


7 DAY FASTING GUIDE FOR REPENTANCE

My Fasting Journey

My fasting journey started in 2023. I started my very first fast in January, doing a **21-day Daniel Fast**. I made it to day 18 but had to quit due to a severe migraine. However, I remained committed and fasted every month from **January to April**. Eventually, I became too busy to keep it going.

In 2024, I felt led by The Most High to start again. That year, I fasted **every month**, sometimes **two or three times a month**, except for **September**. I didn't fast at all that month, but The Most High knew my heart and gave me **grace** to continue my journey.

Fasting has taught me discipline, humility, and the power of seeking The Most High through sacrifice and obedience. My experience has shown me that fasting is not about perfection but about **consistency, faith, and surrendering to His will**.



WE REPENT, we FORGIVE, and as
we MINISTER to others, we offer the
HOPE and PEACE that repentance
brings — because we have
EXPERIENCED IT OURSELVES.

—DOUGLAS D. HOLMES

LDS SCRIPTURE
OF THE DAY

AGENDA

What is Repentance

Push

Introduction

Day 1 -7

Scriptures & Explanations

Fasting Time & Recommendations

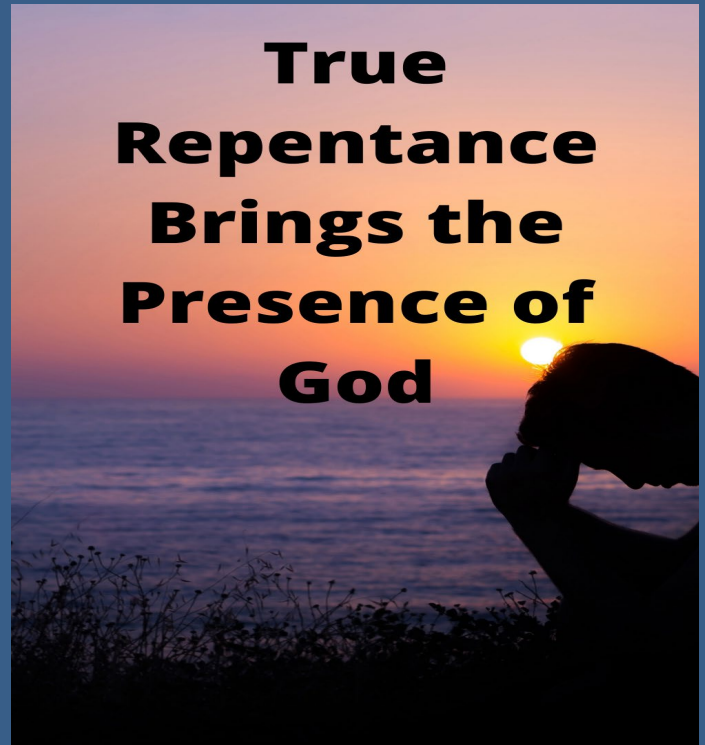
Reflection

REPENTANCE IS

God's forgiveness for
our sins



**True
Repentance
Brings the
Presence of
God**



PUSH = PRAY UNTIL SOMETHING HAPPENS



LETTING GO OF THE OLD & STEPPING
INTO THE NEW

INTRODUCTION



1. **Repentance** is a powerful act of turning back to The Most High, seeking His mercy, and aligning our lives with His will.
2. -Jeremiah 29:11 - *The Most High knows the plans that HE has for you*
3. This **7-day fasting guide** is designed to help you humble yourself before The Most High, pray for forgiveness, and grow spiritually. Each day includes a Bible scripture with an explanation to guide you through your journey of repentance.
4. -Matthew 6:17 *But when you fast, anoint your head and wash your face."*

DAY 1: ACKNOWLEDGING SIN

Fasting Time: Sunrise to Sunset

Recommendations: Drink water throughout the day, begin with prayer, and avoid distractions.

