

My Commitment to Fast and Pray

As a way of bringing focus to your time of fasting and praying, answer the following questions:

My Goal: What I am asking God to do?

My Fast: What will I withhold?

My Prayer: When will I pray?

My Vow: God being my strength, and grace being my basis, I commit myself to this period of fasting so that God will answer my prayer and give the thing for which I trust Him. Not my will, Oh God, but Yours be done.

Lord, I dedicate small things to express the greatness of Your supremacy in all of life.

Lord, I will be faithful in little expressions of my faith for great answers to prayer.

Lord, I commit to fulfill these small expressions of my love to You.
Amen.

Signed _____

Date: _____

My Time to Pray

*Lord, I will deny myself enjoyment during my Fast
so that I can seek Your will in my life.
I count it a privilege to give up my "pleasant food"
for Your glory and as a commitment of my prayer.*

*Lord, I have made a spiritual vow to You that I will
faithfully fast and pray for 21 days.*

*Lord, give me strong outer discipline to keep my outer vow
to You, and give me strong inner commitment
to pray faithfully for the answer I seek.*

Amen.