



**THE CHRISTIAN WOMAN'S
COMPLETE GUIDE TO**

Prayer & Fasting
JOURNAL KIT

BY CINDY FRASER
WOMEN'S BIBLE TEACHING

The Christian Woman's Complete Guide to Prayer and Fasting Journal Kit

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Scripture references are taken from the King James Version (KJV) and New American Standard Version (NASB) unless otherwise noted.

Cindy Fraser
Women's Bible Teaching
Deeper in God Bible Study
<https://womensbibleteaching.ca>

Email: cindy@WomensBibleTeaching.ca

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Welcome!

I'm so glad you are here, desiring to develop the discipline of prayer and fasting! I know you will see God move mightily in your life.

You may not see the results of your prayers immediately, but you can be certain that God will respond to your times of sincere fasting.

Our key verses on fasting are Isaiah 58:3-8 and 2 Chronicles 7:14.

In the Isaiah passage, the Israelites asked God why He didn't honour their fasting, and His response pointed to faults in their purpose and method.

2 Chronicles 7:14 is interesting because it has two parts. If His people, that's you and me, do certain things, He will respond accordingly.

If you haven't already, I hope you will take the time to read the 5-Part series on Prayer and Fasting on my blog. It will answer any questions you may have.

So, the purpose of ***The Christian Woman's Complete Prayer & Fasting Journal Kit*** is to help you fast and pray in a way that pleases God. It is designed to help you stay focused as you spend time in prayer and fasting.

This ***Complete Kit*** provides pages for recording your thoughts, writing out your prayers, and a host of other pages to help you stay the course during your fasting period.

Reprint as many pages as you need to complete your fast.

Blessings,
Cindy

Section One

Prepare Yourself

☐ Spend time with God, preparing your heart and motive for fasting.

☐ Acknowledge your sins and repent of them. Enter your fasting period with a clean heart before God 1 John 1:9.

☐ If you need to seek forgiveness from anyone, do so before your fast begins, Mark 11:25; Luke 11:4; 17:3,4.

☐ Spend time worshipping God.

Determine the Purpose of Your Fast

Your purpose for fasting may be a personal revival for yourself, or for someone else. You may be seeking God to move in your relationship(s) or in your church family.

The Bible mentions several different types of fasts as people sought God for answers.

☐ Determine why you are fasting to help keep you focused during your fast.

The Purpose of my fast is:

Determine The *Type* of Fast

☐ Please see the Appendix for the 10 **Types** of Fasting.

☐ Decide which of the 10 **Types** of Fasting you will do.

Decide the *Kind* of Fast

There are five **kinds** of fasts to choose from. Decide which one you will do.

1. Absolute Fast (no food or water)
2. Normal Fast (most common)
3. Juice Fast
4. Partial Fast (fruits and vegetables)
5. Rotational Fast (specific food consumed on a day-by-day rotation)

☐ Which fast is best for you?

I choose:

Determine the Length of Fast

☐ After careful consideration of my fasting experience, I have determined the length of my fast.

This fast will be

Prepare Your Body Before You Start

Reduce your food intake a few days before the start of your fast. If you are fasting one or two meals, you do not need to complete this part.

- ☐ Eat fruit and vegetables, no meat, and lower-sugar foods.
- ☐ Does not apply right now.
- ☐ Start drinking at least 6 8oz glasses of water per day if you are not in the habit of doing so already.

Day 3 Prior	Day 2 Prior	Day 1 Prior
Eliminate meat	Eliminate caffeine drinks (tea, coffee, soda pop, hot chocolate)	Eliminate sugar-laden food and juices. Natural sugar juices are fine.
Eat fruit & vegetables	Eat fruit & vegetables	Eat fruit & vegetables
Eat eggs	Eat yogurt, cottage cheese	Eat nuts, ie, almonds, or seeds, ie pumpkin seeds

Fasting Guidelines

1. Set a schedule for your day while you are fasting. Determine what you will do upon waking up, at noon and in the evening.
2. Based on the kind of fast you are undertaking, ie, Partial Fast or Juice Fast, plan ahead of time what you will eat so you don't inadvertently eat something outside of your commitment.
3. Carry on your normal days' activities. God will strengthen you as you fast and work.
4. As you prepare meals for your family, pray for strength so you don't nibble as you work.
5. If you are able, spend extra time in the evening in prayer concerning your reason for fasting.
6. Eliminate activities that will take your focus off of Jesus. You may consider that your cell phone is necessary. However, you can deactivate the apps or log out. Television, social media, and electronic games are all mindless activities that keep you away from your purpose.

