

SCAN FOR MORE DETAILS



2024

FAST JOURNAL

PURSUING KINGDOM POSSIBILITIES

New Bethel Baptist Church | newbetheldc.org | info@newbetheldc.org

2024

PURSuing KINGDOM POSSIBILITIES



2024

FAST JOURNAL

PURSUING KINGDOM POSSIBILITIES

WHAT IS FASTING?

Fasting is a discipline of abstaining from something good, like food, so we can concentrate on our spiritual lives and find satisfaction in God. Fasting is all about a desire for God.

WHY SHOULD I FAST?

The main benefits of fasting are internal. Fasting is good for your spirit. When you fast, you are making a conscious decision to seek God. Hunger reminds you there is something more satisfying than food and points you to God. You might want to fast for a specific request or breakthrough. You might be pursuing God in a specific way. Or, fasting might be something you do regularly to connect with God.

2024 FAST JOURNAL

PURSuing KINGDOM POSSIBILITIES

HOW DO I FAST?

There are many ways to fast. You can customize your fast however you want. If you're not used to fasting, begin with a less intense fast to train your body and spirit. Here are some examples of fasts you could consider:



TOTAL FAST: In this fast, you only drink liquids. You can choose which liquids you'll allow, but it's always important to drink plenty of water.

PARTIAL FAST: A partial fast involves abstaining from eating any type of food for a period of the day. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown. You choose what/when you will eat. For example, you could choose to fast during the day for multiple days in a row.

DANIEL FAST: Based on how Daniel fasted, this fast remove meat, processed sugar, caffeine, dairy, alcohol, and bread from your diet. You drink water and eat only fruits, nuts, seeds, legumes, and vegetables.

SOUL FAST: You might consider a soul fast as an alternative or in addition to a food fast. In a soul fast, you abstain completely from certain activities in your life that are out of balance such as television, music, types of spending or social media. A soul fast is an excellent option if you have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance.

WEEK 1: HEARING GOD CLEARLY

DAY 1

Read Isaiah 30:21

And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.

REFLECT

- Identify a scripture that will help you identify God's voice more clearly in 2024.
- What habit or behavior change might help me hear God clearly?
- What is my plan for regularly making space for God in 2024?
- I hear God clearly when I _____.

WEEK 1: HEARING GOD CLEARLY

DAY 2

Read Jeremiah 33:3

***Call to me and I will answer
you, and will tell
you great and hidden things
that you have not known.***

REFLECT

- Identify a scripture that will help you identify God's voice more clearly in 2024.
- What habit or behavior change might help me hear God clearly?
- What is my plan for regularly making space for God in 2024?
- I hear God clearly when I _____.

This image shows a full page of white paper with horizontal blue ruling lines. There are 21 lines in total, spaced evenly down the page. In the bottom right corner, there is a logo for 'New Bethel Baptist Church'. The logo consists of a stylized black outline of a church building with three main vertical sections of varying heights. Below this graphic, the words 'NEW BETHEL' are written in a bold, sans-serif font, and 'BAPTIST CHURCH' is written below it in a smaller, all-caps, sans-serif font.

WEEK 1: HEARING GOD CLEARLY

DAY 3

Read Psalm 85:8

***Let me hear what God the
Lord will speak,
for he will speak peace to
his people, to his saints;
but let them not turn back
to folly.***

REFLECT

- Identify a scripture that will help you identify God's voice more clearly in 2024.
- What habit or behavior change might help me hear God clearly?
- What is my plan for regularly making space for God in 2024?
- I hear God clearly when I _____.

WEEK 1: HEARING GOD CLEARLY

DAY 4

Read Mark 4:24

And he said to them, “Pay attention to what you hear: with the measure you use, it will be measured to you, and still more will be added to you.

REFLECT

- Identify a scripture that will help you identify God's voice more clearly in 2024.
- What habit or behavior change might help me hear God clearly?
- What is my plan for regularly making space for God in 2024?
- I hear God clearly when I _____.

[illegible]

***My sheep hear my voice,
and I know them, and they
follow me.***

Read John 10:27

- Identify a scripture that will help you identify God's voice more clearly in 2024.
- What habit or behavior change might help me hear God clearly?
- What is my plan for regularly making space for God in 2024?
- I hear God clearly when I _____.

