

FASTING FORM

My Name _____ Date _____ What I gave up _____

I certify that I have fasted the above item for a whole day (or, if a meal, then gave up food for at least 5 hours) and have spent my time with God instead... praying, listening to God, and generally focusing my thoughts on Him.

Signature _____

FASTING FORM

My Name _____ Date _____ What I gave up _____

I certify that I have fasted the above item for a whole day (or, if a meal, then gave up food for at least 5 hours) and have spent my time with God instead... praying, listening to God, and generally focusing my thoughts on Him.

Signature _____

FASTING FORM

My Name _____ Date _____ What I gave up _____

I certify that I have fasted the above item for a whole day (or, if a meal, then gave up food for at least 5 hours) and have spent my time with God instead... praying, listening to God, and generally focusing my thoughts on Him.

Signature _____