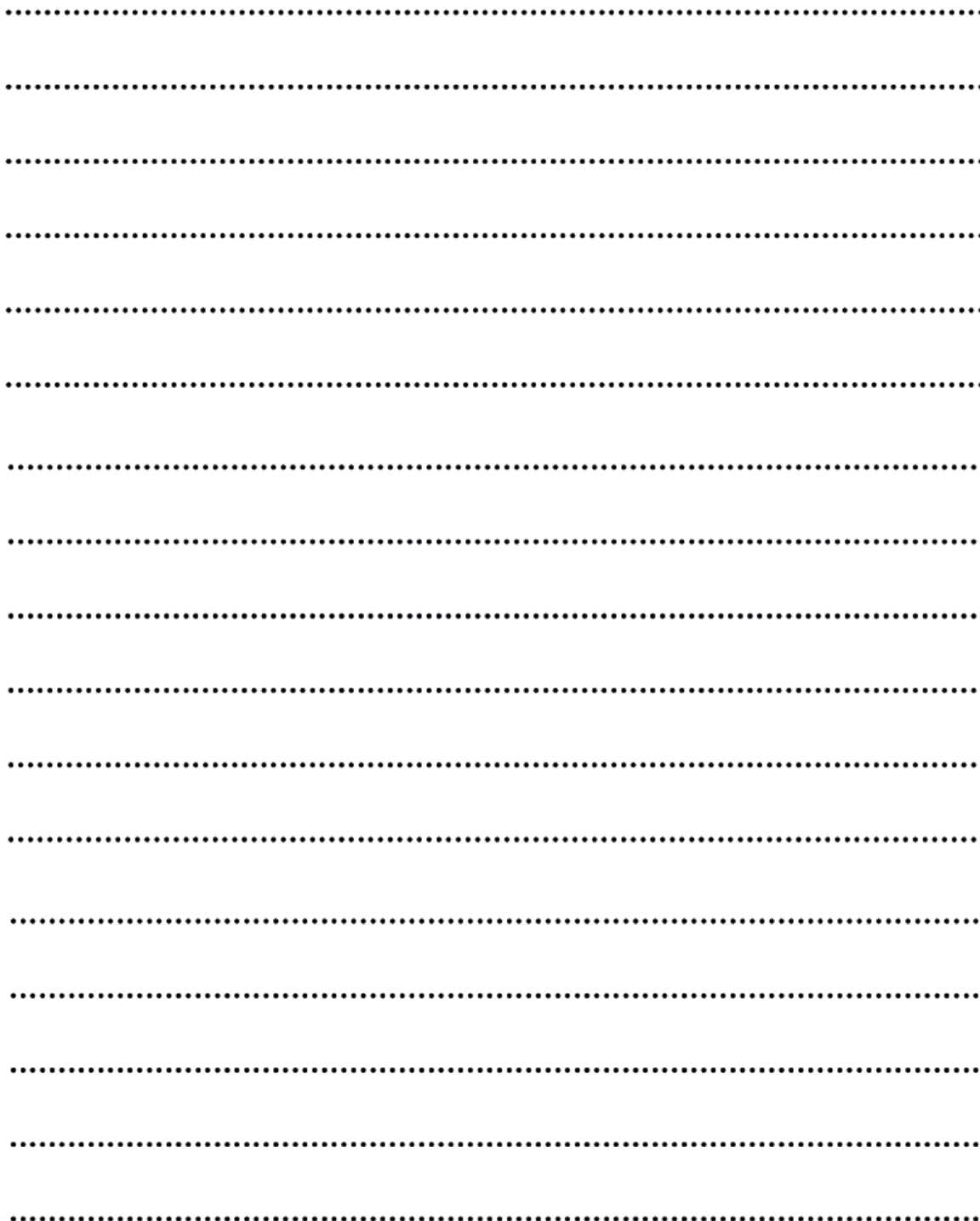
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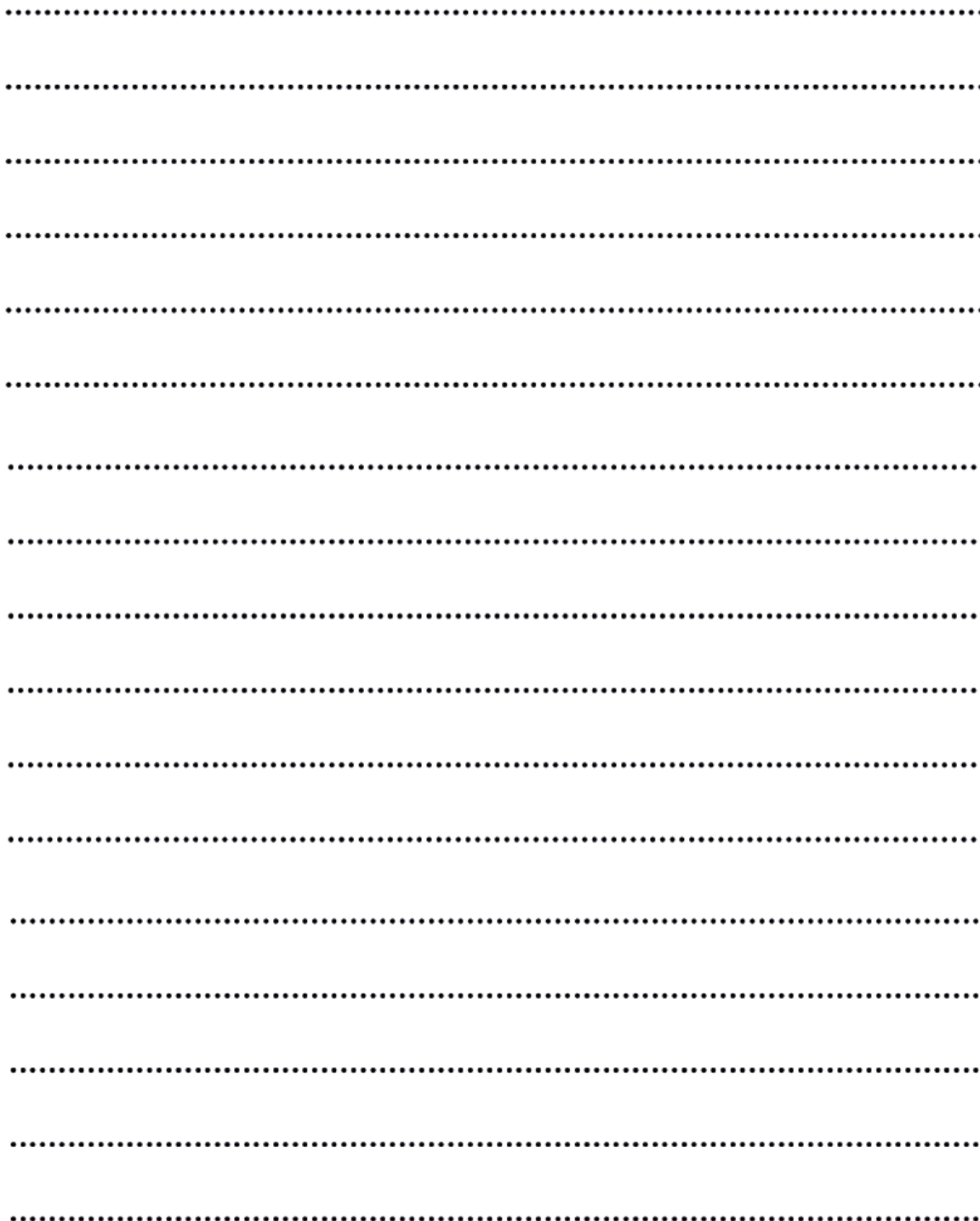
