

# *Fasting & Prayer Guide*

KICK-START A  
NEW BEGINNING

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# *Introduction*

Let me be honest, I love to eat.

When I was growing up, my family enjoyed gathering around the table and sharing memories over great dishes. Our quality time at home would largely consist of cooking and eating together.

Today, it brings me joy to be creative in the kitchen. Trying new recipes and going to new restaurants are some of my favorite pastimes. Even now, when my family travels across the United States and around the world, we are excited about the new types of cuisine available to us.

Due to this, I found fasting to be the spiritual discipline that I have struggled with the most, and there was a time when even three-day fasts felt impossible. However, about 10 years ago, I felt the Lord telling me to make fasting a priority, and now I make sure to commit myself to a 21-day fast annually.

What I've found is that every time I do a fast, it takes away some stability in my life and forces me to lean on God's strength. I've also noticed that spiritual gifts become more acute in this space. I usually experience heightened discernment, knowledge, and wisdom. Every fast is different as God reveals to me new insights. In fact, I often get a little nervous before each 21-day fast because I know it's going to reveal what has been hidden, whether that's something I personally need to work through with the Lord or a circumstance happening around me that's shrouded in darkness.

I invite you to join me on this journey to seek a renewed vision for what God has prepared in the coming season. Together, let's humble ourselves; starve the flesh, and feast on the presence of the Lord.

# *What Is Fasting?*

Let's start with a definition. What is fasting?

To begin, we should say something about what fasting is not. First, fasting is not the same as simply abstaining. It has become fashionable lately to speak of “fasting” when we set aside things in our life like social media, video games, or entertainment. While these practices are good and important for Christians to do on a regular basis, they are not the same thing as fasting. Second, fasting is not a diet. It is not an attempt to lose weight or get the body back into shape.

So, what is fasting? *Fasting is voluntarily abstaining from food for spiritual purposes.* Fasting is voluntary because it is a choice. It is something we do after the example of our Lord.

## *Why Should We Fast?*

When we abstain from food, we starve the flesh. We choose not to feed our bodies as a way of exercising control and discipline over the bodily (or fleshly) desires that so often become misdirected and lead us away from God.

But fasting is also more than this. Dallas Willard, the great spiritual teacher, defined fasting as “feasting upon God” or “being nourished by God.”<sup>1</sup> While fasting includes abstaining from food to starve the flesh, it also involves communion with God, which feeds and nourishes the soul. Fasting is an incredible opportunity to intensify our spiritual focus as we seek after the Lord. We were made to be more dependent on God even than the food we consume every day. When we fast, we remind ourselves of this dependence and look to God as the one who sustains us.

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<sup>1</sup> Sean Meade, “Dallas Notes: Revive Your Soul (Tyndale University, March 2006),” *The Wisdom of Dallas Willard* (blog), January 23, 2014, <http://thewisdomofdallaswillard.blogspot.com/2014/01/dallas-notes-revive-your-soul-tyndale.html>.

## *How Should We Fast?*

The Bible does not prescribe a specific length of time for fasting. The most common examples are for one day (Lev. 23:32; Judg. 20:26; 2 Sam. 1:12), but other examples include three days (Esth. 4:16), seven days (1 Sam. 31:13), twenty-one days (Dan. 10:3), or even forty days (Exod. 34:28; 1 Kings 19:8; Matt. 4:2). Some fasts are corporate fasts, where several people participate in the fast together, but many fasts are performed only by individuals.

Almost every fast recorded in the Bible involves completely abstaining from food. In these cases, the individuals who fast drink only water. A few fasts mentioned in the Bible include abstaining from water (Esth. 4:16). Additionally, on at least one occasion, a partial fast is mentioned (Dan. 10:3). In this case, rather than totally abstaining from all food, the individual will abstain from certain foods or drinks for the duration of the fast.

Ultimately, most fasts in the Bible seem to be a more private matter between the individual and God. When you are thinking about fasting, take time to pray and listen for how the Spirit might be guiding you to fast. Perhaps you will decide to do a “normal” fast and abstain from food for three weeks. Alternatively, you might engage in a partial fast of some sort either by abstaining from certain foods, such as meat and sweets, or by abstaining from certain meals each day. These latter options are especially useful for people with health conditions that require them to eat each day.

