



For your feasting, take into consideration:

Familiarity:

- Find your quiet space: Quiet, relaxed, stimulating.
- Find your MAGIC HOUR/It is not the same for everyone/Morning person or night person

Physicality:

- Some ritual to ease you into it. For some making coffee, even lighting a candle... nothing mystical about it, makes it easier
- Get on your knees, walk, sit, whatever works.

Methodology: Acronym FEAST

- **F**ocus/Be still-spend a few moments in silence/worship/pray
- **E**ngage/Read and ask-What does it say?
- **A**ssess/Highlight and ask-What does it mean?
- **S**park/Meditate and ask-How does this apply to my life?
- **T**urn/Pray and ask- How do you want me to respond God?

For your fasting, here are 3 ideas for your consideration:

1. Full day: Choose at least one day a week to fast a full day.
2. Partial day: Eat once a day, or skip a meal a day for 21 days.
3. Special item: Fast from one of your regular go-to comfort foods for 21 days.

Extra tip: Practice together with other believer (s) to keep each other accountable and to encourage one another by sharing what the Lord is teaching you.