



FASTING PLAN OF ATTACK

Objective:

I am thanking God for the following:

I am expecting God to move in the following areas:

I am asking God to intercede in the following areas:

COMMITMENT

How long will you fast:

The type of fast God wants you to undertake:

CONTINUED ON BACK >>>>

21 DAYS
OF PRAYER



FASTING PLAN OF ATTACK

What physical or social activities you will restrict

How much time a day will you devote to prayer and God's Word:

My commitment:



TOOLS FOR
EFFECTIVE FASTING



FASTING
RESOURCES

21 DAYS
OF PRAYER