# Seven Days of Fasting: Drawing Closer to Christ



A focused 7-day fasting Bible study plan guiding you into deeper intimacy with Christ through Scripture, prayer, and reflection.





#### Table of contents

Introduction	3
Day 1:  Seeking God's Presence	4
Day 2: \( \rightarrow \) Spiritual Thirst and Renewal	10
Day 3: Overcoming Temptation	16
Day 4: Wisdom from God	22
Day 5: S Embracing God's Peace	28
Day 6: Renewed Love for God and Others	34
Day 7: Celebration of God's Faithfulness	40







#### Introduction

Welcome to your 7-day fasting Bible study journey. Fasting is a powerful spiritual discipline that helps believers draw near to God by deliberately denying ourselves physical nourishment to focus on spiritual growth. This plan is designed to support you as you fast for seven days following Christ's example and biblical teachings.

Fasting is not merely about abstaining from food but about deepening your dependence on God. It sharpens your spiritual senses, bringing clarity, strength, and renewed passion for His Word. During this time, Scripture, prayer, and reflection will guide you to align your heart with God's will.

Each day includes a key passage that highlights important truths about fasting and spiritual hunger, along with supporting verses to enrich your understanding. Devotional reflections will encourage your spirit, while journaling prompts and prayer help you respond personally to God throughout your fast.

Remember to listen to your body and seek God's guidance in this process. May your fasting experience lead you to greater intimacy with Christ, transformation, and joy in the presence of the Lord. Let's begin this journey together, trusting that God will meet you in powerful and unexpected ways.











## Day 1: Seeking God's Presence









Day 1: 6 Seeking God's Presence

#### Your Verse

Matthew 4:4 - Jesus answered, "'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God."

#### **Supporting Scriptures**

- Deuteronomy 8:3 He humbled you, causing you to hunger and then feeding you with manna.
- Isaiah 58:6 "Is not this the kind of fasting I have chosen... to loose the chains of injustice?"







Day 1: 6 Seeking God's Presence

#### Devotional: Hunger for God's Word Transforms Us

Fasting begins with hunger—not just physical hunger but a spiritual hunger. Jesus' response in Matthew 4:4 highlights that our true sustenance is the Word of God. As you begin your fast, you're choosing to depend less on physical food and more on God's living Word to nourish your soul.

God uses fasting to refocus our hearts. It's a way to intentionally deny ourselves so we experience a deeper craving for His presence. When hunger pains arise, let them remind you to turn to prayer, Scripture, and worship instead.

Today, ask God to awaken a fresh hunger for Him and to help you rely on His Spirit to sustain you. Remember, this fast is not about self-denial alone but about being filled with His life-giving Word.







Day 1: 💍 Seeking God's Presence

## Reflect and Apply

1.	What does it mean to you that man does not live by bread alone?
2.	How can you practically depend on God's Word during your fast?
3.	In what areas of your life do you need God's presence more deeply?







Day 1: 💍 Seeking God's Presence

## **Journaling Prompts**

1.	Write about your motivations for starting this fast.
2.	Describe how you feel physically and spiritually as you begin.
3.	List prayers or desires you want to bring before God this week.







Day 1: 6 Seeking God's Presence

#### Prayer for Today

Lord, thank You for this opportunity to seek You above all else. Help me to turn away from my physical hunger and fix my eyes on Your Word. Fill me with a desire that nothing else can satisfy but Your presence. Strengthen me in moments of weakness and teach me to depend wholly on You. May this fast draw me closer to You and transform my heart. In Jesus' name, amen.









## Day 2: O Spiritual Thirst and Renewal









Day 2: \( \rightarrow \) Spiritual Thirst and Renewal

#### Your Verse

John 7:37–38 – Jesus said, "If anyone is thirsty, let him come to me and drink."

#### **Supporting Scriptures**

- Psalm 42:1 As the deer pants for streams of water, so my soul pants for you, my God.
- Isaiah 55:1 "Come, all you who are thirsty, come to the waters..."







Day 2: ♦ Spiritual Thirst and Renewal

#### Devotional: Drinking Deeply from Living Water

Today, focus on Jesus—the source of living water that satisfies our deepest thirst. Just as our bodies crave water, our souls long for renewal and refreshment that only Jesus provides. During fasting, this physical thirst can be a powerful reminder to seek spiritual refreshment.

Jesus' invitation in John 7:37–38 is personal and radical. He invites all who are thirsty to come and drink freely. As you abstain from food today, let your heart drink deeply of His presence, promises, and peace.

