


◆ How to ask someone to be your Accountability

Partner:

- Tell your potential partner what you are fasting and what miracles/breakthroughs you are believing for.
- Ask your potential partner if they are willing to hold you accountable—What does “accountability” mean to you? What do you expect your partner to do? Ask your potential partner if they want to accept that responsibility.
- Agree on a set time each week to talk about your victories and your struggles. Most importantly, ask them to pray for you daily as you walk through your 21-day journey.

Please consult your Doctor if you have any medical questions about fasting and/or your personal health.

KEYS TO A SUCCESSFUL FAST



Commit to the Lord whatever you do,
and He will establish your plans.
Proverbs 16:3



NEW LIFE
CHURCH
Love | Experience | Equip | Restore

KEYS TO EFFECTIVE FASTING

- **Fast SENSIBLY.** Don't feel that you must do a certain fast to appear to be more "spiritual". Many biblical fasts were limited to certain items and periods of time. (Judg. 20:16; 2 Sam. 3:35; Acts 10:30)
- **Fast SENSITIVELY.** When Israel fasted before a crucial battle, the Bible says that they "*inquired of the Lord*" (Judg. 20:23; 1 Sam. 23). When we fast, we should take special time to listen to the promptings of the Holy Spirit (Acts 13: 1-2).
- **Fast SYSTEMATICALLY.** When Jesus taught His disciples about fasting, He began with the words "*when you fast*" (Matt. 6:16). He was suggesting that believers should have regular times of fasting, whether it be one day a week/month or a portion of a day each week. Fasting should become a part of our regular lifestyles.
- **Fast SACRIFICIALLY.** If we normally do not eat breakfast it is not really a sacrifice to fast breakfast. **A true fast must be a sacrifice.** David said, "*My knees are weak from fasting, and I am skin and bones.*" (Ps. 109:24). True fasting must have a humbling effect on us (Ps. 35:13).
- **Fast SPECIFICALLY.** God said to Israel, "*this is the kind of fasting I want*" (Isa. 58:6). We must ask God to direct us in the focus of our fasting.
- **Fast SUPERNATURALLY.** The very nature of fasting requires dependence on God's supernatural power to see us through. When the early church fasted before sending out workers, the Bible says, "*The Holy Spirit came*" (Acts 13:2, 3). We need God's Spirit as we fast.
- **Fast SOBERLY.** Jesus cautioned His disciples not to make a spectacle out of fasting like the religious leaders did. This type of fasting only gets the attention of men and not of God (Matt. 6:16-17).
- **Fast SACREDLY.** Jesus cautioned His disciples never to boast about their times of fasting but rather to keep their times of fasting as a personal commitment (Mat. 6:18).
- **Fast ACCOUNTABLY.** Accountability literally means, "able to give an account."
 - **Prov. 27:17,** "As iron sharpens iron, so a friend sharpens a friend" (NLT).
 - ♦ **Who Should be My Accountability Partner?**
 - For some people the choice is an obvious one. A best friend, a parent, a spouse, etc. But others struggle with this question: who will make the best partner?
 - ♦ **An Accountability Partner should be...**
 - **Conversational but Confidential**—You want someone who is willing to listen to you and talk to you about the things you are fasting and what you are fasting for, but you don't want someone who will break confidence and share your struggles with others.
 - **Challenging but not Condemning**—Good accountability partners are not cops who are just looking for you to slip up, but more like coaches who are challenging you to follow through with your fast with integrity. Choose someone who is willing to challenge and advise you—and even confront you, when necessary—but will also encourage you.
 - **Someone of the same sex unless it's your spouse/family member.**