



Welcome **Do you have a vision for the future?**

Do you know where you are going?

Do you know who you are becoming?

This 21-day journal will help you answer those questions and design your day with practical steps to help you get there. It's time to become who God made you to be. It is time to see yourself the way He does and live like you believe it's true. Endless potential is already in you, and His promise is that He is with you and for you.

For the next three weeks, we will be doing three things every single day:

- *Praying*
- *Fasting*
- *Reading the Bible/Journaling*

We are creatures of habit, and the goal for these next three weeks is to establish holy habits we can carry with us for the rest of the year. Who do you want to become in Christ? Because before you can get there, you have to start here. You may have a long way to go, but today is the perfect day to start.

Pick a Fast

Fasting is withholding from something we want so we can set our minds and attention on God. It's starving your flesh and feeding your spirit. Food is an important part of life, but Scripture is full of invitations to go without it for a period of time to connect with God and be more mindful of our reliance on Him.

Read through the various fasts and decide which is right for you. If you don't feel comfortable fasting from food for any reason, the final option (the soul fast) is for you.

Complete Food Fast

In this fast, you drink only liquids. Drink a lot of water, and then add in juice and shakes as needed (Matthew 6:16-18)

Partial Food Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food for a certain period of time each day. For example, you can choose to skip a certain meal or abstain from eating until sunset (Judges 20:26, 2 Samuel 3:35).

Selective Food Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food (Daniel 10:3).

Soul Fast

A soul fast is choosing something other than food to abstain from. If you don't have much experience fasting from food, have health (or other) issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance, this is a great option for you. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast (1 Corinthians 7:35).

Make the Commitment

This journal belongs to: _____

Today's date is: _____

For the next 21 days, I will be doing a _____ fast.

During this fast I am praying for:

For the next three weeks I will pray, fast & read the Bible/Journal every day!

Signature: _____

Vision for the Future

The next page gives you space to dream about the future. Over the next twenty-one days, fill this out with as much detail as you can.

How to Use This Journal

Each day find a quiet place to sit down for about 10 minutes and fill out your daily exercise.

There are four sections:

Gratitude Life can be stressful, but when you're grateful each day, you are deciding to trust in and focus on God's provision over your problems. Gratitude shifts your perspective; it takes what you have and makes it enough, regardless of your circumstances.

Bible Read the Bible verse or even the whole chapter.

Journal Journal what stood out to you or challenges you from the Bible verse or chapter.

Prayer Prayer is the best way to put down our agenda and trust God. End your time connecting with God by praying. Pro tip: if this is challenging, put on a Christian worship song in the background as you pray.

Example:

Gratitude *1. My family. I'm grateful to have people in my life and my circle who I love.*
Today, *2. My job. Even though it's stressful at times, I'm thankful I have a job*
I am *that supports my family.*
grateful *3. My church. I'm grateful to be a part of a church that is reaching*
for: *people for Jesus.*

Bible John 3:16

Journal God loves everyone - the whole world, no matter what. He showed His love by giving what was most precious and valuable to Him.
Thank you Jesus!

Prayer *God, I have so much to be grateful for. Thank you for promising*
to provide everything I need and go with me every step of the way.
As I go throughout my day, please continue to show me who you
created me to be and give me the strength to take my action step!
In Jesus' name. Amen.

Daily Checklist

- Day 1:** *Pray* *Fast* *Bible/Journal*
- Day 2:** *Pray* *Fast* *Bible/Journal*
- Day 3:** *Pray* *Fast* *Bible/Journal*
- Day 4:** *Pray* *Fast* *Bible/Journal*
- Day 5:** *Pray* *Fast* *Bible/Journal*
- Day 6:** *Pray* *Fast* *Bible/Journal*
- Day 7:** *Pray* *Fast* *Bible/Journal*
- Day 8:** *Pray* *Fast* *Bible/Journal*
- Day 9:** *Pray* *Fast* *Bible/Journal*
- Day 10:** *Pray* *Fast* *Bible/Journal*
- Day 11:** *Pray* *Fast* *Bible/Journal*
- Day 12:** *Pray* *Fast* *Bible/Journal*
- Day 13:** *Pray* *Fast* *Bible/Journal*
- Day 14:** *Pray* *Fast* *Bible/Journal*
- Day 15:** *Pray* *Fast* *Bible/Journal*
- Day 16:** *Pray* *Fast* *Bible/Journal*
- Day 17:** *Pray* *Fast* *Bible/Journal*
- Day 18:** *Pray* *Fast* *Bible/Journal*
- Day 19:** *Pray* *Fast* *Bible/Journal*
- Day 20:** *Pray* *Fast* *Bible/Journal*
- Day 21:** *Pray* *Fast* *Bible/Journal*

