



FASTING CONTRACT

My reason/purpose for fasting:

I will fast:

Begin Date: _____ until End Date: _____

What type of fast?

Who will I ask to fast with me, if anyone?

Declaration

I believe that God is the only answer to my request and that prayer without fasting is not enough to get an answer to my need. Therefore, by faith, I am fasting because I need God to work in this matter.

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

Signature: _____ **Date:** _____