



EPISODE 2

ANSWER KEY

Fasting is not about **perfection**, it's about **enduring**.

“The leading cause of failure is **mismanaged success**. The leading cause of success is well-**managed failure**.” ~ Dr. Mark Batterson

The fasts we see in scripture are from **food**.

Step 1: Start with your **Bible open** and **keep it open**.

The simplest way to say, “Speak, Lord, your servant is listening,” is to **open your Bible**.

If you don't already have a “why,” go back to the **last scripture** that intrigued you. Go to the **last sermon** you heard that moved you. Lean into a **character** of the Bible that you identify with. Partner with a **friend** who is really challenged in the Word by something. Lean into the scriptures that your **church** is aligning the fast on. Research a **challenge** you are going through in life, and find the scripture that responds to that **challenge**.

Open your Bible with an **expectation** and a **hope** that God is going to do something powerful.

Step 2: Get a **Vision** - Develop a **Why**

You must have a **focus** for your fast.

“All you have to do is win more **today** than you did **yesterday** and repeat the whole thing **tomorrow**.” ~ Jon Acuff, Author of *Finish*

“Working hard for something we don't care about is called **stress**. Working hard for something we love is called **passion**.” ~ Simon Sinek, Author of *Start With Why*



Step 3: Get a **team** - Rally **community** around you

Fasting is not meant to be always a **private thing** that no one knows about. Fasting is an opportunity to **bind** people together in **community**.

Generally, when I fast, I always involve **key people**. Remember Esther? She said, “Fast ye **for me**.”

Step 4: Do **Pre-Work**

You can **gain momentum** in your fast if you are **creating confidence** before you start the fast. You can quickly **derail** your fast if you don't do the necessary **work** ahead of time to prepare yourself to fast.

Step 5: Start **Small**

Just like anything in our faith journey, fasting is something we must **grow into**.

Step 6: Work **the Plan**

When you fast, you are removing something from your life that is **essential** in some way. If it's not, it's not **worth** fasting from.

Step 7: **Finish** and **Recover**

You must give your **soul** and **spirit** an opportunity to **set**. Discover how you can **reflect** on what you've **learned** and **experienced**.