

As you prepare to enter this time of prayer and fasting, we encourage you to put down your commitment in writing. Consider using this sample commitment and prayer to bring accountability and clarity to your time of prayer and fasting.

### Sample Commitment

I am fasting for the purpose of \_\_\_\_\_.  
(State the purpose of your fast.)

I plan to \_\_\_\_\_  
(State the kind of fast.)  
for \_\_\_\_\_.  
(State the length of your fast.)

I will spend extra time with God in the following place: \_\_\_\_\_  
\_\_\_\_\_  
(Write down where you will meet with God.)

Take a moment to write out a prayer of commitment and surrender to God before you begin your fast. For example:

Dear Father,

I am coming to You for wisdom on behalf of my church family. We need your direction. We want to follow Your leading and make decisions that honor You. Let us hear Your heart and listen to Your voice. We want to love You more and glorify Your Name. I am believing that You will show us the way that You want us to take. Please change my life as I seek You. In the Name of Jesus, Amen.