

## FASTING AND PRAYER CHALLENGE

Purpose: (of your fast) \_\_\_\_\_

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Fast: (of what will you deny yourself) \_\_\_\_\_

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\_\_\_\_\_

Begin Date: November 4, 2014

End Date: November 24, 2014

My Bible Promise: James 4:10

**Humble yourself before the Lord and He will lift you up.**

Resources:(what I need for this fast) \_\_\_\_\_

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\_\_\_\_\_

Vow: I believe God's involvement is the only answer to my need and that prayer without fasting is not enough to get an answer. Therefore, I am fasting by faith 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.**

Read Joel 2:12-13