



1. Will I fast this week? YES/NO

2. Why will I fast?

1. Strengthen prayer (Ezra 8:23)
2. Seek God's guidance (Acts 14:23)
3. Express grief (2 Sam 1:11-12)
4. Seek deliverance/protection (2 Chr 20:3-4)
5. Repent/return to God (1 Sam 7:6)
6. Humble before God (1 King 21:27-29)
7. Concern for the work of God (Neh 1:3-4)
8. Minister to the needs of others (Isa 58:1-7)
9. Overcome temptations (Matt 4:1-11)
10. Love and worship to God (Luke 2:37)

3. When will I fast? Wednesday?

4. What will I fast from? _____

5. What will I do when I fast? _____



1. Will I fast this week? YES/NO

2. Why will I fast?

1. Strengthen prayer (Ezra 8:23)
2. Seek God's guidance (Acts 14:23)
3. Express grief (2 Sam 1:11-12)
4. Seek deliverance/protection (2 Chr 20:3-4)
5. Repent/return to God (1 Sam 7:6)
6. Humble before God (1 King 21:27-29)
7. Concern for the work of God (Neh 1:3-4)
8. Minister to the needs of others (Isa 58:1-7)
9. Overcome temptations (Matt 4:1-11)
10. Love and worship to God (Luke 2:37)

3. When will I fast? Wednesday?

4. What will I fast from? _____

5. What will I do when I fast? _____