

Break the Flesh – 7-Day Water Fast Companion Journal

This journal is designed to guide and support you through your 7-day water fast — spiritually, mentally, and physically. Each day follows a rhythm: a theme, scripture, daily intention, spiritual reflection, emotional and physical awareness, and personal insight. This is not just about going without — it's about drawing closer to God, breaking strongholds, and realigning with your purpose.

Disclaimer: *This journal is intended for spiritual and personal reflection purposes only. It is not intended to provide medical advice and should not be used as a substitute for consultation with a licensed healthcare provider. Fasting may not be safe or appropriate for everyone, especially individuals with underlying health conditions, those taking medication, or those who are pregnant, breastfeeding, or have a history of disordered eating. Always consult your physician before beginning any fasting regimen, diet, or physical wellness plan.*

By using this journal, you acknowledge that you are solely responsible for your health and decisions. You further agree to the full disclaimer and terms available at [BreakTheFlesh/Legal](#). The creators, contributors, and publishers of this journal disclaim all liability for any harm, injury, illness, or outcomes resulting from the use of this material.

If you experience any severe or concerning symptoms during a fast, such as fainting, heart palpitations, disorientation, or intense pain, stop immediately and seek medical attention.

✦ Day 1 – Surrender

Theme: Letting Go of Control

Scripture: Psalm 46:10 – "Be still, and know that I am God."

Intention: "I surrender to this process. I release control and welcome clarity."

Reflect:

- What is God asking me to surrender today?
- Am I bringing Him into my small decisions — or just the big ones?
- What fears or doubts are surfacing?
- How does my body feel right now?
- What do my cravings truly represent?
- In what ways am I trying to stay in control, even now?
- When was the last time I felt this still?
- What would surrender actually look like today?

Example from another journaler: "Even changing the car music was a test of obedience. I felt God's nudge — and I listened."

☁ Day 2 – The Wilderness

Theme: Staying Faithful in the Silence

Scripture: James 1:12 – "Blessed is the one who perseveres under trial."

Intention: "I embrace the discomfort of this process, knowing that transformation is happening in the unseen."

Reflect:

- Where do I feel spiritually dry or tempted to give up?
- How am I reacting to stillness and silence?
- What helps me hold the line?
- What emotions are rising in me?
- Have I been honest with God about what I feel?
- What distractions are pulling me away from intimacy?
- What can I do to create more space for God today?

Journal moment: "I'm not 'feeling' anything spiritual — and that's okay. It's not about emotions. It's about faith."

💡 Day 3 – Revelation

Theme: Clarity After Resistance

Scripture: Hebrews 12:11 – "No discipline seems pleasant at the time... but it produces a harvest of righteousness."

Intention: "I choose stillness over striving. I release what no longer serves me."

Reflect:

- What breakthroughs (even small) have surfaced?
- What distractions or old cravings lost their grip today?
- Am I noticing emotional habits or spiritual patterns?
- Where did I almost give up — and why didn't I?
- What thoughts keep returning — and are they rooted in truth or fear?
- What is becoming clear about my relationship with control, comfort, or escape?

Anchor Statement: "Today, I walked away from temptation and into obedience. That's where transformation begins."

Day 4 – Divine Alignment

Theme: Recognizing the Signs

Scripture: Proverbs 3:6 – "In all your ways acknowledge Him, and He will direct your path."

Intention: "I choose to stay present. I welcome today as part of God's plan."

Reflect:

- What spiritual confirmations or 'coincidences' have surfaced?
- Is God showing me something through other people?
- What clarity do I feel about my path?
- How is my role as a leader (in family or community) being reshaped?
- What signs have I been dismissing or overlooking?
- What unexpected conversation or moment stood out — and why?

Journal moment: "A total stranger, who studied theology, told me about Jesus — the same week I bought my first Bible. That was no accident."

Day 5 – Letting Go

Theme: Trusting God with the Outcome

Scripture: Romans 8:28 – "In all things God works for the good of those who love him."

Intention: "I remain open. This discomfort is a bridge to something greater."

Reflect:

- What doors do I need to stop knocking on?
- Can I trust that rejection is redirection?
- What did I release today — and what peace followed?
- What emotions felt sharp — and how did I respond?
- What am I trying to hold onto that's already being pried from my hands?
- In what areas am I still negotiating with God?
- What does true release look like today?

Anchor Statement: "Today, I was tested — and I chose trust over frustration. That's real growth."

Day 6 – Presence

Theme: Becoming Grounded and Engaged

Scripture: 1 Peter 5:6–7 – "Humble yourselves... cast all your anxiety on Him."

Intention: "I choose to be still. God is in the quiet."

Reflect:

- How did I show up for my loved ones today?
- What surprised me about my focus or awareness?
- How is my body feeling or healing?
- Is God asking me to trust without full understanding?
- What felt sacred today — even if it was simple?
- What am I seeing now that I used to miss?
- How do I feel in my body — grounded or disconnected?

Anchor Statement: "I have laid down more than food — I've laid down disconnection. What's rising in its place is love."

Day 7 – A New Man/Woman

Theme: Sealing the Work

Scripture: 2 Corinthians 5:17 – "If anyone is in Christ, the new creation has come."

Intention: "I honor what this journey has shown me. I am not the same as when I began."

Reflect:

- What truth do I now believe without a doubt?
- How will I walk differently tomorrow?
- Who am I called to help because of this journey?
- What commitment do I want to make — to God, myself, or others?
- What habits or chains have broken for good?
- What old identity am I leaving behind?
- What fruit is already visible from this fast?

Final Anchor Statement: "I am no longer defined by my cravings or past. I walk in clarity, anchored in God, and fueled by purpose."

Final Encouragement:

You didn't just skip food for 7 days. You walked through a spiritual fire — and came out clearer, stronger, and anchored in a purpose that goes beyond you.

Let this journal be a beginning, not an ending. A testimony in progress.

Now go — break the flesh. And walk in Spirit.

Stay Connected:

Your journey doesn't have to end here. Visit us at BreakTheFlesh.com and subscribe for more resources, community support, fasting challenges, and encouragement to keep walking in your renewed purpose.

You are not alone. The real journey is just beginning.