



# The Power of Fasting for Teens



Explore how fasting can deepen your faith, strengthen your character, and bring you closer to God in your teenage years.

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## Introduction

Welcome to a journey of spiritual growth designed especially for teens! In these formative years, it's natural to seek purpose, strength, and direction. One ancient practice that can powerfully support this quest is fasting. *Fasting is more than just abstaining from food—it's about drawing near to God, opening space for His voice, and gaining spiritual clarity.*

Throughout the Bible, fasting is often paired with prayer, humility, and seeking God's guidance in times of need. For teens today, fasting can be a means to gain self-discipline **and deepen your faith walk**. As you embark on this 3-day study, you will discover biblical examples, practical insights, and the transformative power fasting holds when centered on God's presence.

Whether you're new to fasting or have tried it before, this plan will provide encouragement and challenge you to depend on God with all your heart. Remember, fasting is a personal journey and should be approached thoughtfully and prayerfully. *Prepare your heart and open your mind to what God wants to reveal to you during this time.* Let's explore together how the power of fasting can equip you to face life's challenges, make wise decisions, and grow in intimacy with your Heavenly Father.





## Day 1: 🌿 Understanding Fasting's Purpose



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## Your Verse

*Matthew 6:16-18 - “When you fast, do not look somber as the hypocrites do...”*

## Supporting Scriptures

- *Isaiah 58:6 - “Is not this the kind of fasting I have chosen...”*
- *Joel 2:12 - “Even now,” declares the LORD, “return to me with all your heart...”*



Day 1: 🌿 Understanding Fasting's Purpose

## Devotional: Fasting: Seeking God with a Humble Heart

**Fasting is more than an outward act.** Jesus teaches His followers that when they fast, it should be sincere and focused on God, not on seeking attention from others. True fasting involves humbling yourself and tuning your heart to God's desire.

Isaiah reminds us that fasting God approves is not just about skipping meals, but about acts of justice and kindness combined with a heart drawn to Him. This shows fasting has a deeper spiritual purpose—realigning our priorities and opening our hearts to transformation.

For teens especially, fasting can be a powerful tool for self-control, focusing your energy on God, and breaking spiritual strongholds such as distractions, fears, or unhealthy habits. Remember, the goal is to grow closer to God, seeking His will above all. Approach fasting prayerfully, asking God to guide and strengthen you.



Day 1: 🌿 Understanding Fasting's Purpose

## Reflect and Apply

1. Why do you think Jesus emphasized fasting without showiness?

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2. What might God be inviting you to release or surrender through fasting?

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3. How can fasting help you grow in humility and dependence on God?

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Day 1: 🌿 Understanding Fasting's Purpose

## Journaling Prompts

1. Write about a time you felt close to God. How might fasting open the way for more moments like that?

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2. List any distractions or challenges you want to bring before God during your fast.

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3. Reflect on how fasting could improve your self-discipline and relationship with God.

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Day 1: 🌿 Understanding Fasting's Purpose

## Prayer for Today

**Dear Heavenly Father,** thank You for the gift of fasting and the chance it gives me to focus on You. Help me to approach this with a humble and sincere heart, not for show, but to deepen my relationship with You. Give me strength to overcome distractions and grow in self-control. *Teach me to seek Your will above all else.* May this time draw me closer to You and align my heart with Your purpose. In Jesus' name, Amen. 🙏 🌿 ❤️





## Day 2: 🔥 Strength in Spirit and Self-Control



Day 2: 🔥 Strength in Spirit and Self-Control

## Your Verse

*1 Corinthians 10:13 – “No temptation has overtaken you except what is common to mankind...”*

## Supporting Scriptures

- *Galatians 5:22-23 – “But the fruit of the Spirit is love, joy, peace... self-control...”*
- *Psalms 34:17 – “The righteous cry out, and the LORD hears them; he delivers them from all their troubles.”*



## Day 2: 🔥 Strength in Spirit and Self-Control

## Devotional: Fasting Strengthens Spirit and Willpower

**Fasting builds spiritual strength and self-control.** As a teen, you face many pressures and temptations daily. Fasting helps you practice saying 'no' to physical desires and saying 'yes' to the Spirit's leading.

Paul reminds us that God will not allow a temptation beyond what we can bear and always provides a way out. When you fast, you become more sensitive to the Spirit's guidance and less controlled by immediate cravings or peer pressure.

The fruit of the Spirit includes self-control—a fruit that grows stronger when nurtured through prayer and fasting. During tough moments, remember the Lord hears you and is ready to rescue you when you seek Him wholeheartedly.



## Day 2: 🔥 Strength in Spirit and Self-Control

# Reflect and Apply

1. In what areas of your life do you struggle with self-control?

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2. How can fasting help you become more aware of the Spirit's guidance?

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3. What are some temptations you want God's help to overcome through fasting?

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## Day 2: 🔥 Strength in Spirit and Self-Control

# Journaling Prompts

1. Describe how fasting could help you resist specific temptations.

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2. Write about how you can cultivate the fruit of the Spirit in daily life.

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3. Reflect on a time God delivered you from a difficult situation.

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Day 2: 🔥 Strength in Spirit and Self-Control

## Prayer for Today

**Lord Jesus**, thank You for your faithfulness and the strength You provide when I face temptation. Help me to develop self-control through fasting and reliance on Your Spirit. When I feel weak, remind me that You are my refuge and strength. *Guide me to make wise choices and live for You.* Empower me today to stand firm and walk victoriously. Amen. 💪 🔥 🙏





## Day 3: ✨ Drawing Closer to God





## Your Verse

*James 4:8 – “Come near to God and he will come near to you...”*

## Supporting Scriptures

- *Psalm 42:1 – “As the deer pants for streams of water, so my soul pants for you, my God.”*
- *Matthew 4:4 – “Man shall not live on bread alone, but on every word that comes from the mouth of God.”*



# Devotional: Fasting Deepens Your Relationship With God

**Fasting invites intimacy with God.** It's a way to quiet your soul and satisfy your deepest hunger for His presence. James encourages us to draw near to God, promising that He will come near to us. This is the heart of fasting—not just denying ourselves physical food but feasting on God's presence.

Like a thirsty deer longs for water, your soul is designed to crave God. During fasting, your spiritual hunger can deepen, and you can experience God's peace, guidance, and love in fresh ways.

Jesus taught that life depends on every word from God. Taking time to fast and reflect on Scripture rekindles your passion for God's Word and His presence, helping you face life's challenges with renewed hope and strength.



## Reflect and Apply

1. How do you experience God's presence when you set aside distractions?

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2. What does it mean for you personally to hunger for God?

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3. How can regular fasting impact your daily walk with God?

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## Journaling Prompts

1. Write about what drawing near to God feels like in your life.

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2. List scriptures that encourage you to seek God's presence.

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3. Plan ways to incorporate fasting and prayer into your spiritual routine.

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Day 3: ✨ Drawing Closer to God

## Prayer for Today

**Father God**, thank You for drawing near when I seek You sincerely. Help me to cultivate a hunger for Your presence above all else. Teach me to rely on Your Word and to find satisfaction in You alone. *May fasting become a pathway to deeper intimacy with You.* Fill me with Your peace and guide me each day. In Jesus' name. Amen. ✨ 🙏 📖





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