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# PERSONAL PREPARATION FOR OCTOBERFAST



*This time of fasting is meant to be a time set aside for God to deal with your heart. Ask Him for revelation during this time of consecration. Perhaps God has already been speaking to your heart. If so, ask Him for a heart to obey.*

Wrestle with these questions:

**What is your personal reason for joining OctoberFast?**

**What are TWO desires for this fast?**

Example: I want God to reveal to me the things that keep me from becoming unified with others.

**What are TWO goals you can make for yourself to help you draw closer to God?**

Example: I will make space at the beginning of my day so I can hear from God.

**Post-Fast Follow Up**

Document your experience after each week of the fast, revelations and lessons learned