



2012 Fasting Contract

My Cause or Reason for Fasting:

I will fast:

Begin Date _____

End Date _____

Out of the total number of days that I spend fasting, I will fast a partial/Daniel fast for ___ days and fast a full fast for ___ days. *(Insert number of days).*

I will ask _____ to fast with me.

My prayer partner will be: _____

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 because I need God to work in this matter.

God being my strength and grace being my basis, I commit myself to the above fast.

Signed _____ Date _____