

FAST PLEDGE SHEET EXPLANATION >>>>

TOGETHER, WE CAN **CHANGE ETERNITIES!**

EQUIP
— MINISTRIES USA —

Seek the Lord
while He may be found;
call on Him while
He is near.

ISAIAH 55:6

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1 HOW IT WORKS

Each student will invite friends and family to support them during their **Water Only Fast** by making a pledge on their behalf.

There are two ways to pledge, as shown in the sample rows on the pledge sheet:



HOURLY PLEDGE

Pledge a dollar amount for every hour the student successfully completes their water only fast, up to a maximum of 24 hours.

Example: **\$25** per hour
(Up to **\$600** total)



FLAT PLEDGE

Pledge a flat dollar amount to support the student, regardless of the number of hours they fast.

Example: **\$50** flat
pledge

2 THE FAST EXPERIENCE

**A 24-HOUR JOURNEY OF FAITH,
FOCUS, AND BREAKTHROUGH!**

Youth leaders will guide students through a powerful weekend experience designed to help them focus on God through fasting, worship, and prayer.



FRIDAY EVENING KICK-OFF EVENT

Leaders host a special event (movie night, hot dogs around the fire, games, or other fun gathering).

The pastor or leader shares the **WHY** behind fasting as Christians and how it brings us closer to God.



FRIDAY NIGHT THE FAST BEGINS

Around 8–9 PM, as directed by the leader, the fast begins.

From that point, students consume only water for up to 24 hours, focusing on prayer and seeking God.



SUNDAY EVENING WORSHIP & PRAYER

Students gather for a dedicated time of powerful worship and prayer together.

This is where God moves, hearts are changed, and lives are impacted!



24-HOUR MARK BREAK THE FAST

The fast concludes with a simple meal provided by the church family.

Spaghetti dinner, hot dogs, chili, cold cuts—whatever is easiest and most cost-effective.

3 THE CHURCH MAKES THE DIFFERENCE



When the Church comes together to create an environment of fun, encouragement, worship, and prayer, students experience God in a way they have never experienced before.



**YOU'RE NOT JUST RAISING FUNDS.
YOU'RE CHANGING LIVES!**

FAST. PRAY. WORSHIP. CHANGE ETERNITIES.

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