

A CALL TO PRAYER + FASTING

Some biblical references to fasting: Exodus 34:27-28; Judges 20:26; 2 Chronicles 20:1-12; Ezra 8:21-23; Esther 4:12-17; Psalm 35:13-14; Isaiah 58; Daniel 10:2-14; Matthew 4:1-11; 6:16-18

Good reasons to fast:

- + spiritual awakening for yourself and your congregation
- + God's guidance in your life

Before you fast:

- + pray and ask God how he wants you to fast (abstaining from food isn't the only meaningful kind of fast; God may direct you to fast from anything that is important to you)
- + confess and repent of all revealed sin—have a clean heart
- + as the Spirit guides, reconcile and/or restore broken relationships
- + make a written commitment between yourself and God for your fast (see reverse side)

Some things to draw you closer to God as you fast:

- + pray continually and fervently
- + read, study, meditate on, and memorize Scripture
- + reserve a time during the day to be quiet before God
- + keep a journal
- + consider using prayers from the Bible, praying out loud, or worshiping with music or some other way that is meaningful to you

Don't fast:

- + for selfish desires or ambitions
- + to try to manipulate God (God is not obligated by our fasting to meet our expectations or grant our wishes)
- + to promote false piety or religious duty
- + to draw personal glorification



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PERSONAL FASTING COMMITMENT

Fasting is a spiritual commitment for the purpose of growing closer to God. It is helpful to be specific before you begin a fast and write down your goals. Making a personal commitment like this can be helpful in holding you accountable. This is only for your own personal use. When you approach your fast with determination and a clear goal, you will be less likely to waiver in weak moments.

My reason(s) for fasting:

What I will be fasting:

Start date: _____ **End date:** _____

God being my strength and grace being my basis,
I commit myself to the above fast.

signature

date

**“You will seek me and find me, when you seek me
with all your heart.”
Jeremiah 29:13**

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