The most important thing in any fast is that you do not only abstain from food. The purpose of fasting, as we’ve said, is to recalibrate our spiritual sense of dependence on God. The early Church fathers and mothers knew well that fasting from food will not avail anyone if they do not also fast from sin. This kind of fasting leads to the hypocrisy Jesus criticizes in the Jewish leaders of His day. Because of this, Christians for centuries have viewed fasting as an appropriate practice to accompany periods of repentance, prayer, and the study of Scripture in our lives. Put differently, fasting is a discipline that can heighten and intensify our focus for other spiritual disciplines.

# *How to Use This Fasting Guide*

This fasting guide is meant to accompany a 21-day fast. For each week, we will look first at the example of Jesus' fasting and temptation in the wilderness. Then we will attempt to draw out important biblical teachings to edify our souls as we fast from food and feast on God. The goal of this is to experience for ourselves what it means to live not by bread alone, but by every word that proceeds from the mouth of God (Matt. 4:4).

Our prayer for you as you work through this guide is the same as Paul's prayer for the believers in Ephesus:

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen (Eph. 3:16–21).

## STARVE THE FLESH, FEED THE SPIRIT

When Jesus fasted for 40 days in the wilderness, He was tempted by Satan. Jesus' first temptation was to turn stones into bread so that He could satisfy His hunger (Matt. 4:2-3). This temptation was for the satisfaction of fleshly desires. We all have natural bodily desires for things like food or drink or sex, and each of those desires can be fulfilled in a God-honoring way. But many of us also know all too well that those same desires, under the influence of sin, can lead us away from God and control our lives in ways that are not healthy. Satan's aim was to tempt Jesus with those natural desires of the flesh, but Jesus responded with a deeper truth.

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God'" (Matt. 4:4).

Jesus was quoting Deuteronomy 8, when Moses speaks to the generation wandering in the wilderness:

Remember how the Lord your

God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord (Deut. 8:2–3).

Hunger was used by God to humble His people in the wilderness in order to teach them the very lesson that Jesus quotes back to Satan when He is tempted. He had already been fasting for 40 days and was hungry (Matt. 4:2), but it was precisely because Jesus had been fasting that He was able to resist the temptation of Satan. When we fast, we starve that part of ourselves that can easily give in to the desires of the flesh. We want that part of us to go hungry so that our souls can find satisfaction and sustenance in God.

Fasting will drain you physically, and if you are not used to

practicing it, you will feel its impact quickly on your body. But I have found that fasting reveals God’s counterintuitive, countercultural, and even counter-natural economy where He accomplishes *more* with your *less*. As Paul says in 2 Cor. 12:10, “When I am weak, then I am strong.” Only this strength can prevail for us in our battle against the enemy and his servants.

The psalmist invites us to “taste and see that the Lord is good” (Ps. 34:8a). What does it actually mean to taste the goodness of God? What would it mean for you to know deep within (even in your empty gut!) what the psalmist says elsewhere: “How sweet are your words to my taste, sweeter than honey to my mouth!” (Ps. 119:103). We have an opportunity in the coming weeks to cleanse our palates, which have grown too fond of lesser tastes, so that we can experience afresh the sweet taste of the goodness of our God and His Word.

May the Word made flesh, the Bread of Life, fill us all to our satisfaction and joy this week. Amen.





# Daily Reflections

## DAY 1

As we read through the entirety of God’s Word, there are so many reasons and examples for fasting: as a rhythm and discipline—weekly, festivals, yearly; as a habit—‘as was His custom’; in mourning, in celebration, in transition, and in preparation. Fasting is practiced for counsel, revelation, inspiration, healing, and preparation for a specific task or new season. It can also be for the needs of loved ones, salvation, the church, or the persecuted.

What’s clear is that fasting is a consistent pattern and discipline throughout the Scriptures.

What is your primary reason for fasting in this particular season as we approach the new year?

