



*My Prayer & Fasting Commitments 2016*

**My Commitment to Fast and Pray**

(As a way of bringing focus to your time of fasting and praying, answer the following questions.)

My Goal: I am asking God to \_\_\_\_\_

\_\_\_\_\_

My Fast: (what I will withhold) \_\_\_\_\_

\_\_\_\_\_

My Prayer: (When I will pray) \_\_\_\_\_

\_\_\_\_\_

My Vow: God being my strength, and grace being my basis, I commit myself to the Daniel Fast so that God will answer my prayer and give the thing for which I trust Him. Not my will Oh God but Yours be done.

Lord, I dedicate small things to express the greatness of Your supremacy in all of life.

Lord, I will be faithful in little expressions of my faith for great answers to prayer.

Lord, I vow to fulfill these small expressions of my love to You.

Amen.

Signed \_\_\_\_\_

Date: \_\_\_\_\_