

Disciple's Fast Prayer

Heavenly Father, I find myself struggling with _____
_____ and am unable to overcome this problem on my own. My
personal efforts to break free of this bondage have only resulted in frustration.
Still, I believe You are able to accomplish far more than I could dream, even in this
area of my life. Lord, as I follow Your leading in my life and observe the Disciple's
Fast, guide me through the process You intend to use to enable me to experience
liberty in Christ. Grant me the grace to be receptive to Your Word and submit to
the principles You reveal there. In Jesus' name, I pray, Amen.

Preparing for the Disciple's Fast

Aim: Achieving freedom from addiction

Affirmation: I believe there is no earthly temptation that can enslave me, but that
God has a way of escape for me (1 Cor. 10:13). I believe in the power of the blood
of Christ and in the strength of the name of Christ (Acts 3:16; 6:18). Therefore, I
am fasting because I want the Son of God to make me free indeed (John 8:36).

Vow: God being my strength, and grace being my basis, I commit myself to the
Disciple's Fast outlined below.

Fast: Foods from which I shall abstain: _____

Beginning: Date and time I will start fasting: _____

End: Date and time I will stop fasting: _____

Purpose: I am fasting to: _____

Bible Basis: "To lose the bands of wickedness" (Isa. 58:6).

Signed: _____

Date: _____