

It's Time to Thrive

21 DAYS OF PRAYER & FASTING

The righteous *thrive* like a palm tree and grow like a cedar tree in Lebanon. Planted in the house of the Lord, they *thrive* in the courts of our God. Psalm 92:12-13

thrive

/THrīv/

verb

1. grow or develop well or *vigorously*.



It's Time to Thrive

21 DAYS OF PRAYER & FASTING

This 21-day journal will help you design your day with practical steps to grow in 2025. It's time to become who God made you to be and to *thrive*. 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
- Journaling

We are creatures of habit, and the goal for these next three weeks is to establish healthy rhythms we can carry with us for the rest of the year. Who do you want to become? 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. It's time to THRIVE!



PICK A FAST

Fasting is withholding from something we want so we can set our minds and attention on God. 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.

Fasting for the next 21 days will enhance your experience as you fill out this journal. 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 soul fast option 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).

**21 DAYS OF
PRAYER & FASTING**

It's Time to Thrive



MAKE THE COMMITMENT

This journal belongs to: _____

Today's date is: _____

For the next 21 days, I will be doing this fast: _____

During this fast, I am praying for:

For the next three weeks I will journal, pray, and fast every day!

Signature: _____



REVOL ——— CHURCH ——— MMXXV

HOW TO USE THIS JOURNAL

Start each day by finding a quiet place to sit down for ten minutes and fill out your daily exercise.

These are the four sections:

Gratitude Life can be stressful, but when you start each day with gratitude, 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.

Vision What is your vision for your future self? Scripture says, "Where there is no vision, the people perish" (Proverbs 29:18). Every day, this journal challenges you to write out three statements that describe who you want to be in the future.

Who do you want to be?
(Generous? Empathetic? Joyful? Loving?)

What do you want to be doing?
(Running a business? Raising a family? Retiring?)

Why are you doing what you are doing?
(What motivates you to do what you do?)

Action We often overestimate how much we can get done in a day and underestimate how much we can get done in three weeks. The key is consistency in the same direction. This section invites you to write down a small step you will take today to help move you toward your vision of your future self.

Prayer Prayer is the best way to put down our agenda and trust God. End your time of journaling by writing out a prayer for your day.



DAILY CHECKLIST

- | | | | |
|---------|-------------------------------|-------------------------------|----------------------------------|
| DAY 1: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 2: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 3: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 4: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 5: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 6: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 7: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 8: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 9: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 10: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 11: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 12: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 13: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 14: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 15: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 16: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 17: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 18: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 19: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 20: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |
| DAY 21: | <input type="checkbox"/> PRAY | <input type="checkbox"/> FAST | <input type="checkbox"/> JOURNAL |



DAY 1:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 2:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 3:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 4:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 5:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 6:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 7:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 8:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 9:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 10:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 11:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 12:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 13:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 14:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 15:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 16:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 17:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 18:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 19:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

DAY 20:

Gratitude

*Today, I
am
grateful
for:*

Vision

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

*Today,
I will:*

Prayer

21-DAY REVIEW

What do I feel like God taught me during these three weeks?

What is one pattern I noticed in my gratitude lists over the last 21 days (family, job, health, etc.)? Take a moment and thank God for that thing.

How did I get closer to becoming the future self I want to be in this journey?

What is one new change I will implement into the rest of my year?

