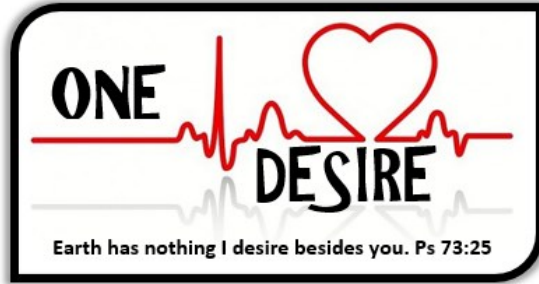


“Lord, my ONE DESIRE is that you would *Make Our Hearts Beat as One with Yours*. Make us One People, with One Purpose and One Prayer – ‘Your Will Be Done. Amen.’ During our fast, I offer you my heart and my life afresh. Guide and mold me for your glory and purposes. I am yours.”

January 12<sup>th</sup>-26<sup>th</sup>



**My Personal Focus for the 2025 ONE DESIRE Fast is:**

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**What kind of fasting or combination of fasts will I observe:**

*“Biblical fasting is voluntarily going without food or water, 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 & Water (It’s recommended you contact your doctor before beginning an Absolute Fast of any extended length.)

When will I fast:  All 14 days  Specific Days (circle)

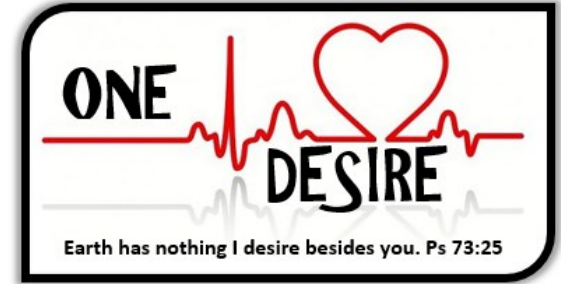
January 2025						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25

**By God’s strength and grace, I resolve to pursue the above fast, toward the end that He may be my ONE DESIRE.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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