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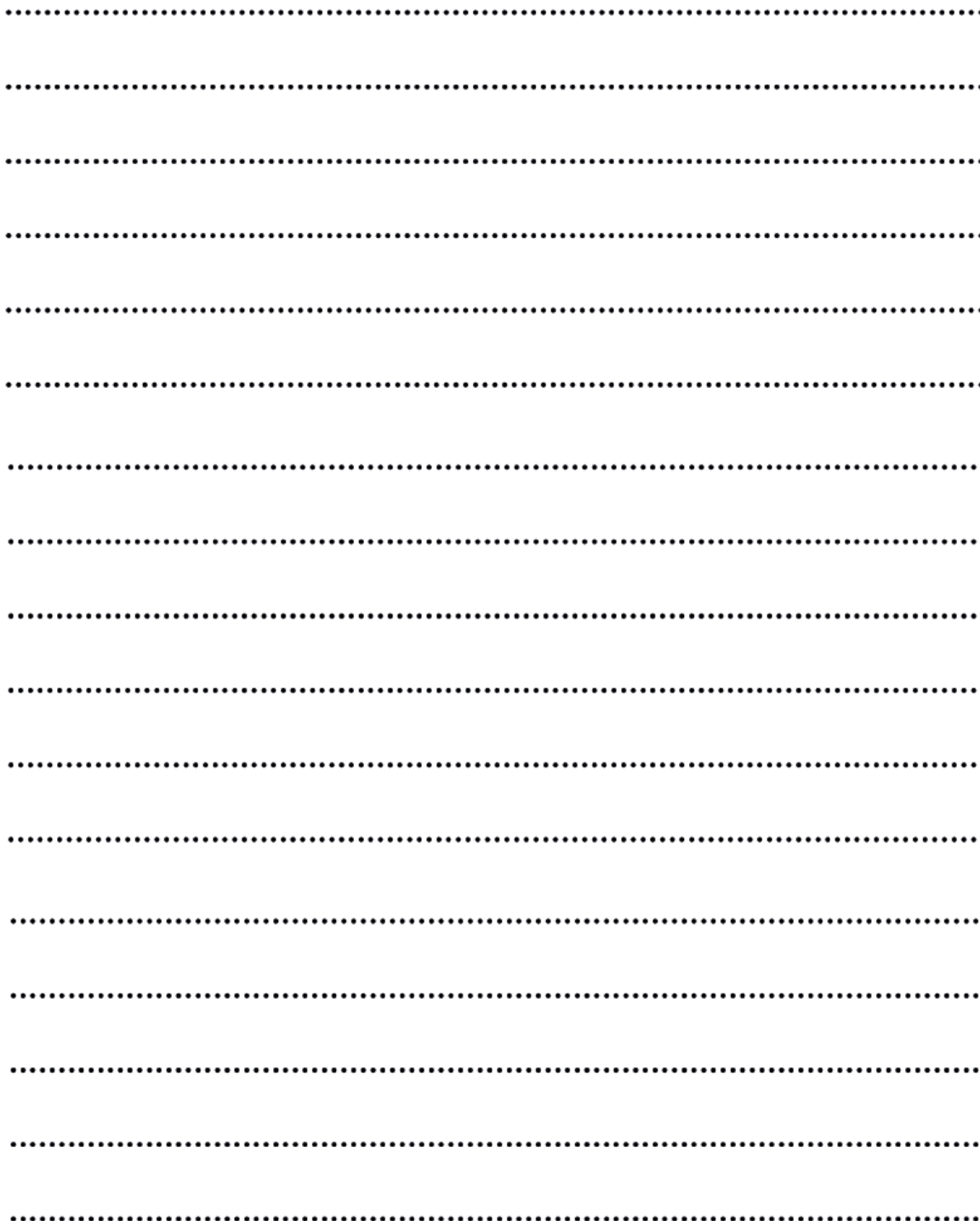
