

Fasting is about creating space for God to move. Whether you seek wisdom, direction, repentance, or a humble heart, let these Scriptures companion you during your fast..

Fasting to Seek Understanding

When you need clarity or wisdom, fasting creates space to quiet distractions and hear God's voice more clearly. Meditate on these Scriptures as you seek His guidance:

___Proverbs 2:6

___James 1:5

___Psalm 119:130

Fasting to Repent

Fasting can be a time to humble yourself before God, allowing Him to shine His light on your heart. Let these Scriptures guide your repentance and remind you of His mercy:

___1 John 1:9

___Psalm 51:10-12

___Joel 2:12-13

Fasting for Direction

When you're standing at a crossroads, fasting can help quiet your heart to discern God's will. Use these Scriptures to guide your prayers for direction:

___Psalm 25:4-5

___Isaiah 30:21

___Proverbs 3:5-6

Fasting to Humble Yourself

Fasting is an act of humility, a way to bow your heart before God and invite Him to do a deep work within you. Reflect on these Scriptures as you open yourself to His refining:

___Psalm 139:23-24

___Micah 6:8

___2 Corinthians 7:1

You can find the blog post , podcast, and video that go with this Scripture Cultivation at <https://beneaththefigtree.org>

Helpful Tips for Fasting

If you're curious about fasting but unsure where to start, I have a few suggestions to make the practice more approachable and meaningful:

- **Start small:** If the idea of fasting an entire meal or day feels overwhelming, try a partial fast. Maybe skip one meal or fast from a specific type of food or drink.
- **Fast beyond food:** If fasting food isn't possible or feels daunting, consider fasting something else that consumes your time or attention. Social media, TV, or even a particular hobby can be meaningful substitutes.
- **Have a focus:** Choose a verse or prayer focus for your fast. This gives purpose to your time of abstaining and keeps your heart anchored.
- **Set reminders:** Use the hunger pangs, urges to scroll, or moments of discomfort as a reminder to turn your thoughts to God. You can even set daily alarms on your phone as reminders to pause, pray, and refocus. You can choose any times that you'd like or that would be good times for you to pause a moment, focus, and pray. Another idea is to set your alarm according to your focal verse. For example, if you're fasting to gain understanding and your focal verse is Daniel 9:13, you can set your alarm for 9:13. That will not only be a reminder to pause and pray but also to read or meditate on the verse.

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Fasting is an
invitation
to slow down,
humble your heart,
and meet with God
in a deeper way.

beneath the *Fig Tree*

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Hey there friend.

I'm Rose and at here Beneath The Fig Tree, my favorite God-assignment is coming alongside women to help them cultivate a devotional life they absolutely love so they experience the tangible, meaningful relationship with God they were created for!

I share lots of inspiration, tools, ideas and encouragement. You can connect with me and a whole community of (mostly) women I affectionate call "Figs" as we cultivate our devotional lives together.

Much love and gratitude,

Rose Jordan



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Let's stay in touch!

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