



FASTING AND PRAYER WORKBOOK

Come and Behold

2 Corinthians 3:16-18

This workbook is designed to help you pause, reflect and keep track as you set aside the world to focus more on God.

Written by

Eniola

For

The Oasis Media Fast





Introduction

The workbook is filled with questions to guide productive reflection, goal-setting, journalling and progress tracking.

There is some space for writing answers directly in the book if you would like to print it out, but you can also use your own stationary.

Please do invite the Holy Spirit to guide you as you explore this resource. He is the true discerner of the heart and so will open your eyes to what you cannot see on your own.



A Little Bit More About the Fast

Fasting is the practice of abstaining from certain pleasures (often food) to weaken one's flesh with the intention of strengthening the spirit.

Why a media fast?

God has invited our community to an encounter with Him rooted in sight.

Through the things we watch and read across various media platforms, worldly perspectives have grown to possess an unhealthily powerful influence over our values and thought patterns.

Many of us have also built coping mechanisms around escaping to these platforms, instead of finding refuge in Him.

God wants us to see Him instead - to block out all the noise and focus on Him, in His glorious simplicity. The invitation, "Come" is evidence that He has something incredible in store for us, and it's up to us to take that step.

Freedom from ourselves and worldly standards, from the fear of rejection from the world, freedom to live like Christ, that's what He wants us to experience.

So, Come and Behold Him.



A Prayer of Consecration

I present my body, my soul and my spirit to Jesus Christ during this time of fasting from secular media.

I present my body as a living sacrifice and the members of my body to Jesus Christ as instruments of righteousness.

My body has been bought with the blood of Jesus Christ and it belongs to him. My body is a temple of the Holy Spirit.

My will, my mind and my emotions are fully alive and present to God during this time of fasting and actively participate with Him in subduing my flesh and all its lusts and bringing it under the reign of Christ.

My spirit enjoys full union with Christ and is a portal for the glory of God to permeate every fiber of my being during this time of fasting and beyond in the name of Jesus.

Amen



Setting Your Sights

EXPECTATIONS FOR THE FAST

- ▶
- ▶
- ▶
- ▶

expectation
a strong belief that something will happen or be the case

GOALS FOR THE PERIOD

- ▶
- ▶
- ▶
- ▶

goal
the object of a person's ambition or effort; an aim or desired result.

GODLY HABITS THAT YOU INTEND ON DEVELOPING



Day One: Reflection

- How was your day? How do you feel?
- Did you learn or unlearn anything about God today?
- On a scale of 1-10, how difficult was it staying off secular media today?
- What app do you miss the most and why?
- Has your reason for missing this app so much revealed anything to you about your heart/mind/life?
- What was your favourite piece of Godly media to consume today?





HOW ARE YOU STAYING ACCOUNTABLE?

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WHAT ARE YOU MOST LOOKING FORWARD TO TOMORROW?

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Day Two: Reflection

- How was your day? How do you feel?
- Did you learn or unlearn anything about God today?
- On a scale of 1-10, how difficult was it staying off secular media today?
- Is this score higher or lower than it was yesterday? Why?
- How intentional have you been with focusing on God?
- What was your favourite piece of Godly media to consume today?





DESCRIBE GOD IN AT LEAST 3
WORDS BASED ON YOUR
EXPERIENCE SO FAR:



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HOW DO YOU PLAN TO FINISH
STRONG?

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Day Three: Reflection

- How was your day? How do you feel?
- Did you learn or unlearn anything about God today?
- On a scale of 1-10, how difficult was it staying off secular media today?
- Is this score higher or lower than it was yesterday? Why?
- What has been your highlight of the Oasis Media Fast so far?
- How do you see the world now vs 3 days ago? Are you happy about this shift, if any?





AS YOU BEHELD GOD, WHAT DID YOU SEE?

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HOW HAS THIS ENCOUNTER INSPIRED YOU?

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WHAT'S NEXT?

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Introspection Quiz

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I study God's word enough to live by it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am confident of my identity in Christ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know how to keep my spirit strong and I do it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I can shut out distractions and zone in on God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My gifts and talents are dedicated to God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I allow God to convict me and respond to it humbly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I know God enough to trust that He is good always	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am satisfied with how much my lifestyle represents Christ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your total score _____

What did you learn about yourself?



Protection Prayers

AS YOU GO BACK INTO THE WORLD, ITS IMPORTANT TO KEY INTO THE PROTECTION OF GOD FROM VARIOUS WAYS IN WHICH THE ENEMY WILL TRY TO ERODE ALL THAT GOD HAS DONE IN THIS TIME. HERE ARE SOME PRAYER POINTS TO GUIDE YOU:

- For spiritual empowerment to prevail against spiritual attacks (1 Peter 5:8, 2 Corinthians 10:4-5)
- For the diligence to guard your heart (Proverbs 4:23)
- For the grace to fill your increased capacity with Godly things and not fall back into worldly patterns
- For the strength to resist temptation (James 4:7)
- For wisdom to apply all that you have learned in navigating life (1 Corinthians 2:16)
- John 17 - Jesus' prayers for Himself, His disciples, and all believers
- For the mercy of God to restore you when you fall short



Protection Prayers

(CONTINUED)

- For protection over your mental health (2 Timothy 1:7)
- Against safety in false identities
- For an awareness of ungodly desires and the grace to exchange them for Christ's
- To be hidden in God's love
- That you will remain rooted in his abiding presence
- To stand against the wiles of the devil (2 Corinthians 11:14-15)
- Against complacency, that you will not allow this elevation to stop you from hungering and thirsting after God (Matthew 5:6)
- For the boldness to hold fast to every truth you have encountered even in the face of worldly opposition

[illegible]

[illegible]

[illegible]



"Nevertheless when one turns to the Lord, the veil is taken away.

Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord."

2 Corinthians 3:16-18