



The Path Ahead

A Guide to Fasting and
Reflection



Introduction

Welcome to our 7 Days of Fasting & Prayer!

This guide is designed to help you focus on God's plans for your life while leaving behind anything that hinders your spiritual growth. Inspired by Lot's story, we will explore how to move forward in faith without looking back.

Each day includes:

- A Scripture to meditate on
- A positive thought to encourage you
- An application to put your faith into action
- Space for personal reflection
- Let's embark on this journey together, trusting God to lead us into greater things.

Don't forget to join us at the Connect Conference on March 28-29 for a deeper dive into your faith journey.

The Power of Prayer

Scriptures on Prayer:

“Pray without ceasing.” - 1 Thessalonians 5:17

“The prayer of a righteous person is powerful and effective.” - James 5:16

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” -
Philippians 4:6

Prayer is a vital part of our relationship with God. It's how we communicate with Him, express our gratitude, seek guidance, and lay our burdens at His feet. Spending time in prayer aligns our hearts with God's will and strengthens our faith.

Take time during this fast to develop a deeper connection with God through intentional and heartfelt prayer. Let this time be a reminder that God is always listening and ready to meet you where you are.

The Importance of Fasting

Fasting is a spiritual discipline that helps us focus on God by setting aside physical desires to seek Him wholeheartedly. There are different types of fasts, and it's important to choose one that aligns with your health and personal circumstances. Here are a few options:

- Complete Fast: Abstaining from all food and drinking only water.
- Partial Fast: Avoiding certain foods or meals (e.g., skipping breakfast and lunch but eating dinner).
- Daniel Fast: Consuming only fruits, vegetables, and water.
- Media or Activity Fast: Giving up distractions like social media, television, or unnecessary activities.

Fasting Hours: 6am-6pm or 6am-12pm

Prayer and Fast is personal

Note: If you have medical conditions, please consult your physician before starting a fast. If medications or specific foods are necessary for your health, prioritize your well-being. The goal of fasting is not deprivation but devotion—use this time to draw closer to God.

Day 1: Trust God's Direction

Scripture: Genesis 19:17 - "Flee for your lives! Don't look back, and don't stop anywhere in the plain!"

Positive Thought: God's path leads to safety and purpose when we trust Him wholeheartedly.

Application: Identify one thing you've been holding onto that no longer serves your walk with God.
Commit to leaving it behind.

Reflection:

What has God been prompting me to let go of? How can I take steps to trust His direction today?

[Write your thoughts here.]



Day 2: Let Go of the Past

Scripture: Philippians 3:13-14 - "Forgetting what is behind and straining toward what is ahead, I press on toward the goal..."

Positive Thought: Growth happens when we release the past and reach for God's promises.

Application: Write down one goal you will press toward this week and pray for God's strength to achieve it.

Reflection:

What past experiences or thoughts do I need to release? How will I press forward today?

[Write your thoughts here.]



Day 3: Obey Without Hesitation

Scripture: Genesis 19:26 - "But Lot's wife looked back, and she became a pillar of salt."
Positive Thought: Delayed obedience can lead to missed blessings.

Application: Spend 10 minutes in prayer, asking God to reveal areas where you need to act with obedience.

Reflection:

What has delayed obedience cost me in the past? How can I act quickly on God's guidance today?

[Write your thoughts here.]



Day 4: Focus on the Future

Scripture: Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

Positive Thought: God's new thing is always better than what we leave behind.

Application: Reflect on how God has transformed your life in the past. Share one testimony with someone today.

Reflection:

What new thing is God doing in my life? How can I embrace it fully?

[Write your thoughts here.]



Day 5: Faith Over Fear

Scripture: 2 Timothy 1:7 - "For God has not given us a spirit of fear, but of power, love, and a sound mind."

Positive Thought: Fear holds us back, but faith propels us forward.

Application: Write down one fear you will surrender to God and declare His promises over it.

Reflection:

What fear do I need to release today? What faith-filled step can I take instead?

[Write your thoughts here.]



Day 6: Embrace the New

Scripture: 2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Positive Thought: In Christ, you are free to live out your purpose boldly.

Application: Celebrate God's newness in your life. Write a prayer of gratitude and share a praise report with the group.

Reflection:

What new purpose has God revealed to me?
How can I live it out boldly?
[Write your thoughts here.]



Day 7: Keep Your Eyes on Him

Scripture: Hebrews 12:2 - "Fixing our eyes on Jesus, the pioneer and perfecter of faith."

Positive Thought: Fixing our eyes on Jesus keeps us steady on the path ahead.

Application: Take 15 minutes today to meditate on God's Word, asking Him to realign your focus.

Reflection:

What distractions have pulled my focus from Jesus? How can I stay fixed on Him today?

[Write your thoughts here.]



Moving Forward

Join Us at the Connect Conference!

Dates: March 28-29, 2025

Details: Visit connectconferencehtx.com for more information and registration.

Let's continue growing together in faith,
purpose, and community!