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OPEN

DOORS

21 DAY FAST
GUIDE



HISDAUGHTERSCLOSET.COM



IT'S TIME TO FAST!

I started fasting in my early 20's and now I can't help but share with others to fast! Fasting has changed my life and most of all made me a better Daughter of God. Fasting has pushed me into my purpose, helped me face my fears, and helped me breakthrough sinful mountains.

"FASTING DOESN'T MOVE GOD, IT MOVES YOU OUT OF GODS WAY!"

Fasting is a time of consecration and deciding to refine yourself in Lord! Deciding to fast helps redefine your life vision and allow you to refocus on the Lord.

Fasting can release you from your past and move you forward into God! This fast is about Open Doors and we will focus on 3 keys to help each of us dig deeper into God and Blossom into the women God has called us to be!

Happy Fasting!

FASTING DETAILS

The In-depth 3 week fasting schedule!

Week 1 January 7 - 13th

- Partial Fast: No food only water or tea from 6 a.m.- 3 p.m.

Topic: Christ is the Door!

Key: Grow closer to Him who is the Door

Christ will open Doors

Goal: Desire More of Christ

Week 2 January 14 - 20th

- Partial Fast: No food only water or tea from 6 a.m.- 3 p.m.

Topic: Meditate on the Word Day & Night

Keep the Word on your heart and mind

This Gets you to the Door

Goal: Desire More of His Word

Week 3 January 21 - 28th

- Daniel Fast: No meats, no processed foods, no dairy, fish. or starch. Only fruits and veggies cooked or uncooked. 100% fruit juice, Tea, water, smoothies

Topic: Sacrifice = Freedom

Key: Obedience Releases You

Give up to Get More

Goal: Desire More of Gods Will

ARE YOU READY FOR OPEN DOORS?

PREPARING FOR YOUR FAST!

When you plan you have a better chance to succeed!

Preparing for your fast with prayer, intention, and scheduling will help you stay on task and stronger in the challenging moments.

Fasting Daily to-do's

- Prayer
- Bible Reading
- Worship
- Meditation
- Journaling

These 5 elements will keep you focused on Gods Word and Will for your life! Each one is meant to help you Rediscover, Redefine and Refine Whom God has called you to be!

Prepare Your Schedule

When are the best times for you to add these 5 things to your schedule?

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PRE-FAST QUESTIONNAIRE

*Grab a notebook and dedicate it to you
fasting questions and journaling!
Split in half for Spiritual & Physical needs*

Fasting with Purpose

1. What are you expecting on this fast?
2. What could be your own personal battle plan for the challenging times?
3. What is your biggest struggle or fear with Fasting?
4. How can your battle plan help you with this?
5. What do you spiritually desire to gain?
6. What do you physically desire to gain?
7. What doors have been closed to you?
8. What are additional things you can sacrifice During Week 3?
9. How do you desire to feel and think during and after the fast?

HEY,

**YOU ARE READY FOR
A CHANGE!**

WEEK 1

CHRIST IS THE DOOR!

Weekly Goal

Desiring More of Christ

Fasting Lesson

This week is all about getting a hunger for Christ back! Receiving a new wind for His presence and His Will for your life. Pressing past the doors that have been shut, but stepping through with the Grace and Favor of God!

- **JOHN 10:9**

I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.

Meditate on this

What area in your life needs a fresh wind and why?

Has your fire for God burned out?

Week 1 is meant for fresh wind! Go ahead, ask God for a fresh wind to come through from Him!

What does your Good pasture look like? (Blissful Place)

JOURNAL ENTRIES

Week 1 Christ is the Door!

Daily Questions

Day 1: How is Day one going? What do you feel and how was your devotion time?

Day 2: How did this weeks lesson minister to you?

Day 3: What is your biggest struggle so far? Explain what and why?

Day 4: How is your prayer life? Has anything shifted?

Day 5: What do you love most about worship?

Day 6: During Meditation have you realized anything different within your thoughts?

Week Review: What was a big lesson or challenge that you have seen or overcame this week?

YAY!

YOU GOT THIS!

WEEK 2

Meditate on the Word Day & Night

Weekly Goal

Desiring more of Gods Word!

Fasting Lesson

During a fast, the Word of God should be your food! Like eating 3x a day, the word should be supplying your needs. This week will build up the desire to study more of Gods word. Answers, Revelation, Understanding & Wisdom come from it.

- Joshua 1:8

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

Meditate on this

What book of the Bible will you devote to studying all week long?

What blocks you from you digging into the Word?

What is your favorite verse of the Bible & Why?

How can you begin to love Gods Word more?

JOURNAL ENTRIES

Week 2 Meditate on the Word day & Night

Daily Questions

Day 8: Explain your desires for week 2? And how did the new lesson minister to you?

Day 9: How do you feel today?

Day 10: What is your biggest temptation this week?

Day 11: Have you had any recurring thoughts? If so, what?

Day 12: What current song is ministering to you the most and why?

Day 13: How is your mind this week? Do you have more control over your thoughts?

Week Review: How was this week different from last week and what was a lesson or challenge you overcame this week?

KEEP GOING!

GODS PROUD OF YOU!

WEEK 3

Sacrifice leads to Freedom

Weekly Goal

Desiring Gods Will for Your Life!

Fasting Lesson

Choosing to leave certain things behind, allows your heart to open too more. Deciding to flee from things keeping you bound, allows you to receive the better God has for you. The Open Doors Come when we are first willing to release what is needed to go through them!

- **2 Cor 8:12**

Whatever you give is acceptable if you give it eagerly. And give according to what you have, not what you don't have.

Meditate on this

What is something you have yet to release?

What Open Door are you desiring from God?

How long has the door been shut & what are you willing to sacrifice/release for it to open?

JOURNAL ENTRIES

Week 3 Sacrifice leads to Freedom

Daily Questions

Day 15: What are you sacrificing this week?

Day 16: What is your expectation for God in finishing this Fast?

Day 17: How did this weeks lesson minister to you?

Day 18: How have you changed thus far physical & spiritual?

Day 19: What are the biggest temptations in your life?

Day 20: How has life changed since starting the fast?

Fast Review: Take time to write about all the low and high points of this fast? How did God come through for you?

YOU DID IT!
YOU ARE BETTER BECAUSE OF IT!

Share your experience at HisDaughtersCloset.com