Benefits of Fasting

There are several spiritual benefits:

1. Develop a closer relationship with God.
2. You will become more sensitive to God's voice.
3. Fasting helps break addictions.
4. You will discover your weaknesses and will learn to rely on God's strength.
5. Fasting will help support healthy emotions.
6. You will become more clear-minded.
7. You will sense His peace.
8. Your body will rest from food and grow stronger internally.

What Happens if You Break Your Commitment?

First, don't allow the enemy to condemn you for breaking your commitment to fast. This isn't a sin. It simply means you are human and mistakes happen.

If you slipped on Day 3, mealtime 3, then commit to continue your fast. Don't let the slip-up define your fast.

Secondly, remember that your time of fasting is to draw closer to God. You are not in competition with anyone. Keep spending time with God and carry on. You don't need to start over; keep going.

As you continue your fast, stay alert to times of temptation and plan how to divert them.

So, shake off any disappointment you may feel, and any guilt or discouragement that may be hounding you. Learn from this experience and carry on!

My Commitment to God

My Purpose:

The Kind of Fast:

In addition, I may also withhold:

The Type of Fast:

Start Date:

End Date:

Committment: *As God is my strength who gives me grace, I commit myself to this fast for the glory of God.*

Signed:

Date:

End Your Fast

Before you end your fast, pray one final time thanking God for the time spent seeking Him and drawing closer to Him. Thank Him for the answers He has given you during your prayer times as well as for the answers that are yet to come according to His will.

End your prayer time with praise and worship for Who He is!

As you end your fast, remember to reintroduce food to your stomach gradually. Follow the guidelines provided in the **Appendix**, under *End Your Fast*.

Finish Strong! What to Expect from God

You should have two main expectations from God after you have finished your fast.

1. Expect that God will answer your prayers!

As you entered this time of fasting and praying, you sought God to answer your prayers and petitions. When you humble yourself before God by denying yourself food, God sees your heart and longs to respond to your sincerity.

Your prayers may be answered right away, in the days to come, or, as you look back on your time of fasting, you may find that God answered every prayer you prayed. Remember that God is faithful and delights to answer the desires of your heart!

2. Direction to Proceed

You may be seeking God for directions to proceed in a specific area of your life: a new job, a new ministry opportunity, or even a new friendship. More than likely, during your time of fasting, God will answer you right away. You will have that sense that you know is from the Holy Spirit about what your next steps are.

When you sense the direction you should move in, take the steps you need to take.

Psalm 37:23-24

*The steps of a man are established by the Lord,
And He delights in his way.*

*When he falls, he will not be hurled headlong,
Because the Lord is the One who holds his hand.* NASB

Section Two

This section contains the journal pages for Prayer and Fasting. Reprint as many pages as you need for the duration of your fast.

Fasting Journal

Reminder on the Kind of Fast I'm Doing:

Morning Hours

What I Ate for Breakfast, if applicable:

Did I Eliminate Distractions? Which Ones?

How God responded:

My Morning Prayer:

Noon Hour

What I Ate for Lunch, if applicable:

Did I Eliminate Distractions? Which Ones?

How God responded:

My Noon Prayer:

Dinner Hour:

What I Ate for Dinner, if applicable:

Did I Eliminate Distractions? Which Ones?

