MY COMMITMENT TO FAST

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 week Give up chocolate or other sweets Give up chocolate or other sweets Give up social media Give up video games Give up shopping Other
☐ 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
hat will you fast from in the next 21 days?
w long will you fast for?
n Here:
member, God desires your fast to be a blessing, a burden. So when you fast, spend time praying ading Scripture, worshiping and enjoying Him!
"Blessed are those who hunger and thirst for

What wi

8

Re righteousness, for they will be satisfied." (Matthew 5:6)

Sig

Sign Here

How long

How

Ho

MY COMMITMENT TO FAST

□ Drink

Here:	long will you fast for?	at will you fast from in the next 21 days?	☐ Give up shopping ☐ Other	☐ Give up video games ☐ Give up sports	☐ Give up television☐ Give up social media	☐ Give up chocolate or other sweets	☐ Give up coffee	☐ Eat only one meal a day	☐ Give up one meal a day ☐ Give up one meal a week	Orink only water or juice for a period of time	mere are some ideas:
Sign	Hov	4									

righteousness, for they will be satisfied." (Matthew 5:6) "Blessed are those who hunger and thirst for not a burden. So when you fast, spend time praying,

not a burden. So when you fast, spend time praying

Remember, God desires your fast to be a blessing,

reading Scripture, worshiping and enjoying Him!

Remember, God desires your fast to be a blessing,

reading Scripture, worshiping and enjoying Him!

MY COMMITMENT TO FAST

Here are some ideas:

Here:	long will you fast for?	nat will you fast from in the next 21 days	□ Other	☐ Give up shopping	☐ Give up video games ☐ Give up sports	☐ Give up social media	☐ Give up television	☐ Give up chocolate or other sweets	☐ Give up coffee	☐ Eat only one meal a day	☐ Give up one meal a week	☐ Give up one meal a day	Drink only water or juice for a period of time	
		days	1										f tim	

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