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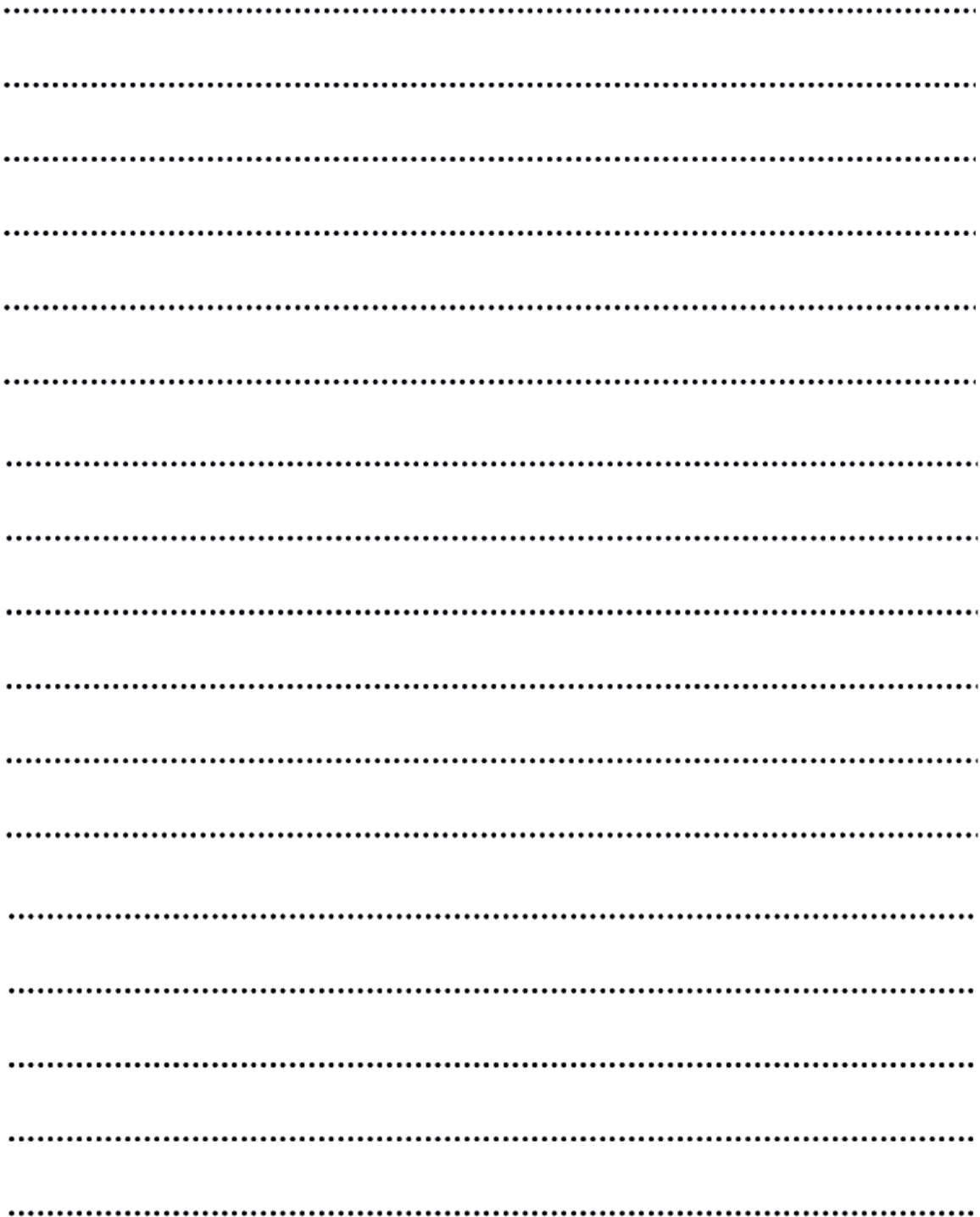
