

## Where the Rubber Meets the Road!

### My Commitment

*Place a checkmark  where you are making a commitment*

- During the next 40 day period (Feb. 26 – April 5) I will select one day to pray and fast alone. I will mark it on the calendar and guard it. Pick up some of the fasting information from the resource table. If health issues are a concern, be sure to see your physician before beginning to fast. Also – contact the church office if you need help knowing how to spend a day in prayer. Resources are available.
- During the next 40 days – I will practice an 'Information Fast' – by reducing the amount of information I take in through email, internet, television, newspaper – and filling that time with prayer, Bible reading and reflection
- During the next 40 days – I will fast one day / week
- During the next 40 days – I will fast one meal / week
- During the next 40 days – I will pray daily and specifically for our church family and for the glory of God
- For the rest of the year I will commit to praying specifically each week for the worship services – that the Word of God will go forth with power... that lives will be changed... that Christ will be exalted... that we will be humbled.
- For the rest of the year I will commit to praying for 15 minutes before the service specifically for the pastor who is preaching – that the Holy Spirit would empower Him

By the grace of God I am committing to follow through with this commitment

Signed \_\_\_\_\_ Date \_\_\_\_\_