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## DAY 2

Moses fasted for 40 days without water—a supernatural fast. Even Esther’s fast of three days without water was extraordinary, as humans begin to die after three days without hydration.

For 10 years, I’ve done 21-day fasts, and each one has been different. Sometimes, I never get hungry and can go 21 days with only water—supernatural for a foodie like me. Other times, I feel hungry at the beginning or end and move to juice, especially if I’m traveling, speaking, or unwell.

The point is not about willpower or duty but about reaching a place where my natural longing creates a constant awareness of my utter dependence on Him. This leads me into the ‘supernatural zone,’ making each fast special, unique, and powerful.

Fasting deadens human nature and enlivens spiritual nature.

Are there spiritual gifts you want to strengthen or gain during this fasting season?

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### **DAY 3**

Isaiah 58 challenges us to ensure our missional actions align with God’s holistic vision.

Fasting is not about pietistic religious activity; it’s about loving God with all our hearts and loving our neighbors as ourselves. If we’re fasting without reflecting God’s love and justice, He rejects our fast.

As you fast, ask yourself: Are my actions reflecting who He is?

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## DAY 4

Fasting heightens spiritual gifts. All the spiritual gifts—ministry gifts, fruits of the Spirit, and fivefold ministry functions—become more intense for me during a fast.

I normally do not operate in the gift of prophecy or discernment. During a fast several years ago I came into the office and casually asked one of our leaders how he was doing. He replied, ‘Oh, fine,’ but the Spirit alerted me otherwise. I pressed gently, and he admitted his marriage and life were falling apart. Fasting sharpened my discernment, and allowed God’s intervention in that situation so we could walk with him towards restoration.

What gifts might God be intensifying in you through this fast?

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## DAY 5

Abstain from sin.

At first glance, I think, “Of course, I’m not supposed to sin. I’m doing pretty well—I’m not committing any big sins.” But the more I fast, the more aware I become of all the “little” sins in my life: pride, insecurities, jealousy...the list goes on. Fasting reveals just how much sin remains in my heart and how desperately I need the Lord to cleanse me from all unrighteousness.

This process also reminds me how vital it is to stay open to the Holy Spirit—immediately and quickly—when I’m veering off course, whether by committing a sin or omitting something I should be doing.

How is God using this fast to reveal areas of your life where you need His cleansing and guidance? Are you listening to the Holy Spirit’s promptings each day?

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**DAY 6**

Fasting teaches me to appreciate what I normally take for granted.  
Gratitude becomes worship.

What are five things you're grateful for today? Offer them to God as an act of worship.

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## DAY 7

God does more with my less.

The following happened during the first week of my last fast:

- A hiring challenge I had strived all year to solve was resolved.
- A challenging strategy suddenly came to me in full bloom when I woke up.
- A meeting I had tried arranging came together ‘impromptu’ without any effort on my part.

We don’t fast for results; we fast for presence and dependence. But in my years of fasting, I’ve seen that presence and dependence produce outcomes that I never could.

What answers, revelations, and gifts has God already given you during your fast so far?

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## Week 2

# OUT OF DARKNESS AND INTO LIGHT

The second temptation Jesus faced in the wilderness was the temptation to test God through His own autonomy. Satan takes Him to the highest point in the temple of Jerusalem and tells Him to throw Himself off in order to confirm His identity as God's Son. Satan even quotes Psalm 91:11–12 to give the appearance of scriptural support for his temptation.

Jesus recognized the temptation for what it was. It was an attempt to seize autonomy and force God to support His own endeavors. It was a way of testing God. Jesus knew this, so He quoted back to Satan the teaching of Deuteronomy 6:16: “Do not put the LORD your God to the test.”

Most of us probably think we don't test God in this way very often. The truth is that we do it all the time. We grab hold of our own autonomy and justify our self-centered ambitions with idolatrous conceptions of God. Not your obvious, turning-away-from-God-to-follow-pagan-gods idolatry. Most idolatry is more subtle than that. Like the Israelites in the

wilderness with their golden calf (Exod. 32:1–8), we plaster the name of God on images in our lives that promise safety but cannot save. These images can be religious, political, national, or ideological.

