

COMMITTING TO A FAST

Father, I consecrate this fast to You and set my mind to gain understanding in these matters for which I am concerned.

I humble myself before You, Most High God. In accordance with Daniel 10:1-3, I will abstain from the following foods and activities:

_____ for the period of _____.

Father, You know every secret, and I look to You for my reward. I am assured that You hear me when I fast and pray according to Your will, and I know that I shall have the petitions that I desire of You.

Father, I delight myself in You, and You cause my desires to be agreeable with Your will.

I choose the fast You have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and to break every yoke. I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him, and I will not turn away from my own flesh and blood. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and Your glory, Lord, will be my rear guard.

Father, thank You for cleansing me – spirit, soul, and body. All my ways seem innocent to me, but my motives are weighed by You, my Lord and my Master. I commit this fast to You, and my plans will succeed. I thank You that it is You Who give the wise answer of the tongue.

Forever, O Lord, Your Word stands firm in heaven. Your faithfulness extends to every generation, like the earth You created; it endures by Your decree, for everything serves Your plans. In Jesus' name, amen.