



Set a time.

- If I don't schedule my fast, it's not going to happen.
- I need to pick one meal to fast this week. (Note: If I never eat breakfast, I shouldn't pick breakfast. The same goes for other meal times also.)

Lose the excuses.

- When I decide to fast, or practice most spiritual disciplines, a host of reasons will come to mind why I can't or shouldn't.
- I need to step up, exercise self-control, and lose the excuses.

Outline a plan.

- Will I walk and pray?
- Will I drive and pray?
- Where will I go so that I'm not around food and tempted to eat?
- When do I normally eat before this meal? I will not gorge myself so I can make it through the meal I'm skipping. I will pray for strength but expect to feel hungry.
- When do I normally eat after this meal? I will not "make up" for what I missed as soon as this meal time is over. I will pray for strength but expect to feel hungry.
- *"Although the physical discomfort is unpleasant—perhaps even painful—it is important to feel some degree of hunger during your fast. Your hunger helps you, serving as a continual reminder of your spiritual purpose."* (Donald Whitney)

Welcome the inconvenience.

- When I decide to fast, I will likely feel hungrier at that time than I usually do.
- Spiritual disciplines are a form of spiritual warfare and when I decide to step onto the battlefield, my weak and sinful human nature, as well as the enemy of my soul, will spring into action to distract me and keep me on the sidelines.
- I will let my weakness remind me of the Apostle Paul's words to the Corinthian church: *When I am weak, then I am strong* (2 Cor. 12:10, NLT).