

## Fasting Contract

21-Day Corporate Fast January 8 - 29, 2024

Isiah 58: 6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

The 21 days of fasting of January has a fourfold purpose

- To loose the bands of wickedness
- To undo the heavy burdens
- To let the oppressed go free
- To break every yoke

### **FASTING IS ENGAGING GOD FOR SPIRITUAL, MENTAL, PHYSICAL AND FINANCIAL BREAKTHROUGHS**

**Be clear about the type of fast you will engage and from what time to what time.**

Daniel 1:8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

- Normal Fast - Abstaining from solid but partake of much liquid specially water
- Partial Fast - Abstaining from meat and sweets

Time of fasting:  9am - 3pm  
 9am - 6pm

Time of prayer:

Purpose of my fast: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I, \_\_\_\_\_, hereby stand before the throne of grace of God Almighty with the commitment to present my body as a living sacrifice for 21 days in fasting and prayer. I make a quality decision to see my fast through and by the help of the Holy Spirit I will finish what I start. I will experience divine visitation and divine provision through this fast. I believe I receive all the miracles I am petitioning the Lord. In the name of Jesus, Amen!

Signature: \_\_\_\_\_

Date: \_\_\_\_\_