We do this because we prefer a familiar god to the free one, a predictable god to the powerful one, a domesticated god to the disruptive one. We want nothing more than a docile deity who can support the objectives we set for ourselves. The last thing we need is a God who inconveniences our plans and priorities by disrupting our lives and calling us into the hard and narrow way of the Kingdom, especially when that way leads us into the uncertainty of the wilderness.

Fasting has a way of bringing to the surface sins that lie deep within our hearts. As Richard Foster says, “More than any other discipline, fasting reveals the things that control us...We cover up what is inside us with food and other good things, but in fasting these things surface.”<sup>1</sup>

A variety of things might surface for you as you continue to fast. When the desires of the flesh are not met, they tend to assert themselves more strongly. When we fast, we can more easily identify the works of the flesh in our own lives and repent of them. We can cry out to God like the psalmist and say, “Create in me a pure heart, O God, and renew a steadfast spirit within me” (Ps. 51:10). The good news is that God hears those prayers and answers them.

First John 1:5 says, “God is light; in him there is no darkness at all.” If we desire life with God, we cannot live in darkness, and the darkness cannot live in us. Many of us do a decent job avoiding the darkness externally in the sight of others. It is much harder to know and expose the darkness that hides internally. But there is good news. “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9).

May the Light of the world, the Light of life, shine in our hearts and bring healing and hope to replace the darkness that dwells within us. Amen.

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<sup>1</sup> Richard Foster, *Celebration of Discipline: The Path to Spiritual Growth* (New York: HarperCollins, 1998), 55.



# *Daily Reflections*

## **DAY 8**

Let's take a moment to step back from our constant striving and rest in full confidence and joy because of what Jesus has already done for us.

Hebrews 10 is so powerful:

“And since we now have a magnificent High Priest to welcome us into God's house, we come closer to God and approach Him with an open heart, fully convinced that nothing will keep us at a distance from Him. For our hearts have been sprinkled with blood to remove impurity, and we have been freed from an accusing conscience. Now we are clean, unstained, and presentable to God inside and out!”

I'm reminded of when my dad took me into the Bekaa Valley of Lebanon during Ramadan. At sunset, they slaughtered lambs to break their fasts. As a child, it was overwhelming and traumatic to witness the sounds, smells, and sights of hundreds of animals sacrificed. Thousands of people participated in sacrificial striving, with no assurance that God would hear them.

How different is our approach to fasting! We enter with the full assurance of faith—that God is not only listening, but He is already acting on our behalf.

Let's stop striving and rest in the completed work of Jesus. How might stepping back from striving help you draw closer to Him in faith during this fast?

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## DAY 9

Why does Satan tempt Jesus with a promise He already has in Scripture? He wants Jesus—and us—to use the protection and power of Kingdom citizenship for our own selfish ambition.

How often have I used the blessings and favor of being part of God’s family for my own ambitions, gains, or self-preservation? I believe this is one of the greatest challenges in American evangelical Christian leadership today. We use privilege, wealth, influence, and even political power, but too often it’s for self-aggrandizement, self-promotion, or self-preservation.

Lord, guard my heart from myself. Never let me use my Kingdom leadership for anything less than the glory of Your name and the advancement of Your reign.

Are there areas in your life where you’ve misused the blessings of Kingdom citizenship? How can you realign them for God’s glory?

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## DAY 10

Social media and cell phones have become ubiquitous, giving us constant access to information, friends, family, work, and entertainment. While convenient, this availability has often grounded us in carnal dependency, spoiling our spiritual hunger and intimacy with God.

Fasting disrupts these rhythms and forces us to wait on the Lord. It awakens us to the idols we unknowingly build in our daily routines—things we depend on more than Him.

Whatever we depend on, we begin to worship with our time and energy.

Lord, today, send the Holy Spirit to reveal any idolatry in my life. Show me the things I've placed above You, and help me depend fully on You and Your voice.

What rhythms or dependencies might God be asking you to disrupt during this season of fasting?