Day 1

Date:

Gratitude

Today,
I am
grateful
for:

Bible

Joshua 1:9

Journal

Prayer

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

Joshua 1:9

Day 2

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Romans 8:28

Journal

Prayer

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

Day 3

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible *Philippians 2:3*

Journal

Prayer

**Do nothing out of selfish ambition or vain
conceit. Rather, in humility value others
above yourselves.**

Philippians 2:3

Day 4

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Isaiah 41:13

Journal

Prayer

**For I am the Lord your God who takes
hold of your right hand and says to you,
Do not fear; I will help you.**

Isaiah 41:13

Day 5

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Romans 15:13

Journal

Prayer

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

Day 6

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible 1 Peter 5:6

Journal

Prayer

**Humble yourselves, therefore, under God’s
mighty hand, that he may lift you up in due time.**
1 Peter 5:6

Day 7

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Isaiah 41:10

Journal

Prayer

**So do not fear, for I am with you; do not be dismayed,
for I am your God. I will strengthen you and help you;
I will uphold you with my righteous right hand.**

Isaiah 41:10

Message Title & Bible Passage: _____

Notes:

What is the Holy Spirit speaking to you through this message?

Day 8

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Revelation 21:4

Journal

Prayer

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Revelation 21:4

Day 9

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible 2 Chronicles 7:14

Journal

Prayer

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Chronicles 7:14

Day 10

Date:

Gratitude

Today,
I am
grateful
for:

Bible John 16:33

Journal

Prayer

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:33

Day 11

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Proverbs 3:5

Journal

Prayer

**Trust in the Lord with all your heart and
lean not on your own understanding.**
Proverbs 3:5

Day 12

Date:

Gratitude

Today,
I am
grateful
for:

Bible Matthew 6:33

Journal

Prayer

**But seek first his kingdom and his
righteousness, and all these things will
be given to you as well.**

Matthew 6:33

Day 13

Date:

Gratitude

Today,
I am
grateful
for:

Bible Romans 12:2

Journal

Prayer

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2

Day 14

Date:

Gratitude

Today,
I am
grateful
for:

Bible 2 Corinthians 12:10

Journal

Prayer

That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 Corinthians 12:10

Message Title & Bible Passage: _____

Notes:

What is the Holy Spirit speaking to you through this message?

Day 15

Date:

Gratitude

Today,
I am
grateful
for:

Bible 2 Timothy 1:7

Journal

Prayer

**For the Spirit God gave us does not make us timid,
but gives us power, love and self-discipline.**

2 Timothy 1:7

Day 16

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible *Philippians 1:6*

Journal

Prayer

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:6

Day 17

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Psalm 23:1

Journal

Prayer

**The Lord is my shepherd,
I lack nothing.**
Psalm 23:1

Day 18

Date:

Gratitude

*Today,
I am
grateful
for:*

Bible Psalm 34:17

Journal

Prayer

**The righteous cry out, and the Lord
hears them; he delivers them from all
their troubles.**

Psalm 34:17

Day 19

Date:

Gratitude

Today,
I am
grateful
for:

Bible John 15:13

Journal

Prayer

**Greater love has no one than this: to
lay down one's life for one's friends.**

John 15:13

Day 20

Date:

Gratitude

Today,
I am
grateful
for:

Bible Deuteronomy 31:6

Journal

Prayer

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.

Deuteronomy 31:6

Day 21

Date:

Gratitude

Today,
I am
grateful
for:

Bible Isaiah 40:31

Journal

Prayer

**But those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not
grow weary, they will walk and not be faint.**

Isaiah 40:31

Message Title & Bible Passage: _____

Notes:

What is the Holy Spirit speaking to you through this message?
