

# 21 Day Fast Weekly Schedule #1

## Day 1

Read: 1 John 1:9 then Romans 12:1-2 and  
then Psalm 103:12

Begin this fast with confessing your sins unto your Lord God. You may even want to begin this fast with a daily journal and spend time writing down the wrongs that you know you have committed against the holiness of the Lord. You may need to spend some time with your list asking the Lord to reveal other sins to you that you may not even remember but they need to be confessed. Remember, sins against the Holiness of God are **NOT** just those things you **DO** or **COMMIT**, they can also be those things you **DO NOT** do or **DO NOT COMMIT** to doing but you know the Lord God has asked you to DO them and asked you to COMMIT to them but you have made the choice not to and you have disobeyed God.

There is a HUGE difference in **CONFESSING** your sins and **FORSAKING** your sins. Claim Psalm 103:12 saying, *"You have removed my sin O, God. You have forgiven me of my sin as your word says, but O, God give me the strength to FORSAKE (walk away) from those sins and walk with you. I'm tired and I'm sorry for those over and over again, give me the strength to finally claim victory over those things and commit to you."*

Close out today by reading and claiming Hebrews 12:1-2

## Day 2

Read: Genesis 1:27 then Jeremiah 29:11 and  
Ephesians 2:10 and then Colossians 1:13-23

Now that you have begun your fast by confessing your sins unto the Lord and opening up the communication line between you and your Lord, by reading the above verses from the bible, you need to get to the point where you CLAIM, you SPEAK IT, every day of who you are in Christ Jesus. Read these verses several times claiming, *"I am created in the **image of YOU MY God**. YOU have a **purpose and plan** for my life; one to **prosper me** and give me **hope and a future**. I am a **MASTERPIECE of YOU MY God** no matter what anyone else has to say!"* Then read over the verses in Colossians 1 again and say verse 23 out loud – *"**I MUST continue to believe this truth and I MUST stand firmly in it and I will NOT drift away.**"*

### Day 3

Read: Genesis 25:27-34

So here's the question you need to ask yourself today, *"What are your appetites?"* You've got to spend some time defining those in your life and make sure your appetites are not pushing you to sell your birthright for a simple bowl of stew. You need to remember that your appetites are **NEVER** fully and finally satisfied, they **ALWAYS, ALWAYS** want more? What is true about Esau is true about you. You have no idea what God wants to accomplish through your life. Do **NOT** allow the wrong appetites within your life cause you to miss that. Tell God today that you want **HIS** appetites to be your appetites and do **NOT**, do **NOT** be willing to sell all of that for a bowl of stew.

### Day 4

Read: Matthew 16:26 then Proverbs 16:3 and then Proverbs 19:2

Oliver Wendell Holmes said, *"I find the great things in this world is not so much where we are as in what direction we are moving. To reach the port of heaven we must sail sometimes with the wind and sometimes against it; but we must sail, and not drift, not lie at anchor."* Today YOU need to ask yourself the following question: **"What is my purpose in life?"** Today spend the time defining YOUR purpose. Create your OWN purpose statement. Spend time asking God, what specific purpose He has for your life and spend more time listening to what He has to say. Get out your 21 Day Fast Journal and write down today what you think your purpose in life is all about as best you can. Then at the end of these 21 Days you will know 2 things: Your purpose has been redirected to God's purpose or Your purpose was confirmed by God to be His purpose for you.

### Day 5

Read: Joshua 24:15 and then Proverbs 3:1-6

In the times that we are living in today, these verses are so vital to where you decide your life goes from this day forward. You've got to make your decision – Who are you going to serve? Who are you going to follow? Who is directing your path? What course do you decide will chart the direction your life goes from this day forward? Remember the following 2 statements: 1) ***"You can't go back and make a brand new start BUT, you can start now and make a brand new end."*** And 2) ***"The rest of your life can be the best of your life."*** Who makes that happen from this day forward for you? Read Proverbs 3:1-6 one more time at the very end of your day and look back through your day and see how it played a role or not in your life choices.

## Day 6

Read: Hebrews 11:4; 11:5; 11:7; 11:8; 11:11; 11:17; 11:20; 11:21; 11:22; 11:23; 11:24; 11:29; 11:30;  
11:31; 11:33; 11:39;

Now while reading all of those great heroes of the faith, do you ask yourself the question, *"Where is that kind of faith in my life? How come I don't feel like that kind of faith is within me and who I have become?"* Now read **James 1:2-8** paying close attention to **verses 5-6** and as you read these verses, **SPEAK IT OUT LOUD** – *"Dear God, right now I ask with faith and faith in YOU alone, please give me your wisdom. Please give me wisdom that will make my faith grow more and more in you."* Close out your time today by reading **Ephesians 3:20** for God's word of encouragement to you for this first week of the fast and the days that are to come.