Ask God to reveal to you areas where your soul is thirsty. Pray for spiritual refreshment and a renewed satisfaction in Christ alone. Allow your hunger to become a gateway to experiencing His grace and strength more fully.







Day 2: 💍 Spiritual Thirst and Renewal

## Reflect and Apply

1.	Where do you currently seek satisfaction besides God?
2.	How does Jesus' offer of living water speak to your heart today?
	What changes might happen if you rely on Jesus as your source of renewal?







Day 2: 💍 Spiritual Thirst and Renewal

## **Journaling Prompts**

1.	Write about a time you felt spiritually dry and how God refreshed you.
2.	List ways you can intentionally 'drink' from God's Word and Spirit.
3.	Record prayers for renewal and surrender in your life.







Day 2: 👌 Spiritual Thirst and Renewal

#### Prayer for Today

**Father, You alone satisfy the thirst in my soul.** As I fast today, may I drink deeply from Your living water. Quench my spiritual thirst and renew my strength. Help me to find true fulfillment in You and Your presence. Teach me to rely fully on Your grace and love. In Jesus' name, amen.  $\lozenge$   $\rlap{\ }\bigcirc$ 









## Day 3: V Overcoming Temptation









Day 3: ① Overcoming Temptation

#### Your Verse

Matthew 26:41 - Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

#### **Supporting Scriptures**

- 1 Corinthians 10:13 God will not let you be tempted beyond what you can bear.
- James 4:7 Resist the devil, and he will flee from you.







Day 3: • Overcoming Temptation

#### Devotional: Strength to Resist Comes Through Prayer

Fasting often intensifies the battle between our spirit and the desires of our flesh. Jesus warned His disciples about this struggle in Matthew 26:41, reminding us to watch and pray so we do not fall into temptation.

During your fast, the hunger pangs may tempt you to quit, become discouraged, or turn inward. This is the very time to lean into prayer and ask the Holy Spirit for strength and guidance.

Recognize that temptation is real but also temporary. God provides a way to overcome every challenge. When you resist, you grow stronger spiritually and learn to depend more fully on God's power, not your own strength.







Day 3: **(**) Overcoming Temptation

## Reflect and Apply

1.	What temptations surface most during your fast or difficult times?
2.	How can prayer help you overcome these challenges?
3.	In what ways are you recognizing your need for God's strength?







Day 3: **(**) Overcoming Temptation

## **Journaling Prompts**

1.	Identify common temptations and your usual responses.
2.	Write prayers asking God for help in those specific areas.
3.	Reflect on past victories over temptation and God's role.







Day 3: ① Overcoming Temptation

#### Prayer for Today

**Lord, the spirit is willing but my flesh is weak.** Help me to watch and pray during this fast so I will not stumble. Strengthen me with Your power to resist temptation and remain faithful to You. Teach me to depend fully on Your guidance and grace through every challenge. Thank You for being my refuge and strength. In Jesus' name, amen.









## Day 4: Wisdom from God









Day 4: Wisdom from God

#### Your Verse

James 1:5 - If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault.

#### **Supporting Scriptures**

- Proverbs 2:6 For the Lord gives wisdom; from his mouth come knowledge and understanding.
- Ecclesiastes 7:12 Wisdom preserves those who have it.







Day 4: Visdom from God

#### Devotional: Ask God Boldly for Wisdom Today

**Fasting opens our hearts to receive God's wisdom and insight.** James encourages us to ask God for wisdom generously, confident that He gives without reproach.

As your body weakens during the fast, your spirit can grow stronger through clarity and understanding. This is a perfect time to seek God's direction for your life, decisions, and challenges.

Don't hesitate to bring your questions and uncertainties before God today. Trust that He will provide wisdom grounded in His love and truth. Reflect on the ways God has guided you in the past and be expectant for fresh revelation.







Day 4: 🖓 Wisdom from God

## Reflect and Apply

1. What decisions or areas in your li	fe need God's wisdom?
2. How does fasting help your heart	be more open to God's guidance?
3. In what ways can you discern Go	d's voice more clearly?
3. In what ways can you discern Go	d's voice more clearly?







Day 4: 🖓 Wisdom from God

## **Journaling Prompts**

1.	Write down specific questions or needs you want God's wisdom on.
2.	Record any insights or impressions you receive during prayer.
3.	Reflect on past times God gifted you wisdom and how it helped.







Day 4: Visdom from God

#### Prayer for Today

**Father, I come to You asking for wisdom.** You give generously to those who seek You, and I trust You will guide me. Open my heart and mind to Your truth during this fast. Help me to discern Your will clearly and walk in Your paths. Thank You for Your faithful guidance. In Jesus' name, amen. ?

















