

BEFORE YOU BEGIN

Which version of the fast are you participating in? Write out each commitment!

Physical: _____

Social: _____

Financial: _____

What steps will you take to assist you in meeting your goals? Complete as needed.

1. _____

2. _____

3. _____

4. _____

5. _____

What are your prayer requests for SEEK 2024? Complete as needed.

1. _____

2. _____

3. _____

4. _____

5. _____
