

Fast Week

Prayer and fasting make a radical difference.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fasting From:							
Praying about:							

Suggested Fasts:

- Screentime
- Junk food
- Negative words or sarcasm
- Videogames
- TV or Netflix

Suggested Prayer:

- A friend who needs Jesus
- A family member
- Something I'm afraid of
- How I can best show God's love