How God responded:

My Dinner/Evening Prayer:

Prayer Journal

Today's Bible Passage:

This Verse speaks to me:

My thoughts about this verse:

The Scripture verse(s) I am praying back to God and my Prayer focus today:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Section Three

Appendix

What follows is a brief overview of each of the 10 fasts that God can use. These are listed in chronological order from Old Testament to New Testament.

There is one Scripture reference that is common to each of these fasts and that is Isaiah 58:6-8 which speaks of God's chosen fast. The elements of this passage are indicated below.

The Samuel Fast

Background: When the Ark of the Covenant was returned from captivity, Samuel led God's people in a fast to celebrate its return and to pray for Israel's deliverance from the sin that allowed the Ark to be captured in the first place.

Key Verse: 1 Samuel 7:6 *And they gathered together to Mizpeh, and drew water, and poured it out before the Lord, and fasted on that day, and said there, We have sinned against the Lord. And Samuel judged the children of Israel in Mizpeh.*

Purpose: Isaiah 58:6 is a verse about revival and soul-winning, about prayer to be used of God to deliver people out of spiritual darkness into God's kingdom. This fast is to recognize and acknowledge your bondage to sin, pray for God's presence among His people, and to ensure God's leaders are in place.

The Ezra Fast

Background: King Artaxerxes, king of Persia, had given Ezra, the priest, permission to rebuild their city, Jerusalem. Despite having permission from King Artaxerxes, Israel's enemies opposed them. Ezra had already proclaimed to the king that the God of Israel would protect them so when his enemies came against them, the only thing Ezra could do was proclaim a fast for God's direction and protection.

Key Verse: Ezra 8:23 *So we fasted and besought our God for this: and he was intreated of us.*

Purpose: Isaiah 58:6 *...to undo the heavy burdens...* A fast for problem-solving and to lift the load and barrier that keeps us from walking joyfully with the Lord.

The Widow's Fast

Background: Elijah was sent by God to a poor, starving widow so she could provide food for Elijah. How ironic! Her obedience resulted in food for her survival as well as Elijah's.

Key Verse: 1 Kings 17:16 *And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the Lord, which he spake by Elijah.*

Purpose: Isaiah 58:7 *Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house?* This fast is to meet the needs of others in caring for them physically with food, clothing, and housing.

The Elijah Fast

Background: When Elijah fled to escape from queen Jezebel's threat to kill him, he deliberately went without food as he sought the LORD to take his life rather than let Jezebel kill him. After he spent the night under the juniper tree, an angel touched him saying, arise and eat. Twice the angel provided a cake and water for Elijah. This food was the sustenance he needed for the journey ahead.

Key Verse: 1 Kings 19:4,8 But he himself went a day's journey into the wilderness...he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights...

Purpose: Isaiah 58:6 ...ye break every yoke. This fast is to break the chains of emotional problems that seek to control our lives and returning control to God.

The Esther Fast

Background: Jewess Queen Esther risked her life in appearing before the pagan king Ahasuerus (Xerxes) of Persia. Her people were threatened with destruction by the king though he didn't know she was also Jewish. Prior to her appearance before the king, she and her attendants along with her cousin Mordecai and all the Jews present in Shushan fasted three days and nights before God for His protection.

Key Verse: Esther 4:16; 5:2 *...gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: ...she obtained favour in his sight...*

Purpose: Isaiah 58:8 *the glory of the Lord shall be thy reward.* For God to show His glory as He delivers His children from the evil one.

The Daniel Fast

Background: Daniel and his three friends were held captives in Babylon and instructed to eat the pagan food of the king. Daniel requested that the four of them be allowed to eat only vegetables and water for ten days to see if they be more alert and with wisdom and understanding than those who ate the king's rich food.

Key Verse: Daniel 1:8 *Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank...*

Purpose of Fasting: Isaiah 58:8 *...thine health shall spring forth...* To gain a healthier life or for healing. To seek God's direction, purpose, and vision.

The Disciple's Fast

Background: The disciples had attempted to cast out a demon from a young boy but were unable to. Jesus said that this kind comes out by prayer and fasting. While many times we can cast out demons without prior fasting, there are times when demons are more resistant to leaving and thus the need to spend time fasting will result in successfully casting out demons.

