

FASTING, SILENCE & SOLITUDE

DATE: _____

WHAT IS FASTING? From a purely Biblical perspective, fasting is abstinence from food. However, in a much broader sense, fasting is when a person abstains from or denies himself the enjoyment of something for spiritual purposes. The discipline, motives and purposes are to be God-centered. Without a purpose, fasting can be a miserable self-centered experience.

WHAT IS SILENCE & SOLITUDE? Silence and solitude is the discipline of removing oneself to a quiet place, free from distraction, so that certain spiritual goals might be sought.

Use this handout as a way to help you develop the discipline of fasting, silence & solitude by writing down concrete thoughts that will serve as a starting point for you.

I AM FASTING FROM: _____

THE DURATION OF MY FAST WILL BE: _____

THE REASON I'M FASTING IS: _____

BIBLE VERSE: _____

MY TIME OF SILENCE & SOLITUDE WILL LAST: _____

MY REASON FOR SILENCE & SOLITUDE IS: _____

BIBLE VERSE: _____