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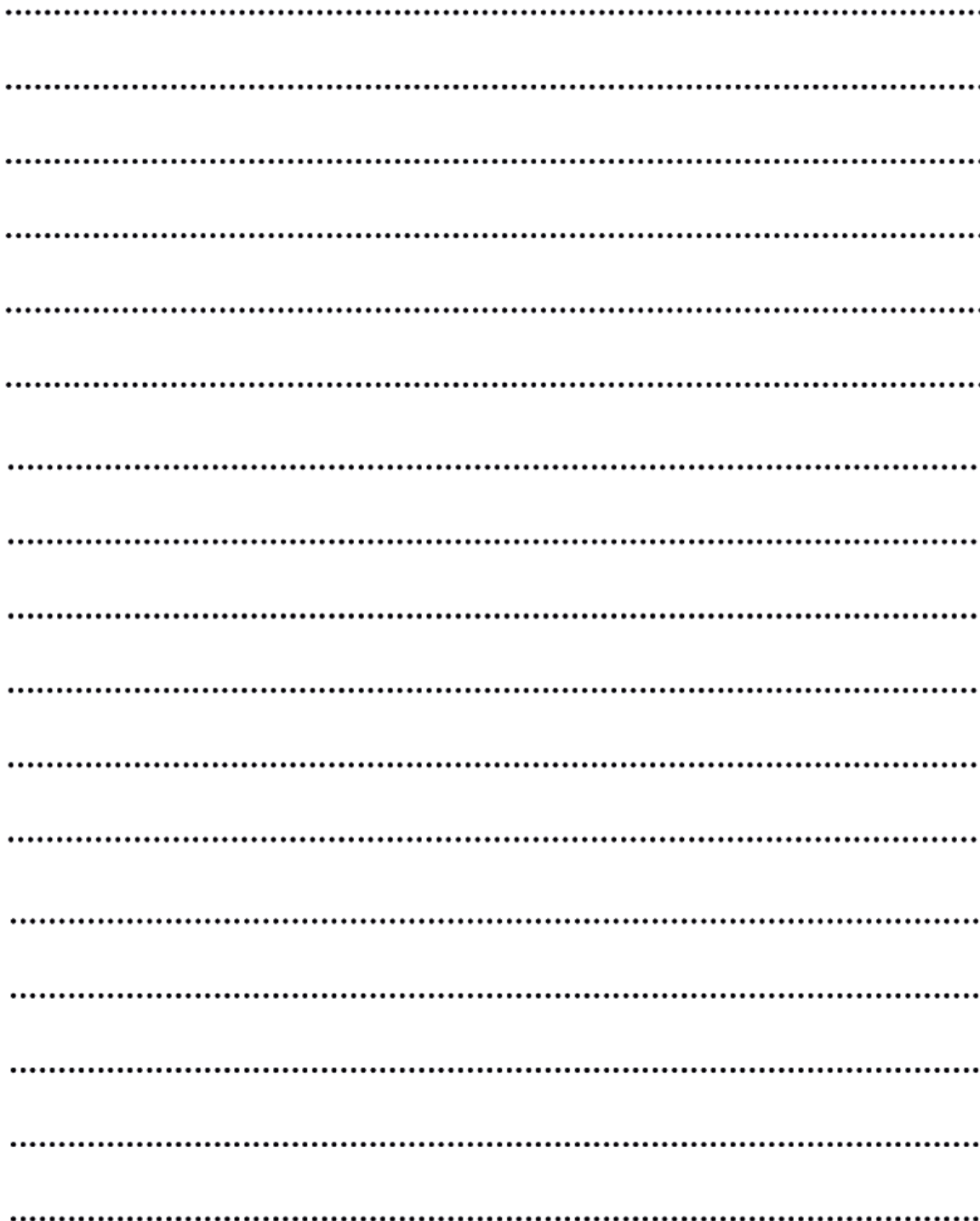
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