

10 SPIRITUAL OR INTERNAL FAST PRACTICES

for Lent

Return to me with your whole heart.

Joel 2:12

Spiritual Fast Practices

Rotate these 10 daily suggestions throughout the Lenten season. Consider new ideas these inspire, too.



These suggestions for spiritual or internal fast practices help to purify the heart and mind, drawing you closer to God through intentional acts of surrender and growth during the Lenten season. Choose ONE to focus on each day.

- 1. Fast from Negative Self-Talk** – Pay attention to your inner dialogue and commit to refraining from criticizing or doubting yourself. Replace negative thoughts with affirmations of God's love and your inherent worth.
- 2. Fast from Worry and Anxiety** – When you catch yourself worrying, consciously surrender it to God in prayer. Trust in His care and provision, using this time to deepen your faith and reliance on Him.
- 3. Fast from Anger or Resentment** – Work on releasing grudges or anger towards others. Practice forgiveness and surrender hurt feelings to God, choosing peace over conflict.
- 4. Fast from Comparison** – Stop comparing yourself to others, whether in terms of success, appearance, or possessions. Embrace contentment and focus on the unique path God has for you.
- 5. Fast from Judgment** – Challenge yourself not to judge others, whether through your words or thoughts. Instead, replace judgment with empathy, compassion, and understanding.
- 6. Fast from Social Media** – Give up or significantly reduce your time spent on social media platforms, using the time instead for prayer, reflection, or reading spiritual texts.
- 7. Fast from Excessive Self-Interest** – Shift your focus from your own needs, desires, and ambitions to the needs of others. Practice selflessness by doing something for someone else.
- 8. Fast from Complaining** – Refrain from complaining about circumstances, people, or situations. Instead, practice gratitude, focusing on the blessings you have and offering praise to God.
- 9. Fast from Entertainment** – Limit or eliminate time spent on entertainment like TV, movies, or video games. Use this time for prayer, reading scripture, or engaging in reflective activities.
- 10. Fast from Pride and Ego** – Let go of the desire to be seen or recognized for your accomplishments. Focus on humility and serving others without seeking recognition.