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## DAY 11

I'm a foodie, and my tastes are pretty sophisticated. I love unique flavors and complex combinations in my recipes. But when I overindulge—using food as a distraction from stress, boredom, or routine—I end up overeating and under-enjoying. My tastes become harder to satisfy, and I lose appreciation for God's simple pleasures.

Fasting starves my excesses and realigns my needs. It reminds me of how little I need and how much I've lost my appreciation for God's simple blessings. I always break my fast with an avocado. It tastes phenomenal. I savor it, value it, and thoroughly enjoy it.

Satan, through our excesses, wants us to crave more of what we don't need. Fasting restores gratitude, allowing us to savor the smallest of miracles and blessings.

What simple pleasures has God given you that you can savor today?

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## DAY 12

I've become convicted of my lack of personal witness in my daily life—of failing to see it as a sacrifice of praise, a light that should naturally flow out of me in my words and deeds.

Hebrews 13:15 says:

“Through Him, then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”

I'm praying that the Lord will teach me this year to allow His light to flow through me more frequently and naturally, both in how I speak about Him and how I act like Him with my neighbors and the people I encounter around the world.

Paul calls this our reasonable act of worship, reminding us in Romans 12:1: “And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him.”

How can you let God's light flow through your words and actions more intentionally this week?

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## DAY 13

Fasting makes you physically weak, limits your work output, and forces you into a state of needed spiritual stillness.

This stillness, though challenging, creates space for God to move in ways we might not experience otherwise. As our physical strength diminishes, we are invited to lean into His strength, discovering that His power is made perfect in our weakness (2 Cor. 12:9). It's often in these moments of limitation that we see God's provision and grace most clearly, whether through unexpected clarity, supernatural peace, or simply the ability to endure.

In moments of physical weakness throughout this fast, how have you found strength in God? How can you continue to find strength in Him even after you finish your fast?

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## DAY 14

Satan's offer to Jesus was for immediate control—a shortcut to power—rather than trusting in the glorious and complete unfolding of God's ultimate victory through His death, resurrection, and the eschatological triumph of His return, uniting all of heaven and earth.

As humans, we often struggle to comprehend God's unfolding glory, especially when it involves pain, suffering, persecution, or humiliation. Even Jesus, in His humanity, cried out, "Let this cup pass from me."

We long for immediate answers, resolution, and solutions, and Satan leverages this impatience to challenge our faith and dependence on God.

Lord, grant me faith to trust in Your perfect will. Give me the strength to endure this present age and the patience to see Your plan unfold in its fullness.



## BEHOLD THE GLORY OF THE LORD

For his third temptation, Satan leads Jesus to a high mountain and shows Him all the kingdoms of the earth. He offers them all to Jesus; if only He will bow down and worship him. This is the temptation of power and personal glory.

Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

The truth is that every kingdom Satan showed Jesus would be rightfully His in any case. The kingdoms of the world will become the Kingdom of our Lord and His Messiah (Rev. 11:15). What Satan offers Jesus is false glory and false power. True power and glory, Jesus knows, are found in worshipping and serving God alone, even if that worship and service leads to death. The greatest demonstration of Jesus’ power and glory is found in His submission to the Father’s will to the point of death on the cross. This death, Jesus knows, opens the way to true glory. (See Luke 24:26)



The psalmist tells us in Psalm 8:5 that God made humans a little lower than angels “and crowned them with glory and honor.” But the psalmist isn’t saying humans have their own glory apart from God. Rather, the glory of humanity is the glory of God reflected in humans as His image in the world. Humans are like the moon, whose light reflects the light of the sun. Our glory is the glory of God. So, the more we worship and serve God, as Jesus says, the more we reflect God’s glory.

After the incident with the golden calf, which we read about last week, Moses went back up the mountain and beheld the glory of the Lord (Exod. 33:18–23). After God shows Moses His own glory, He passes in front of Moses and speaks about His character in one of the most important passages of the entire Bible: “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness” (Exod. 34:6). While Moses was up on the mountain with God, he fasted for forty days, and when he came

back down from the mountain, his face was radiant with the glory of God (Exod. 34:29).

