

2020 Fasting Guide for Youth

Fasting is a natural discipline that can bring supernatural results. Several people in the Bible including Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul and even Jesus fasted.

"This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth." – Isaiah 58:6

This fast is designed for individuals who have chosen not to participate in the food fast for those 18 and up.

This 21-day fast starts **Sunday, January 5th at 6pm** and ends **Saturday, January 25th at 6pm.**

The fast is designed around areas that can distract from our time from God. So, while this fast will not focus as much on food, it will focus on things that we can sometimes prioritize over God. Each day will have a specific restriction as well as a Bible reading. You may read or listen to your Bible selection on the days they are listed.

Our prayer for you and all of RF Youth is that this fast will draw you personally closer to the Lord and that it would help you begin to see God in a fresh new way while also drawing us all closer in unity as a church body. We are excited to see what God will do for us and through us along with our families, our friends and our classmates in this brand-new year. Happy fasting!

Sunday, 1/5 (6pm): **Bible Reading: Ezekiel 47:1-12**

Only water

No social media until 6am, Monday, January 6

Monday, 1/6: **Bible Reading: 1 Chronicles 21:18-27**

No social media until 6am

No carbonated or caffeinated drinks all day

6pm-6am – No Netflix, YouTube, Hulu, Disney+ or online video viewing

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Tuesday, 1/7: **Bible Reading: Daniel 1**

No carbonated or caffeinated drinks all day

6pm-6am – No videogames or online gaming

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Wednesday, 1/8: **Bible Reading: Proverbs 3:1-35**

No secular (non-Christian) music all day

No carbonated or caffeinated drinks all day

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Thursday, 1/9: **Bible Reading: Matthew 6:5-18**

No carbonated or caffeinated drinks all day

6pm-6am – No phone calls, video calls, or texting (unless required by parent or guardian)

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Friday, 1/10: **Bible Reading: Isaiah 58**

No carbonated or caffeinated drinks all day

6pm-6am – No social media (all forms)

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Saturday, 1/11: **Bible Reading: Mark 14:1-26**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No TV

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Sunday, 1/12:**Bible Reading: Psalm 100**

No secular music all day

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No Netflix, YouTube, Hulu, Disney+ or online video viewing

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Monday, 1/13:**Bible Reading: Romans 12**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No videogames or online gaming

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Tuesday, 1/14:**Bible Reading: Luke 4**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No phone calls, video calls, or texting (unless required by parent or guardian)

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Wednesday, 1/15:**Bible Reading: Psalms 1**

No secular music all day

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Thursday, 1/16:**Bible Reading: 1 Corinthians 13**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No social media (all forms)

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Friday, 1/17:**Bible Reading: 1 Peter 2:1-25**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No TV

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Saturday, 1/18:**Bible Reading: Matthew 5:1-14**

No restrictions. You read that right. Enjoy.

Sunday, 1/19:**Bible Reading: Psalm 51**

No secular music all day

No social media until 6pm

No carbonated or caffeinated drinks all day

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Monday, 1/20:**Bible Reading: Psalm 27**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No Netflix, YouTube, Hulu, Disney+ or online video viewing

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Tuesday, 1/21:**Bible Reading: Daniel 3**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No phone calls, video calls, or texting (unless required by parent or guardian)

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Wednesday, 1/22:**Bible Reading: Joel 2:12-32**

No secular music all day

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

Thursday, 1/23:**Bible Reading: Psalm 84**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No social media (all forms)

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Friday, 1/24:**Bible Reading: Zechariah 7**

Carbonated drinks or caffeinated drinks allowed up to 16 ounces

6pm-6am – No TV

During dinner time, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

Saturday, 1/25:**Bible Reading: James 5:1-20**

No secular music until 6pm

No carbonated drinks or caffeinated drinks until 6pm

At 6pm, the fast ends.

You made it! High-five somebody!