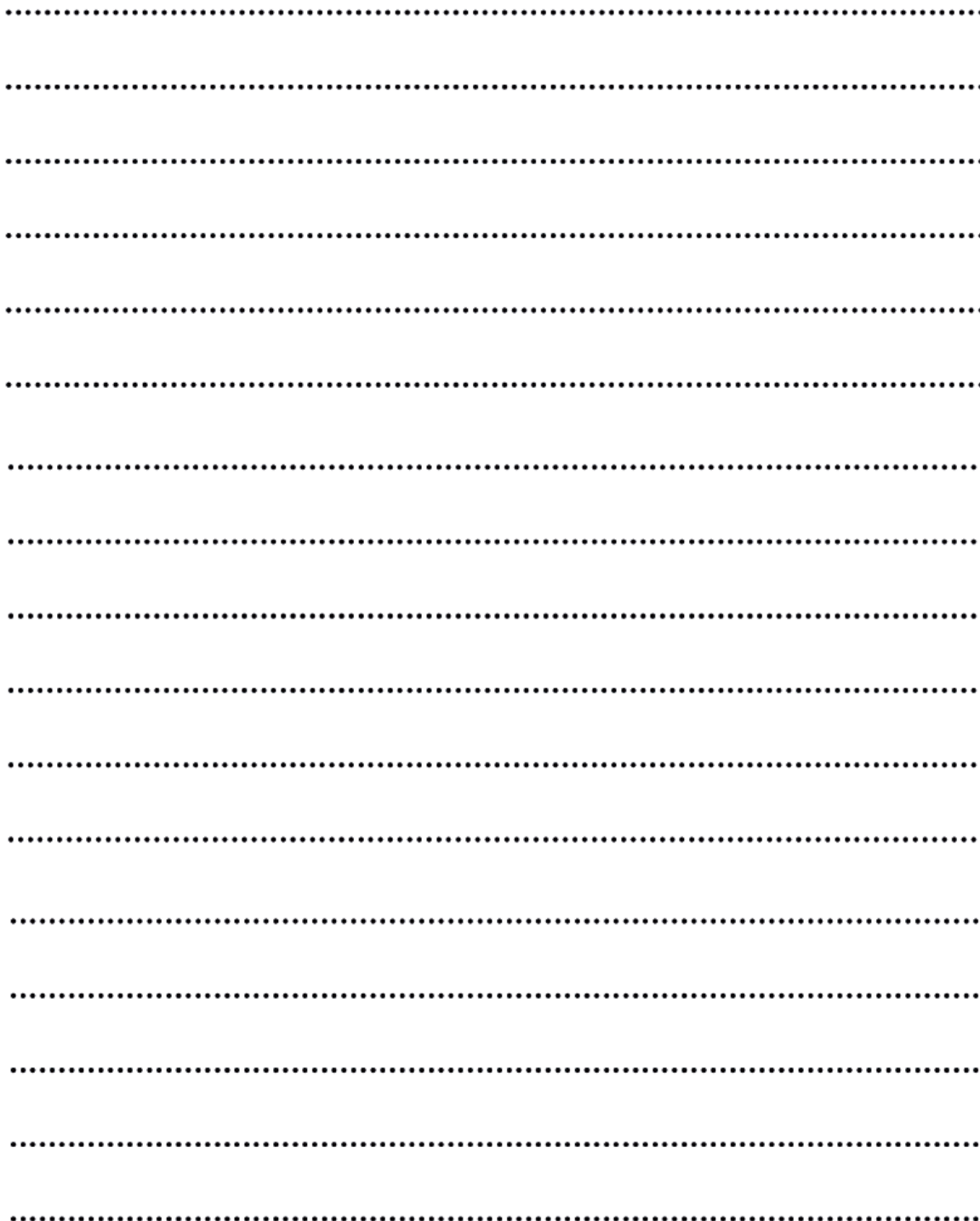
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