Key Verse: Matthew 17:21 *this kind goeth not out but by prayer and fasting.*

Purpose of Fasting: Isaiah 58:6 *...to loose the bands of wickedness...* The bands of wickedness can refer to sin, addictions, bondage, guilt, wrongdoing, violence, acquisition of wealth through wicked means, deceit, fraud. This fast is to free ourselves and others from all wickedness.

The John the Baptist Fast

Background: John the Baptist, the cousin of Jesus, was called by God to take on the Nazarite vow from his birth. He was to have neither wine nor strong drink. This lifestyle set John apart for his mission of being the forerunner of Jesus.

Key Verse: Luke 1:15 *For he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink; and he shall be filled with the Holy Ghost, even from his mother's womb.*

Purpose of Fasting: Isaiah 58:8 *...thy righteousness shall go before thee... For our witness and testimony to influence others as we share the Gospel of Jesus Christ.*

The Saint Paul Fast

Background: When Saul of Tarsus met Jesus Christ on the road to Damascus, he was struck blind as he was on his way to persecute Christians in Damascus. Jesus could not allow Saul's plan to continue and therefore stopped him from carrying them out.

While Saul was blind and had no clue what was going to happen to him, his thoughts about Jesus changed. He went without food for three days as he prayed for direction and purpose. After his eyesight was restored, his life took a whole new direction as he sought to serve Jesus Christ.

Key Verse: Acts 9:9 *And he was three days without sight, and neither did eat nor drink.*

Purpose of Fasting: Isaiah 58:8 *Then shall thy light break forth as the morning...* To allow for a clear perspective and direction for crucial decisions.

The Jesus Fast

Background: After Jesus was baptized by John the Baptist in the Jordan River, Jesus was led by the Holy Spirit into the desert for 40 days and nights as he was tempted by the devil. Jesus overcame the devil's temptations through the Word of God, *It is written*, as He refuted Satan's temptations.

Key Verse: Matthew 4:2 *And when he had fasted forty days and forty nights, he was afterward an hungered.*

Purpose of Fasting: Matthew 4:1-2; 11 *...behold, angels came and ministered unto him.* For spiritual power and victory over temptation, the flesh, and the devil.

End Your Fast

These suggestions are from Dr. Bill Bright, *21 Days of Prayer & Fasting*:

End a water or juice fast:

- *Break an extended water fast with fruit such as watermelon.*
- *While continuing to drink fruit or vegetable juices, add the following on the days after your fast:*
 - ✓ *First day: Add a raw salad.*
 - ✓ *Second day: Add a baked or boiled potato, no butter or seasoning.*
 - ✓ *Third day: Add a steamed vegetable.*
 - ✓ *Thereafter: Begin to reintroduce your normal diet.*
- *Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.*

If you chose a **Partial Fast**, you will still want to gradually re-introduce food carefully.

Dr. Jordan Rubin, of *The Maker's Diet Revolution*, suggests:

On the last day of your Fast,

- *5:00 pm: drink 8 - 16 ounces of vegetable juice*
- *5:30 pm: eat a leafy green salad with vegetables, balsamic vinegar*
- *6:00 pm: eat steamed or baked wild fish such as salmon*
- *8:00 pm: drink a smoothie*

About the Author



Cindy Fraser, blogger and writer for Women's Bible Teaching, was called by God in the early 80s to teach His Word. She is a serious student of the Word, focusing on the Inductive Bible Study Method since 2007. She is passionate about teaching women how to study the Bible to gain a deeper understanding. In addition, she desires that women develop an intense yearning to draw closer to God through reading and writing the Bible.

Cindy has taught hundreds of women in her private online Bible Study Group and in a home study group, and they express joy as they grow deeper in their spiritual walk. She has also written several Bible study guides, which she makes available to readers as free PDF files.

Cindy and her husband, Kevin, live in southern British Columbia, where they enjoy exploring the highways, cities and towns of their beautiful province.