Be sure to be intentional with your fast. If you mess up, don't be too hard on yourself. Pick up where you left off by repenting wholeheartedly & sincerely.

Scripture: 1 John 1:9 - "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Explanation: Start by acknowledging your sins before The Most High. True repentance begins with confession. Be honest and transparent in prayer, asking for His forgiveness and cleansing.

Additional Fasting Scripture: Joel 2:12 - "Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning."

DAY 2: A BROKEN AND CONTRITE HEART

Scripture: Psalm 51:17 – "The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."

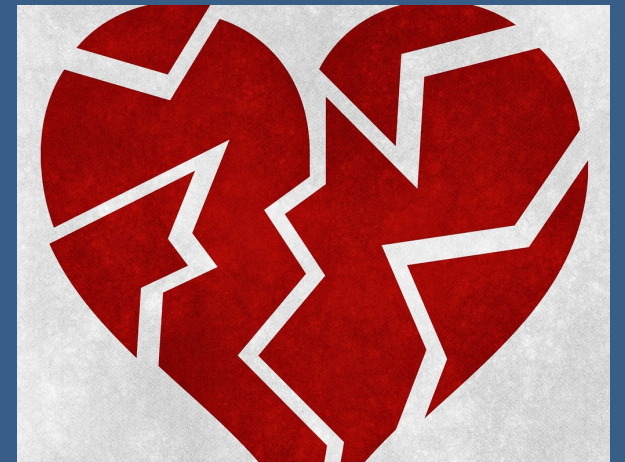
Explanation: Repentance requires humility. Approach The Most High with a heart that is truly sorry for sin. Fasting during this time helps cultivate a spirit of brokenness, making room for spiritual renewal.

Additional Fasting Scripture: Matthew 6:16-18 – "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast... But thou, when thou fastest, **anoint thine head, and wash thy face.**"

1. Fasting Time: 6 AM - 6 PM

Recommendations:

Eat a light meal before 6 AM, focus on prayer and scripture.



DAY 3:

TURNING AWAY FROM WICKEDNESS

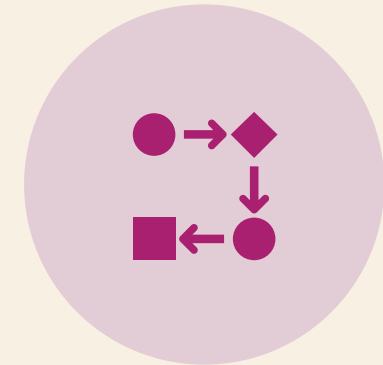
Fasting Time: Full-Day Fast

Recommendations: Consume only liquids, dedicate more time to worship and meditation.

Additional Fasting Scripture: Isaiah 58:6 – "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"



SCRIPTURE: 2 CHRONICLES 7:14 – "IF MY PEOPLE, WHICH ARE CALLED BY MY NAME, SHALL HUMBLE THEMSELVES, AND PRAY, AND SEEK MY FACE, AND TURN FROM THEIR WICKED WAYS; THEN WILL I HEAR FROM HEAVEN, AND WILL FORGIVE THEIR SIN, AND WILL HEAL THEIR LAND."



EXPLANATION: REPENTANCE IS MORE THAN FEELING SORRY—IT REQUIRES A CHANGE OF ACTION. TAKE STEPS TO TURN AWAY FROM ANYTHING THAT SEPARATES YOU FROM THE MOST HIGH AND COMMIT TO WALKING IN RIGHTEOUSNESS.

DAY 4:

SEEKING GOD'S MERCY

- **Fasting Time:** Sunrise to Sunset
- **Recommendations:** Break the fast with fruits or soup, reflect on spiritual insights.
- The Most High's Grace & Mercy is so rewarding. It's a wonderful feeling to be loved so deeply.



Scripture: Lamentations 3:22-23 - "It is of the Lord's mercies that we are not consumed, because His compassions fail not. They are new every morning: great is thy faithfulness."



