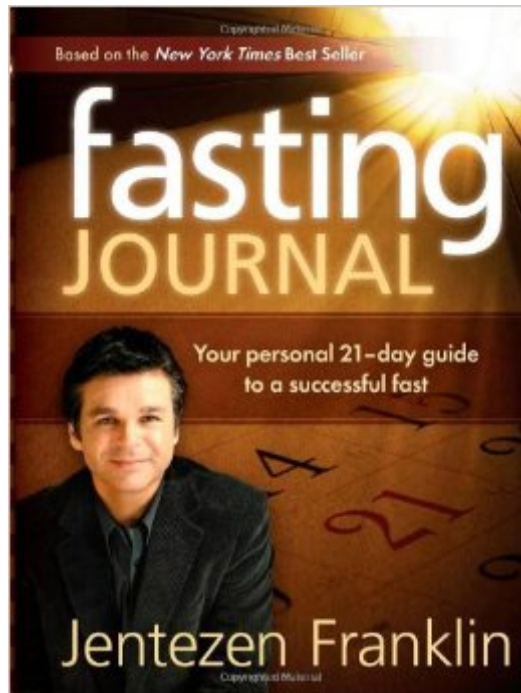


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# Fasting Journal: Your Personal 21-Day Guide To A Successful Fast



## Synopsis

"New York Times"-bestselling author Franklin offers the necessary keys to experiencing powerful transformation in this 21-day fasting journal. Each day provides a specific focus for prayers and fasting, and includes specific reminders of what to expect both physically and spiritually during a fast.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (75 customer reviews)

Best Sellers Rank: #237,148 in Books (See Top 100 in Books) #321 in [Books > Religion & Spirituality > Worship & Devotion > Ritual](#) #3229 in [Books > Christian Books & Bibles > Worship & Devotion](#) #14621 in [Books > Christian Books & Bibles > Christian Living](#)

## Customer Reviews

Top favorite reasons for liking this/ these books: Encouraging & Inspiring  
Easy to read, interesting  
Includes Testimonials & Biblical examples of fasting  
I've reviewed & read ALL 3 of Franklin's fasting books this week: The Fasting Journal, the Fasting Book w/ DVD, AND the Fasting Edge. I can tell you... I suggest you choose either the book w/ DVD OR the journal, but NOT both. They both repeat the same things over & over, very annoying. The books are both quite good & very encouraging to read during a fast... but the 2 are too similar. Just choose one, between the two. But the Fasting Edge- that's my favorite of the 3. It doesn't repeat all the same stuff as the other 2 books either. All of the books are very inspiring & encouraging. It's a very easy read, all of them are. It's not painful to read, you know how some books can be... it's easy & hard to stop reading, in fact. I really appreciate his constant encouragement & his love for the Lord & for fasting. His real heart comes through, and he doesn't seem like somebody trying to sell us on some 'get rich quick' scheme... not at all... and he makes that quite clear. These books are full of all the Biblical examples of fasting, and I like that too. It also includes testimonials of God blessing people who've fasted, just as He'd promised. I'm on my 10th day of a water only/ Daniel fast. On the days I'm home, I do water

only, but if I have to drive a long way & don't want to wreck, I do the Daniel fast. I keep a separate (blank) journal to record my fasting journey & God has already answered 5 smaller prayer requests. I'm committed to fast 43 days, and then some, until He answers those much-needed prayers I pray on behalf of my husband, and his much-needed mercy & soul-revival. -Glory to God!! Bless you all as you seek Him FIRST in your life through fasting & prayer!!

I had been looking for a book that what help me understand fasting better. This book beyond just an explanation but gave biblical and real life examples of the power of fasting. It was powerful to realize that even though Jesus was the son of God that he too fasted. This is a book worth buying if you are looking to learn more about fasting!

I'm reading this fasting journal for the THIRD time and highly recommend it! The format is simple to use and begins with a summary of Biblical fasts: Esther three-day fast (Esther 4), Daniel 21-day fast (Daniel 10), Atonement fast (Leviticus 23), Battle fast (Judges 3), Lifting judgement fast (1 Kings 21), Healing fast (Isaiah 58), Dominion fast (Matthew 4). You'll want to read the "Fasting" book by the same author, to help understand these types of fasting. The journal begins with a daily devotion, a reminder of fasting tips from the related book, and thoughtful questions for reflection. The printed journal has adequate room for writing your responses, however if you are using the digital version then you'll want to write your answers in a composition book or notebook. The daily journal ends with a pray and then an action item. This is an excellent tool to follow when fasting. If you're choosing a 40-day fasting period, then follow this with "The Fasting Edge Journal" another 21-day journal by the same author.

I REALLY DO ENJOY THIS BOOK. IT WAS A GOOD BUY. I LIKE THE FACT THAT THERE ARE SCRIPTURES TO GO ALONG WITH EACH FAST. MY SISTER TOLD ME ABOUT THE BOOK. I ORDERED IT THE SAME DAY SHE TOLD ME ABOUT IT, AND IT WAS HERE THE NEXT DAY, WHICH WAS GREAT BECAUSE I WAS PREPARING TO GO AWAY FOR A WEEK TO BE ALONE TO GET RECONNECTED WITH GOD, AND WHAT A JOY IT WAS TO ADD TO MY LIST OF BOOKS TO CARRY WITH ME BESIDES MY BIBLE. I DO RECOMMEND THIS BOOK TO ANYONE THAT IS GOING THROUGH FOR SOME REASON OR ANOTHER. IT REALLY WILL GUIDE YOU. I LOVE IT

I picked this up as I prayed with a troubled spirit walking a books store trying to find something to

alleviate my stress as our country changes rapidly in ways that grieve me. Suddenly, I saw this book and the book that goes with it and realized that I had not fasted for God's hand to move to stop the move to a Godless government and school system that will fundamentally change our nation. While the theology can conflict with my Catholic beliefs, the journal is a good structure for anyone looking to complete a fast for a specific purpose.

This journal is a wonderful companion to Franklin's FASTING book. I highly recommend it!

sometimes you have to take it to the next level. I heard about this book and decided that I was going to get it! I needed to fast and ask God for help. I specifically fasted for my family/ autistic son. I have been praying for my son even before I had him. Was bit trouble after I was told that he was on the Spectrum. At age 5 he was still not potty trained....very stressful. I decided to fast for that purposed. Couple months later it happened....something clicked and now my boy is potty trained at age 5. Praised God! So give the Journal and book a try a see God wondrous working power in your life.

This is a great tool when you are doing the 21-Day Daniel Fast. It keeps you grounded and in the Word.I felt it was very beneficial to me because I had never done a fast that long. It drew me closer into the Word. Love to do this about every 6-months.

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