Examples of fasts to use as spiritual exercises:

1. Fast one meal a week or per day during a set period of time.
2. Fast a type of food that you routinely consume (e.g., highly processed foods, sodas, coffee, ice cream). You could give the money that you saved to God as an offering.
3. Fast all food and/or drink for a 24-hour period.
4. Take one week or longer to fast a type of media (e.g., videos, social apps, news, music, TV). Unplug from media and plug into Scripture or prayer.

NOTE: Whether you set a repeating schedule for quiet time or make it flexible, try to do the following:

* 1. Sit with Jesus and focus on Him for a few minutes.
	2. Pray through your prayer list or Prayer Calendar.
	3. Read the Scriptures.
	4. Explore one or more of the Reflection Questions provided below.

Reflection Questions:

* When you feel empty or restless, what do you do to try to fill the emptiness? What does this tell you about your heart?
* What thoughts interrupt your prayer or reading?
* What is your attitude toward fasting or self-denial?
* Do you operate from an entitlement mentality in an area of your life?
* What has the experience of fasting been like for you?