

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation

# Proclaiming My ONE DESIRE FAST

What kind of fast or combination of fasts will I observe?

*“Fasting is voluntarily going without, in order to devote time and attention to prayer.”*

- Normal Fast:** Without Food
- Partial Fast:** Without Certain Foods
- Special Fast\*:** Non Food -Related (\*Intended for those with health issues.)
- Absolute Fast:** Without Food or Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length)

When will I fast?  14 days  Specific Days (circle)

January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Post as a Public Proclamation