This image shows a blank 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.

WEEK 1: HEARING GOD CLEARLY

DAY 6

Read Hebrews 2:1

Therefore, we must pay much closer attention to what we have heard, lest we drift away from it.

REFLECT

- Identify a scripture that will help you identify God's voice more clearly in 2024.
- What habit or behavior change might help me hear God clearly?
- What is my plan for regularly making space for God in 2024?
- I hear God clearly when I _____.

[illegible]

WEEK 1: HEARING GOD CLEARLY

DAY 7

Read James 1:19

***Know this, my beloved
brothers: let every person
be quick to hear, slow to
speak, slow to anger***

REFLECT

- Identify a scripture that will help you identify God's voice more clearly in 2024.
- What habit or behavior change might help me hear God clearly?
- What is my plan for regularly making space for God in 2024?
- I hear God clearly when I _____.

This image shows a full page of white paper with horizontal blue ruling lines. In the bottom-left corner, there is a logo consisting of a stylized building icon above the text "NEW BETHEL BAPTIST CHURCH".

WEEK 2: TRUSTING GOD COMPLETELY

DAY 1

Read Psalm 56:3-4

When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

REFLECT

- In what ways did God unexpectedly show up for me in 2023?
- What have I experienced in my life that might keep me from fully trusting God?
- What scriptures inspire me to trust God more?
- What am I trusting God for in 2024?

[illegible]

WEEK 2: TRUSTING GOD COMPLETELY

DAY 2

Read Proverbs 11:28

Whoever trusts in his riches will fall, but the righteous will flourish like a green leaf.

REFLECT

- In what ways did God unexpectedly show up for me in 2023?
- What have I experienced in my life that might keep me from fully trusting God?
- What scriptures inspire me to trust God more?
- What am I trusting God for in 2024?

WEEK 2: TRUSTING GOD COMPLETELY

DAY 3

Read Proverbs 3:5–6

Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

REFLECT

- In what ways did God unexpectedly show up for me in 2023?
- What have I experienced in my life that might keep me from fully trusting God?
- What scriptures inspire me to trust God more?
- What am I trusting God for in 2024?

This image shows a full-page view of a blank sheet of white paper with horizontal ruling lines. The lines are thin, black, and evenly spaced, running horizontally across the entire width of the page. There are approximately 20 lines visible. In the bottom right corner, there is a logo for "NEW BETHEL BAPTIST CHURCH". The logo consists of a stylized graphic of three vertical bars of increasing height, resembling a modern church building or a staircase, positioned above the text "NEW BETHEL" in a bold, sans-serif font. Below "NEW BETHEL" is the text "BAPTIST CHURCH" in a smaller, all-caps, sans-serif font.

WEEK 2: TRUSTING GOD COMPLETELY

DAY 4

Read Daniel 6:23

Then the king was exceedingly glad, and commanded that Daniel be taken up out of the den. So Daniel was taken up out of the den, and no kind of harm was found on him, because he had trusted in his God.

REFLECT

- In what ways did God unexpectedly show up for me in 2023?
- What have I experienced in my life that might keep me from fully trusting God?
- What scriptures inspire me to trust God more?
- What am I trusting God for in 2024?

WEEK 2: TRUSTING GOD COMPLETELY

DAY 5

Read Isaiah 26:3-4

***You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you. Trust
in the Lord forever, for the Lord
God is an everlasting rock.***

REFLECT

- In what ways did God unexpectedly show up for me in 2023?
- What have I experienced in my life that might keep me from fully trusting God?
- What scriptures inspire me to trust God more?
- What am I trusting God for in 2024?

[illegible]

Commit your way to the Lord; trust in him, and he will act.

Read Psalm 37:5

- In what ways did God unexpectedly show up for me in 2023?
- What have I experienced in my life that might keep me from fully trusting God?
- What scriptures inspire me to trust God more?
- What am I trusting God for in 2024?

[illegible]

WEEK 2: TRUSTING GOD COMPLETELY

DAY 7

Read Matthew 6:25

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

REFLECT

- In what ways did God unexpectedly show up for me in 2023?
- What have I experienced in my life that might keep me from fully trusting God?
- What scriptures inspire me to trust God more?
- What am I trusting God for in 2024?

