

JANUARY 10 - 31

21

DAYS

PRAYING • FASTING • BELIEVING

G O A L :

To give up food or something you love to do over a 21-day period of time to withdraw and talk to God about my own personal life, our church, and our nation.



**crosschurch.com/fast
[#cc21days](https://twitter.com/cc21days)**

The goal for this 21-Day Fast can be lived out in any of these ways or you can create your own.

I am committing to: (check one)

- Abstain from all food, observing a juice and water fast.
- Abstain from all meats and sweets, having only vegetables and other foods. (The Daniel Fast)
- Abstain from one meal a day.
- Abstain from watching TV or being on the internet for 21 days or for a segment of time, perhaps in the evening so you can pray, read, and reflect upon these matters of prayer.
- Abstain from all social networking.
- Other (please list)

- I am not able to fast, but I will commit to focus on praying for my personal life, our church and our nation for 21 days.

NAME: _____

EMAIL: _____

We will communicate intentionally throughout the fast via email, so please provide your email address.

Please complete this commitment card or do so online at crosschurch.com/fast and return before or on Sunday, January 10.