

## Currey Creek OMAD Fast – Accountability Worksheet

"Two are better than one... For if they fall, one will lift up his fellow." – Ecclesiastes 4:9-10

### Partner Information




Name: \_\_\_\_\_

Partner Name: \_\_\_\_\_

Preferred Check-in Times (Morning/Evening): \_\_\_\_\_ / \_\_\_\_\_

### Daily Check-In Prompts

Use 3–5 of these prompts to guide your daily conversations:

-  Spiritual Focus:
  - • Did you read scripture today? What verse stood out?
  - • Did you take time to pray or be still with God?
  - • Did fasting deepen your awareness of the Lord?
-  Physical Stewardship:
  - • Did you stay hydrated and eat mindfully?
  - • Did you move your body or stretch?
  - • How did your energy feel today?
-  Reflection:
  - • What was the most challenging part of the day?
  - • What are you grateful for?
  - • Did you journal or pause to reflect today?

### Sunday Weekly Reflection

Use this space each Sunday to reflect or share with your partner:

- What is God teaching me in this fast?
- A breakthrough or struggle this week:
- How can I pray for my partner this coming week?

### Accountability Commitment

"I commit to walking shoulder to shoulder with my brother/sister during this fast. I will show up with honesty, speak truth, and challenge both of us to stay focused on Christ. I'll pray for them daily and hold the line when the path gets hard—because we're not doing this alone."