



☐ **FAST:** I am fasting _____.

☐ **READ THE BIBLE:** *Read today's date in the "One Year Bible" or a passage of your choice.*

PRAY: *According to the pattern of the Lord's Prayer - Matthew 6:9-13*

"Our Father in heaven, hallowed be Your name."

"Your kingdom come. Your will be done on earth as it is in heaven."

"Give us this day our daily bread."

"And forgive us our debts, as we forgive our debtors."

"And do not lead us into temptation but deliver us from the evil one."

"For Yours is the kingdom and the power and the glory forever. Amen."

☐ JOURNAL/PRAYER REQUESTS[illegible]