#### Your Verse

Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds.

#### **Supporting Scriptures**

- John 14:27 Peace I leave with you; my peace I give you.
- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast.







#### Devotional: Receiving God's Peace Amid Challenge

Fasting can challenge our emotions and thoughts, but God invites us to receive His peace. Philippians reminds us not to be anxious but to bring all our concerns to God in prayer.

Today, focus on entrusting your worries, struggles, and future into His capable hands. As you do, His peace will protect your heart and mind beyond what you can understand.

Allow the Holy Spirit to calm your spirit and remind you that God's peace is a precious gift available even amid fasting challenges. Rest in His assurance and presence.







## Reflect and Apply

1.	What anxieties or worries are you holding onto right now?
2.	How can you practically present these to God in prayer today?
3.	In what ways has God's peace shown up in your life before?







## **Journaling Prompts**

1.	List current worries and surrender each to God in writing.
2.	Describe how God's peace feels or looks in your life.
3.	Write a prayer expressing trust in God's peace and care.







#### Prayer for Today

Lord, I choose not to be anxious today. I bring all my cares and needs before You, trusting Your peace to guard my heart and mind. Calm my spirit and help me rest in You fully. Thank You for Your unending love and presence during my fast. In Jesus' name, amen. 😂 🙏 👀

















Day 6: WRenewed Love for God and Others

#### Your Verse

Matthew 22:37–39 – Jesus replied: 'Love the Lord your God with all your heart... and love your neighbor as yourself.'

#### **Supporting Scriptures**

- 1 John 4:7 Dear friends, let us love one another, for love comes from God.
- Romans 12:10 Be devoted to one another in love.







Day 6: WRenewed Love for God and Others

#### Devotional: Let Love Flow from a Transformed Heart

**Fasting sharpens our focus on what truly matters—love.** Jesus summarized the law with two commandments: love God fully and love others deeply.

As your fast draws closer to completion, ask God to fill you with His love. Reflect on how your relationship with God grows and how that love overflows into your interactions with those around you.

Let fasting soften your heart, ignite compassion, and inspire acts of kindness. Remember, love is the greatest evidence of a transformed life.







Day 6: PRenewed Love for God and Others

## Reflect and Apply

1.	How has your love for God deepened during this fast?
2.	Are there people you need to love or forgive more fully?
3.	What practical ways can you demonstrate God's love daily?







Day 6: PRenewed Love for God and Others

## **Journaling Prompts**

1.	Write about moments when you experienced God's love today.
2.	Consider relationships that need healing or restoration.
3.	Plan actionable steps to show love after your fast.







Day 6: WRenewed Love for God and Others

#### Prayer for Today

God, fill me with Your perfect love. Help me to love You with all my heart and to love others as You command. Soften my heart and guide my actions so Your love shines through me. Use this fast to transform me into a reflection of Your grace and kindness. In Jesus' name, amen. \$\varphi\$ \( \mathcal{L} \) \( \mathcal{L} \)

















#### Your Verse

Lamentations 3:22-23 - Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

#### **Supporting Scriptures**

- Psalm 107:1 Give thanks to the Lord, for he is good; his love endures forever.
- 2 Corinthians 12:9 My grace is sufficient for you, for my power is made perfect in weakness.







#### Devotional: Rejoicing in God's Never-Failing Mercy

Today is a day to celebrate God's unwavering faithfulness throughout your fast. Lamentations reminds us that His mercy is new every morning and His love never fails.

Whether you experienced struggle or breakthrough, God's grace was enough to carry you through. Reflect on His goodness and be grateful for the transformation—the spiritual strength, clarity, and closeness to Christ you have gained.

Take time to thank God wholeheartedly and commit to living with renewed dependence on Him beyond this fast. Let this celebration fuel your continued walk of faith, trusting in His power that works best when we are weak.







## Reflect and Apply

1.	What has God taught you from this week of fasting?
2.	How have you experienced His faithfulness daily?
3.	In what ways will you continue walking with Him strengthened?







## **Journaling Prompts**

1.	Write a thank-you letter to God reflecting on your fast journey.
2.	List specific ways your faith has grown this week.
3.	Plan how you will maintain spiritual practices after fasting.







#### Prayer for Today

Thank You, Lord, for Your unfailing love and faithfulness. Through this fast, You have been my strength and sustainer. I celebrate Your mercy new every morning and Your power made perfect in my weakness. Help me to continue living in dependence on You, walking boldly in faith and love. To You be all glory and praise. In Jesus' name, amen.







#### Where God's Word Meets Your Daily Life

#### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- ★ Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.