There are only three characters in the Bible who are said to have fasted for forty days: Moses (Exod. 34:28), Elijah (1 Kings 19:8), and Jesus (Matt. 4:2). It should strike us as no coincidence, then, that these very three show up at the time when Jesus is transfigured before His disciples (Matt. 17:1–3). Only this time, the glory of God is clearly shown forth in Jesus Himself. As the author of Hebrews says, Jesus is “the radiance of God’s glory” (Heb. 1:3). When we look at Him, we see the glory of God reflected most clearly. As with these biblical figures, fasting can prepare us to behold the glory of God, hear His voice, and be transformed in the process to reflect His glory in our lives.

May the glory of God, which is seen in the human face crowned with thorns, shine into our hearts, and may the hands scarred with nails for us shape our lives to reflect His until we see Him face to face. Hallelujah. Amen.



## *Daily Reflections*

### **DAY 15**

It's astonishing to think that the Almighty God has entrusted us with custodial authority over His creation. Considering what I know about myself—and humanity as a whole—it's no wonder the world is in such disarray. Yet, this realization both humbles and emboldens me. God has given us incredible agency and authority to be His ambassadors, His designated Kingdom representatives.

However, a steward exists solely to fulfill the will of the One who sent them. This is why fasting is so critical and necessary—it sharpens our ability to hear and discern the will of the Father. For me, His voice becomes clearest during a season of fasting, as the distractions fade and His guidance comes into focus.

How might God be asking you to align your role as His steward with His perfect will during this fast?

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### **DAY 16**

It's fascinating that as God lays out the conditions of the Old Covenant, His entire preamble is framed around generational curses and blessings. He declares obedience to His laws will bring blessings to a thousand generations, while disobedience will carry consequences for children, grandchildren, and great-grandchildren.

My first reaction to this is gratitude for the grace of Jesus and the New Covenant! But I'm also deeply aware that my own observance of God's



righteousness—and my actions—directly impact the spiritual destiny of my children and grandchildren.

Today, I'm praying specifically for my role in their lives, asking the Lord to help me remain observant and committed to raising them in love, faith, and passion for Jesus. May I lead my family in prioritizing our commitment to Him, trusting His promises for future generations.

How is God calling you to influence and bless the generations that follow you?

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## DAY 17

Elijah's fast is a unique and puzzling one. He is at the end of his rope, in total despair, when the Lord provides him with a miraculous meal that sustains him for 40 days as he flees. Yet, even after this divine provision, Elijah remains despondent. The Lord asks him a second time, "Why are you here?" while continuing to perform miracles all around him—miracles that Elijah seems unable to see or fully grasp. He lacks the perspective, insight, or faith to understand what God is doing on his behalf and for Israel.

Sometimes, during our own fasting, we find ourselves in similar places—uncertain of where things stand or why they aren't unfolding as we think they should. We can't even answer, "Why am I here?" But like Elijah, even without all the answers, we must listen to God's voice and trust Him step by step.

In His sovereignty, God worked all things together for good in Elijah's life, ultimately including him in the glorious transfiguration alongside Jesus.

During a fast, I often feel weak, tired, unclear, and at the end of my rope. I'm not on my game. But time and again, I've realized that God doesn't need me at my best—He needs me at my most dependent on Him, so He can bring about His glorious outcomes.

Where in your life is God asking you to trust Him, even when you feel weak or unclear about the path forward?

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## DAY 18

I love that Moses' fasting became a gateway to deeper intimacy with the Lord. Through his communion with God, Moses experienced not only internal transformation but also a visible and physical change in his countenance. His time with God left him radiant, reflecting the glory of the Lord.

Have you ever met someone and instantly known they were a Christ-follower because they radiated the love and character of Jesus? If there's one thing I've observed about people who live in this sweet spot of spiritual light, it's that they are fully present in the moment. Their attention is entirely focused on you, and you genuinely feel their care and concern.

This combination of authentic concern and personal focus is not something I naturally possess. I tend to be so goal- and achievement-oriented that I often miss the present moment. Too often, I view people as objectives for the mission rather than individuals God loves, cares for, and wants to minister to.