[illegible]

WEEK 3: FOLLOWING GOD UNCONDITIONALLY

DAY 1

Read John 14:21

“Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.”

REFLECT

- How consistent am I in seeking God when I make decisions?
- How does discomfort impact my willingness to follow God unconditionally?
- How can I allow others to experience Jesus through me?
- What limitations have I intentionally or unintentionally placed on the activity of the Holy Spirit in my life?

WEEK 3: FOLLOWING GOD UNCONDITIONALLY

DAY 2

Read Jeremiah 29:11

***For I know the plans I have
for you, declares the Lord,
plans for welfare and not
for evil, to give you a future
and a hope.***

REFLECT

- How consistent am I in seeking God when I make decisions?
- How does discomfort impact my willingness to follow God unconditionally?
- How can I allow others to experience Jesus through me?
- What limitations have I intentionally or unintentionally placed on the activity of the Holy Spirit in my life?

This image shows a full-page view of a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run from left to right. In the bottom right corner, there is a logo for "NEW BETHEL BAPTIST CHURCH". The logo consists of a stylized graphic of three vertical bars of increasing height, resembling a modern church building or a staircase, positioned above the text "NEW BETHEL" in a bold, sans-serif font. Below "NEW BETHEL" is the words "BAPTIST CHURCH" in a smaller, all-caps, sans-serif font.

WEEK 3: FOLLOWING GOD UNCONDITIONALLY

DAY 3

Read Psalm 20:1-4

Read Psalm 20:1-4

***May the Lord answer you in the day of
trouble! May the name of the God of Jacob
protect you! May he send you help from the
sanctuary and give you support from Zion!
May he remember all your offerings and
regard with favor your burnt sacrifices!
Selah. May he grant you your heart's desire
and fulfill all your plans!***

REFLECT

- How consistent am I in seeking God when I make decisions?
- How does discomfort impact my willingness to follow God unconditionally?
- How can I allow others to experience Jesus through me?
- What limitations have I intentionally or unintentionally placed on the activity of the Holy Spirit in my life?

This image shows a full page of white paper with horizontal blue ruling lines. In the bottom-left corner, there is a logo consisting of a stylized building icon above the text "NEW BETHEL BAPTIST CHURCH".

WEEK 3: FOLLOWING GOD UNCONDITIONALLY

DAY 4

Read Ephesians 2:10

Read Ephesians 2:10

***For we are his workman-
ship, created in Christ Jesus
for good works, which God
prepared beforehand, that
we should walk in them.***

REFLECT

- How consistent am I in seeking God when I make decisions?
- How does discomfort impact my willingness to follow God unconditionally?
- How can I allow others to experience Jesus through me?
- What limitations have I intentionally or unintentionally placed on the activity of the Holy Spirit in my life?

[illegible]

***And he said to them,
“Follow me, and I will make
you fishers of men.”***

Read Matthew 4:19

- How consistent am I in seeking God when I make decisions?
- How does discomfort impact my willingness to follow God unconditionally?
- How can I allow others to experience Jesus through me?
- What limitations have I intentionally or unintentionally placed on the activity of the Holy Spirit in my life?

This image shows a blank 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.

WEEK 3: FOLLOWING GOD UNCONDITIONALLY

DAY 6

Read Luke 1:27

To a virgin betrothed to a man whose name was Joseph, of the house of David. And the virgin's name was Mary.

REFLECT

- How consistent am I in seeking God when I make decisions?
- How does discomfort impact my willingness to follow God unconditionally?
- How can I allow others to experience Jesus through me?
- What limitations have I intentionally or unintentionally placed on the activity of the Holy Spirit in my life?

[illegible]

WEEK 3: FOLLOWING GOD UNCONDITIONALLY

DAY 7

Read Mark 9:23

Read Mark 9:23

***And Jesus said to him,
“If you can’t! All things
are possible for one who
believes.”***

REFLECT

- How consistent am I in seeking God when I make decisions?
- How does discomfort impact my willingness to follow God unconditionally?
- How can I allow others to experience Jesus through me?
- What limitations have I intentionally or unintentionally placed on the activity of the Holy Spirit in my life?

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



2024

FAST JOURNAL

PURSuing KINGDOM POSSIBILITIES