

AND WHEN YOU FAST... (Matthew 6:16a)

“Yes! I will seek the Lord through fasting to strengthen, uphold and defend His work in and through our CBC community.”

_____ I plan to fast from Tuesday after dinner until the evening meal on Wednesday.

_____ I plan to fast from one routine or one meal to use the time to pray.



Do not hand in! Keep this and your prayer card handy for Wednesday's fast.

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