

THE
40-DAY FAST
Journal

A JOURNEY TO
SPIRITUAL TRANSFORMATION

WENDY SPEAKE

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THIS JOURNAL BELONGS TO:

DATES OF FAST:

_____ TO _____

WHAT I'M FASTING FROM:

HOW I HOPE TO SEE GOD MOVE
DURING THESE FASTING DAYS:

A SIMPLE PRAYER BEFORE I FAST:

Lord, You promise in Your Word that if I seek You with all my heart, I'll find You. What an invitation! You also say that when I seek Your kingdom and Your righteousness before all else, You'll add other good things to the blessing of Your nearness. I'm going to stop turning to false fillers these forty days in order to turn to You. Lord, prove Yourself true to Your Word. I humbly ask in Jesus's name, Amen.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. (Matthew 6:33)

Transformed

by Forty Days of Fasting

THERE'S SOMETHING SPECIAL about the number forty, and there's something special about fasting. Put the two together and you have the opportunity to experience not only a physical hunger but a spiritual hunger as well! Whether you're fasting from sugar, social media, shopping, grains, alcohol, or all food until noon each day, this resource will help you stay focused on the transforming work of Christ in your life.

Author Rick Warren pointed out the power of forty days in the introduction to his book *The Purpose Driven Life*:

The Bible is clear that God considers 40 days a spiritually significant time period.

- Noah's life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.
- David was transformed by Goliath's 40-day challenge.

- Elijah was transformed when God gave him 40 days of strength from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness.
- The disciples were transformed by 40 days with Jesus after the resurrection.*

Use this journal to chronicle your own forty-day journey to transformation. Christlikeness is part of the sanctification process and deserves your full attention. When you're distracted by any number of things, fasting clears away distractions, giving you the focused time you need to be sanctified by God's Word (see John 17:17). Every entry in the journal begins with a place to record the Scripture you're meditating on that day. If you're using this book as a companion to *The 40-Day Sugar Fast* or *The 40-Day Social Media Fast*, then you'll already have a verse to jot down.

From there, communicate back to the Lord; tell Him what His Word and His Spirit are speaking into your life. Record the times you are tempted to turn to the things of this world instead of turning to the One who made the world. As you fast from distractions, intentionally grow your devotion to God.

Exchange your hunger for whatever it is you are fasting from for a holy hunger! Consume more of Christ and His Word, and let His abundant love transform you over the course of the next forty days!

* Rick Warren, *The Purpose Driven Life: What on Earth Am I Here For?* exp. ed. (Grand Rapids: Zondervan, 2013), 12.

FASTING

is merely denying
yourself something
temporary and ordinary
in order to experience
the One who is eternally
extraordinary.

Wendy Speake

day 1

The verse that spoke to me most today . . .

My response to God . . .

*Whatever keeps me from my Bible is my enemy,
however harmless it may appear.*

Wendy Speake, *The 40-Day Fast Journal*
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day 2

The verse that spoke to me most today . . .

My response to God . . .

*There are so many things that I mindlessly turn to each day—
so many things that I eat, read, watch, buy, and consume.
But God's invitation to His disciples was,
and remains, "Come to Me."*

Wendy Speake