

MY COMMITMENT TO FAST

Here are some ideas:

- Drink only water or juice for a period of time
- Give up one meal a day
- Give up one meal a week
- Eat only one meal a day
- Give up coffee
- Give up chocolate or other sweets
- Give up television
- Give up social media
- Give up video games
- Give up sports
- Give up shopping
- Other _____

What will you fast from in the next 21 days?

How long will you fast for? _____

Sign Here: _____

Remember, God desires your fast to be a blessing, not a burden. So when you fast, spend time praying, reading Scripture, worshipping and enjoying Him!

“Blessed are those who hunger and thirst for righteousness, for they will be satisfied.” (Matthew 5:6)

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