As I come out of my fast, I'm praying that my moments with God, basking in His glory, become more frequent and consistent in my life. I want to reflect Him better—not just through my actions but also in how I see and value the people He's placed around me.

How can you take steps to be more present with God and others, reflecting His glory in your daily interactions?

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## DAY 19

Today, I'm praying for a deeper understanding of the freedom I've been given in Christ Jesus.

Colossians 4:2 says:

“Devote yourselves to prayer with an alert mind and a thankful heart.”

Too often, my prayers focus on my own needs—what I want or lack—rather than being alert to the finished work of the cross. I want to approach prayer from a posture of thanksgiving, not need; from power, not weakness; from victory, not defeat.

True faith-filled prayer flows out of an awareness of what Jesus has already accomplished. It comes from closeness to Him and an alertness to His victory—not from my own limited strength, ability, or will.

What would it look like for you to shift your prayers today to a posture of gratitude for the completed work of Christ?

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## DAY 20

This is my prayer today:

Lord, let my life be a sacrifice of praise. Help me to continually give thanks for the sacrifice You made, even when my circumstances feel uncertain or my prayers aren't answered on my timeline or in the way I envisioned. Remind me that You are always in perfect control.

Teach me to practice Your presence consistently in my daily walk—not just during dedicated seasons of fasting and prayer—so that I may radiate Your glory in all I do. Let my time, talent, and treasure reflect authentic generosity, and may my words and actions overflow with kindness and love to everyone I encounter.

How can you intentionally practice God's presence today and let His love flow through you to others?

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## DAY 21

Fasting attunes our hearts to the Holy Spirit, helping us focus not on what we do but on the One who originates the thoughts and actions behind our lives.

“They feasted and drank in the Lord's presence with great joy that day. And again they crowned David's son Solomon as their new king. They anointed him before the Lord as their leader, and they anointed Zadok as priest.”  
—1 Chronicles 29:22

I love that the Lord calls us to seasons of fasting, solitude, and sober-mindedness. Yet, He also calls us to seasons of feasting, celebration, and joy—enjoying the bounty of the life He has prepared for us as His kings and priests.

Let's live life to the fullest, giving glory to God in both our fasting and our feasting.

As this fast comes to an end, what steps are you going to take on a daily basis to seek God and be sensitive to the Holy Spirit continually? Take a moment to write out a prayer based on what the Lord has revealed to you during this fast and how you'll implement those insights in this new season.

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## *Final Reflection*

You did it. You've finished 21 days of fasting! As you return to your usual routine, my prayer is that you feel refreshed and renewed through time spent in God's presence. I pray that these past few weeks have brought you new revelations, strengthened spiritual gifts, and deepened your relationship with God.

As you move forward, carry what you've learned with you and continue to find those small moments throughout your day to depend on God and His strength fully.



## *About Rob Hoskins*

Rob Hoskins is the president of OneHope. Born to missionary parents, he grew up in the Middle East and France. Since taking leadership of OneHope in 2004, he has continued to advance the vision of *God's Word. Every Child.* by partnering with local churches to help reach over 2 billion children and youth worldwide with a contextualized presentation of God's Word. Under his leadership, OneHope is working in every nation on earth, and its products and programs are translated into hundreds of languages.

In addition to extensive print and film programs, Rob has overseen the expansion into digital with the *Bible App for Kids* and *Kids Bible Experience* developed in partnership with YouVersion, as well as numerous other evangelism, discipleship, and leadership-development initiatives.

He serves in numerous networks in various leadership capacities, including being senior advisor to the World Evangelical Alliance, a member of Empowered21 Global Council, and leading the World Assemblies of God Fellowship Church Planting Commission. He holds a Doctor of Ministry degree in World Missions and Cross-Cultural Studies from Gordon-Conwell Theological Seminary. He currently invests in training and teaching Christian global leaders through Southeastern University's Doctor of Missiology program.

He is an active blogger and the author of several books, including *Change Your World*, which focuses on personal and community transformation, coauthored with John C. Maxwell.

Rob and his wife, Kim, have two married daughters and are the joyful and proud grandparents to three grandchildren. Their joint mission statement in life is to “build young leaders and serve great leaders.”



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