**Fasting to Freedom**

**1. What is fasting?**

**2.What are the four reasons we fast?**

 1. H -

 2. O -

 3. P -

 4. E -

**3. What are some personal examples of times you have turned to food for comfort?**

**4. What rewards do you hope to experience from fasting (aside from losing weight)?**

**5. What are the five steps to preparing for a fast?**

 1.

 2.

 3.

 4.

 5.

**6. What are Chantel’s four phases of fasting?**

* 1. Phase 0 -
	2. Phase 1 -
	3. Phase 2 -
	4. Phase 3 -

**7. What are the four practical tips that Chantel gives to help with fasting?**

* 1.
	2.
	3.
	4.

**8. What are the three main reasons for lack of energy during a fast?**

 1.

 2.

 3.

**9. What are some of the common side effects that fasting can have on your body?**

* 1.
	2.
	3.

**10. List what you think your top 3 excuses NOT to fast would be:**

* 1.
	2.
	3.

**11. What do you hope that fasting will do for you spiritually?**

**12. Give a personal example of a “breakthrough” moment you’ve had or hope to have if you haven’t had it yet:**

**13. What do the letters in PATOM stand for (Chantel’s prayer acronym)?**

* 1. P -
	2. A -
	3. T -
	4. O -
	5. M -

**14. Who are the people in your life that you know you can turn to when you need help to “keep your arms lifted up” when you feel like you can no longer do it by yourself anymore?**

**15. What do the letters in VOICE stand for (the system to help with making tough decisions)?**

* 1. V -
	2. O -
	3. I -
	4. C -
	5. E-

**16. What are the four things to remember when going through hard times?**

* 1.
	2.
	3.
	4.

**17. Share an example of a time that you felt you were undergoing “spiritual warfare”?**

**18. List one of your recurring temptations and a Bible verse that you can recite to help you fight it:**

* 1. Temptation:
	2. Verse:

**19. Create 5 positive statements about yourself that you can confess everyday:**

* 1.
	2.
	3.
	4.
	5.

**20. What are the 3 steps for defeating enslaving sin?**

 1.

 2.

 3.