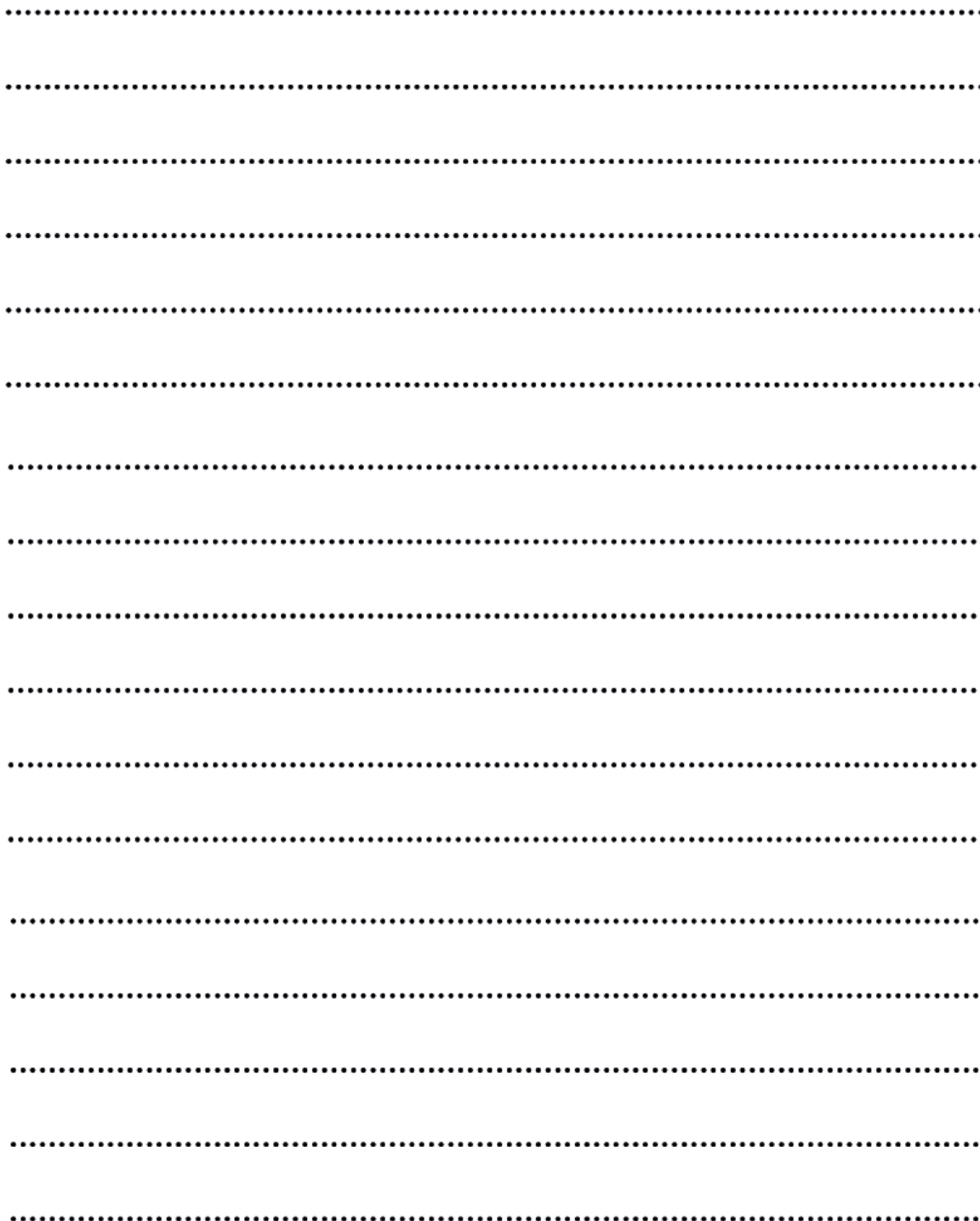
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## After Fasting

How did the fast go?

