

MY FASTING CONTRACT FOR 2024:

MY CAUSE OR REASON FOR FASTING:

I WILL FAST:

- **14** days (January 10-24)
 - 21 days (January) (**optional**)

MY FAST WILL CONSIST OF:

- No meats/sweets(**wk1**), No bread, social media (**wk2**), (**wk3**) No Pasta
 - An additional sacrifice that doesn't include food such as, no video games, unnecessary shopping, walking in offense, speaking negative words, gossiping, etc. (**this is your choice**) any addition_____
 - Participate on Monday prayer calls 5:15-6am and Friday Women's Prayer call @ 6am.

I AM FASTING AND TOUCHING AND AGREEING WITH: Name_____

- 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 AND TOUCHING AND AGREEING BECAUSE I NEED GOD TO WORK IN THE ABOVE STATED MATTER. I BELIEVE I RECEIVE THESE THINGS DONE NOW....IN JESUS NAME!
- GOD BEING MY STRENGTH AND GRACE BEING MY BASIS, I COMMIT MYSELF TO THE ABOVE FAST.

SIGNED BY:_____