

## Prayer & fasting 2014: personal diary

Use this alongside the 'help to pray' notes in the prayer & fasting guide

### Preparation

How do I plan to join in with the prayer and fasting?

How do I feel about the prospect of fasting?

What do I want God to do in my heart and life over this period?

### Mid-point experience

How am I finding my experience of fasting?

Are things working out as I expected?

What does the Lord seem to be teaching me?

### Closing reflections

How did God respond to my initial hopes and feelings?

What did I learn through this experience?

How will my prayer life change from now on?

## Weekly prayer notes

| Wednesday | Passages read | Any notes |
|-----------|---------------|-----------|
| 5 March   |               |           |
| 12 March  |               |           |
| 19 March  |               |           |
| 26 March  |               |           |
| 2 April   |               |           |
| 9 April   |               |           |
| 16 April  |               |           |