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Any unexpected occurrences (good or bad)? How did you handle them?

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Date \_\_\_\_\_

S M T W T H F S

**Before Fasting**

Why I'm Humbling Myself before the Lord in Fasting

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Specific Things on My Heart and Mind in Preparation for Fasting

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## Anticipated Struggles and How I will Proactively Address Them

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## How I will Fast Today

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## How I will Seek God Today

Ex. Bible Meditation, Prayer, Singing, Journaling, Quiet Reflection, Confession,  
Asking for Guidance and Clarity, etc.

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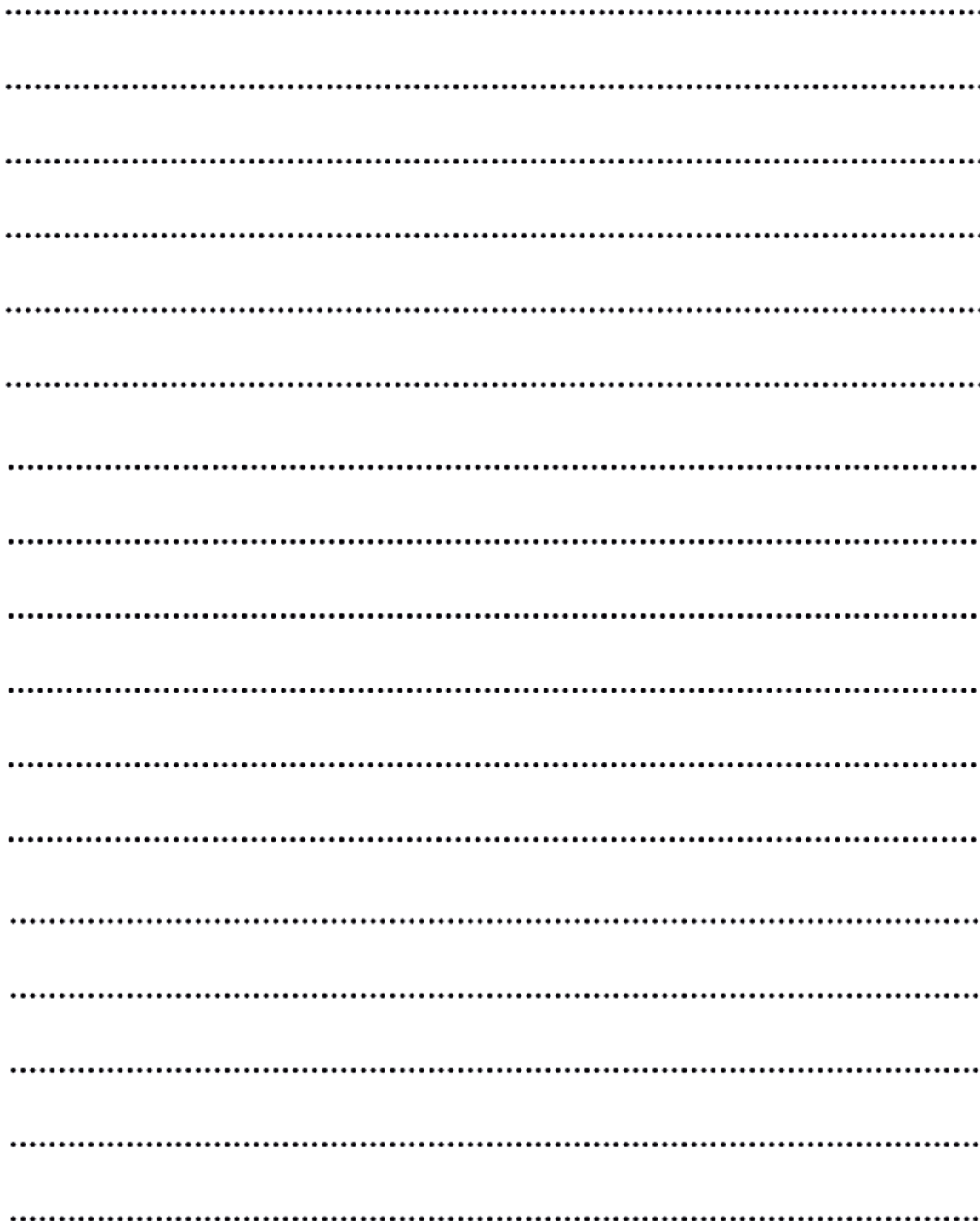
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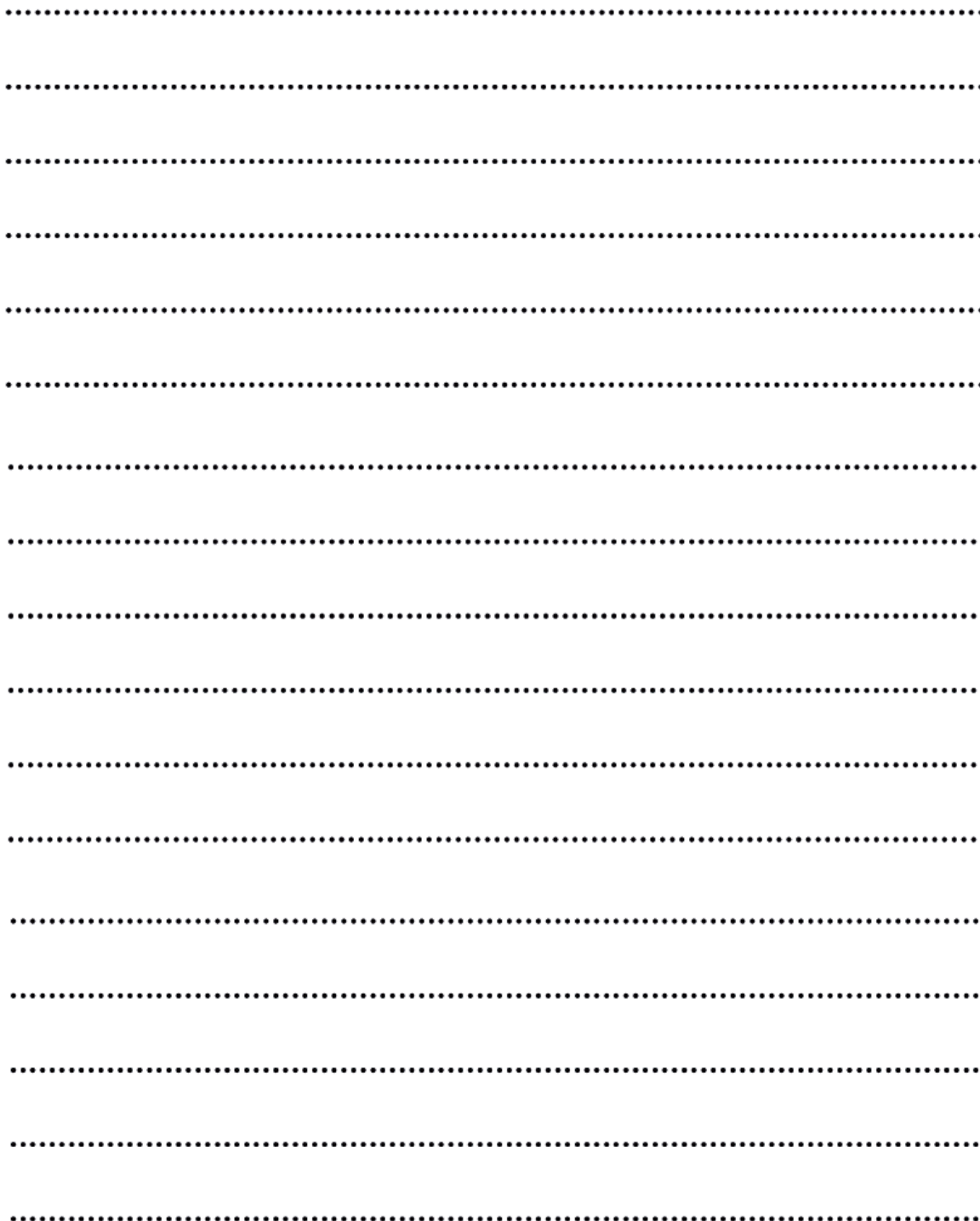
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