

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: I am asking God to _____

My Fast: What I will withhold _____

My Prayer: When I will 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: _____