

## **Fasting Covenant 2012**

**My Reason for Fasting:**

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**I will Fast -**

**Begin date:** \_\_\_\_\_

**End date:** \_\_\_\_\_

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

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**God being my strength, I commit myself to the above fast.**

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_

According to the Bible, there are **three duties of every Christian: give, pray and fast (Matthew 6).**

**Why should I fast?**

- Are you in need of a fresh encounter with God?
- Do you desire a deeper, more intimate and powerful relationship with the Lord?
- Are you ready to have heightened sensitivity to the desires of God?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God's will for your life?
- Are you in need of healing or a miracle?

**Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).**

**May God greatly bless you as you fast!**