

## Invisible Reality Ministries 21 – Day Fast

### Fasting Log

**Day:** \_\_\_\_\_

Challenge: Readings - Hebrews 10:24-25; 2Corinthians 3:18; Acts 2:46-47. How often to you give God the glory for His grace and mercy? Can God count the times He's seen you worship Him? In your daily log, record moments of worship to God. This can be done through prayer, physically praising God and thinking of His goodness and expressing your thanks through witnessing or conversation.

#### Daily Spiritual Log

My Commitment to God on Today: \_\_\_\_\_

Morning Worship: \_\_\_\_\_am      Evening Worship: \_\_\_\_\_pm

Personal Prayer to God Regarding Myself: \_\_\_\_\_

Prayer Regarding My Family: \_\_\_\_\_

Prayer Regarding Others: \_\_\_\_\_

Bible chapters I've read today: \_\_\_\_\_

My memory scripture for the week is **Exodus 15:2; Psalm 34:1**. *Memorize these scriptures and include them in your prayers for the first week.*

Does this scripture apply to my life? Y / N If so, in what way?

\_\_\_\_\_  
\_\_\_\_\_

Prayer Request that I have made before the Lord.

Things that I am claiming this season in my life for God to do, and things that I am working on in my life regarding my spiritual walk:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_