

## Preparing for the My Fast

My Aim: I am fasting—  
**To satisfy the ache deep in my soul to know more and more of all that God has for me in Jesus and to ultimately bring glory to my God.**

My Purpose: I am fasting to—  
**Walk closer with my God and my church**

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Affirmation: I believe there is no earthly temptation that can enslave me, but that God has a way of escape for me (see 1 Cor. 10:13). I believe in the power of the blood of Christ and in the strength of the name of Christ (see Acts 3:16, 16:18). Therefore, I am fasting because I want the Son of God to make me free indeed (see John 8:36).

Vow: God being my strength, and grace being my basis, I commit myself to the fast outlined here.

Fast: Foods or other from which I will abstain

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Beginning: Date and time I will start fasting \_\_\_\_\_

End: Date and time I will stop \_\_\_\_\_

Bible Basis: Matt. 9:15; Isaiah 58, Joel 1-2; Act 9:9; Matt. 6:16-18

Resources  
Needed:

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Signed \_\_\_\_\_ Date \_\_\_\_\_