

COMPANION TO DAY 7 • YOUR DAILY BREAD

Fasting and Prayer Guide

Seek the Father's will with attention, humility, and wise care for your body.
Faithful Fitness, Day 7, pages 23-25. Scripture: John 4:31-34.

Begin with the purpose

Jesus describes His food as doing the Father's will. Name what you are bringing to God, and give the practice time for Scripture, prayer, and a concrete response.

Understand the book's examples

Day 7 describes 14-16 hours for a beginner and mentions 24 hours for a seasoned participant. These are not suitable for everyone. Experience alone does not establish safety; do not choose a longer fast to prove commitment.

Choose the nonfood practice when needed

Do not use this guide for food fasting if you are under 18, pregnant or breastfeeding, or have a current or past eating disorder. Keep normal nourishment and use the alternative below.

Get individual guidance before a food fast

Consult your clinician first if you have diabetes, take medication, are underweight or frail, or have another health condition. Do not skip or change medication to fit a fast. If unsure, use the nonfood practice while seeking advice.

Keep the body in your care

Keep drinking water; no dry fasting. Follow existing medical fluid instructions. End the fast if dizzy, shaky, unusually weak, or otherwise unwell, and seek medical advice. Fainting, confusion, or chest pain require urgent help. Follow any prescribed low-blood-sugar treatment plan immediately.

A nonfood prayer practice

Set aside optional social media or entertainment for a defined period. Keep eating normally. Use the released time to read John 4:31-34, pray, and serve someone. This is an alternative act of self-denial, not a food fast.

Health references: [Johns Hopkins Medicine](#) | [NIDDK: fasting with diabetes](#) | [NIDDK: low blood glucose](#).

PREPARE BEFORE YOU BEGIN

My prayer and practice plan

Review page 1 first. A food fast requires a suitable health context. The nonfood practice keeps meals and medical care unchanged.

What am I bringing to God?

A decision, a pattern to confess, a person to love, or a responsibility to attend to.

My chosen practice and any guidance I need first

Food fast if appropriate, or a defined break from optional media while eating normally.

Planned start**Planned finish****When and where will I read Scripture and pray?**

John 4:31-34; Matthew 6:16-18. Choose a time you can give your attention to God.

My food, water, and practical support plan

Plan your return to a normal meal, or normal meals during the nonfood practice.

One act of obedience or service I will make room for

Keep the purpose before God. Share practical details with someone who needs to know for support or safety. Do not push through warning symptoms to finish a schedule.

AFTER THE PRACTICE

What will I carry forward?

Reflect honestly on the experience. Completion time and physical discomfort do not measure your standing with God.

What did I practice, and did I need to change the plan?

Include ending early or choosing the nonfood practice. Tell the truth without scoring it.

What kept drawing my attention? What did I bring to God?**What did the Scripture help me see or remember?****My next faithful action and when I will take it****What care or guidance do I need before a future food fast?**

Pray: Father, thank You for daily bread and for the work You place before me. Teach me to hunger for Your righteousness. Give me wisdom to care for this body, humility to seek You sincerely, and courage to act on what You have made clear. In Jesus's name, amen.

For the full video devotional with Coach Alex, [join the CORPS](#).