Explanation: The Most High is merciful and ready to forgive. Spend time in prayer, thanking Him for His unfailing love and asking for His mercy to cover your past mistakes.



Additional Fasting Scripture: Ezra 8:23 - "So we fasted and besought our God for this: and he was intreated of us."



SCRIPTURE: ROMANS 12:2 - "AND BE NOT CONFORMED TO THIS WORLD: BUT BE YE TRANSFORMED BY THE RENEWING OF YOUR MIND, THAT YE MAY PROVE WHAT IS THAT GOOD, AND ACCEPTABLE, AND PERFECT, WILL OF GOD."

EXPLANATION: REPENTANCE INVOLVES A RENEWAL OF THE MIND. FASTING HELPS CLEAR DISTRACTIONS, MAKING IT EASIER TO FOCUS ON HIS WORD AND TRANSFORM YOUR THOUGHTS AND ACTIONS TO ALIGN WITH HIS WILL.

ADDITIONAL FASTING SCRIPTURE: DANIEL 10:3 - "I ATE NO PLEASANT BREAD, NEITHER CAME FLESH NOR WINE IN MY MOUTH, NEITHER DID I ANOINT MYSELF AT ALL, TILL THREE WHOLE WEEKS WERE FULFILLED."

Day 5: Renewing the Mind

Fasting Time: 6 AM - 6 PM

Recommendations: Do a pulse check. How are you feeling? How has The Most High moved you? Ready to quit yet or ready to keep going?

DAY 6: RESTORING THE JOY OF SALVATION

Fasting Time: Partial Fast

Recommendations: Pray for restoration and joy in salvation.

Additional Fasting Scripture: Nehemiah 1:4
- "And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven."



SCRIPTURE: PSALM 51:10-12 - "CREATE IN ME A CLEAN HEART, O GOD; AND RENEW A RIGHT SPIRIT WITHIN ME. CAST ME NOT AWAY FROM THY PRESENCE; AND TAKE NOT THY HOLY SPIRIT FROM ME. RESTORE UNTO ME THE JOY OF THY SALVATION; AND UPHOLD ME WITH THY FREE SPIRIT."



EXPLANATION: AFTER TRUE REPENTANCE, THE MOST HIGH RESTORES JOY AND PEACE. PRAY FOR A RENEWED HEART AND SPIRIT, ASKING HIM TO HELP YOU REMAIN FAITHFUL IN YOUR WALK WITH HIM.

DAY 7: WALKING IN RIGHTEOUSNESS

Fasting Time: Sunrise to Sunset

Scripture: Acts 3:19 - "Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord."

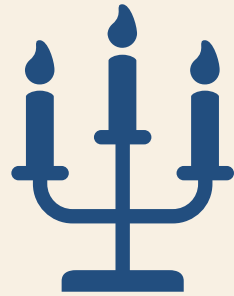
Explanation: True repentance leads to transformation. As you complete your fast, commit to walking in obedience and righteousness. Trust that The Most High has forgiven you and continue seeking Him daily.

Additional Fasting Scripture: Luke 4:2 - "Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered."

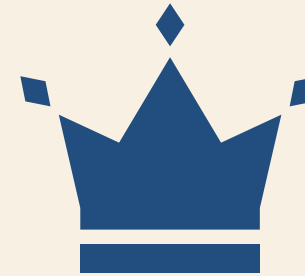
Recommendations: congratulations you've made it to the end of your 7 day fast. Take a moment to reflect & give the most high thanks & pat yourself on the back for a job well done?



REFLECTION



This 7-day fast is an opportunity for deep reflection, prayer, and renewal. Repentance is a journey, not just a one-time act. Continue seeking The Most High, and He will guide you on the path of righteousness.



Matthew 6:33 says, "But seek first the kingdom of God and his righteousness, and all these things will be given to you as well".