

Ask and it Shall be Given Prayer Goal Sheet

I Am Praying That God Will:

1. _____
2. _____
3. _____

Prayer Pledge

To get what I am requesting, I am willing to pray
 ___ day(s) each week for ___ weeks(s)

Fasting Pledge

Option 1: To get what I am requesting, I am
 willing to fast ___ day(s) each week for ___
 weeks(s)

Option 2: To get what I am requesting, I am
 willing to fast ___ day(s) during the next ___
 weeks(s)

Schedule Your Time

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No
Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No
Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No
Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No
Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No	Time in Prayer: _____ Fasting? __ Yes __ No