

FAST 21



Youth and Children
21 Day
Fasting Guide
&
Devotional

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*So I turned to the Lord
God and pleaded with
him in prayer and
petition, in fasting, and
in sackcloth and ashes.*

-Daniel 9:3

*Prayer is connecting with God;
fasting is disconnecting ourselves
from the world*

-Pastor Stovall Weems

REAL MINISTRY



FOR REAL LIFE

FOR REAL PEOPLE

So how did you do? Well, you should be proud of this time you dedicated for God to show you areas of your life where you can better please Him. His love for you is beyond understanding and his grace is more than enough to keep you. I pray these 21 days of fasting has illuminated more for you your identity in Jesus Christ. With God, all things are possible for you. With God, you can do all things. With God, you are a child of the King of kings and Lord of lords. You have a Loving Father that looks forward to each day with you. Stay encouraged knowing His Spirit will guide you through any circumstance of life.

God bless you much!

How to use this guide and devotional:

You have made a great commitment to 21 days of fasting for God. During this time, He will show you things to help you draw closer to Him and be the young man or woman He destined you to be.

This is the guide for each day:

FORBEAR the item of the day

Pay **ATTENTION** to what God is speaking to you

Read the **SCRIPTURE** for the day

Give God dedicated **TIME** with you

Yes, you can do this.

Yes, it is worth the sacrifice.

Yes, you can complete this journey and fulfill what so many people miss: honoring God with their life.

Day 21

Fast Meat, Seafood, Sweets, Desserts, Candy, and Drinks made with Sugar

Today's Scripture is Ephesians 6:10-24

Football players wear a helmet and pads. Police are armed with body armor and a gun. Swimmers are equipped with a suit and goggles. Christians put on the whole armor of God. Without the proper uniform and weapons, the Believer is not prepared for success. Likewise, an athlete or professional has a mindset for victory. So should a follower of Jesus Christ set his/her mind as he/she wears the proper attire for victory in Christ.

Something to think about:

- Did you dress yourself today with the armor of God?
- Could we have handled the issues of the day better?
- Are we fighting or have an attitude towards people we should not?

Thoughts and Prayers

Day 2

Fast Meat, Seafood, Sweets, Desserts, Candy, and Drinks made with Sugar

Today's Scripture is Esther 6:1-11

"I don't even talk to her!" "Why does he keep hating on me?" "What did I ever do to her?" "I don't even know him!" Sometimes people are just mean to be mean. There were lots of people who could not stand Mordecai because he held firm to his faith in God. Even when it might cost him his life, he kept his integrity. Haman was a man who had the authority to kill or throw Mordecai in prison. However, because of Mordecai's faithfulness to God, he was protected and even honored by the man that hated on him. God truly is faithful to us no matter what; send the message to Him that you appreciate it by living for Him no matter what.

Something to think about:

- Can you love someone who has it out for you?
- How do you remain faithful to God when people want to embarrass you?
- If it meant your life, would you stand for Jesus Christ?

Thoughts and Prayers

Day 3

Fast Gaming, Video Games, and Mobile Apps

Today's Scripture Reading is Luke 19:1-9

How desperate are we to know God? God had holy men throughout the generations write the words from His heart. He further came in the flesh as His Son, Jesus Christ, who lived a perfectly sinless life and set the example of how anyone can be close to the Creator of All. The Holy Spirit now dwells in the earth to be the connection for any soul accepting Jesus Christ as the Messiah, the Son of the True and Living God. Zacchaeus did everything he could to see Jesus, and Jesus rewarded him by coming to hang out with him in his house. Are we willing to do everything we can to get the attention of Jesus?

Something to think about:

- What are some ways that we could get Jesus' attention?
- What would your life look like knowing Jesus is right there with you?
- Do you think it would be cool for Jesus to hang out at your house party?

Thoughts and Prayers

Day 20

Fast TV, Streaming Media, and Internet Videos

Today's Scripture is Act 28:23-31

The Apostle Paul faithfully preached what the Lord told him to share. The people he ministered to did not appreciate his message and they threw him into prison. People throughout history faced intense attitudes as they attempted to change the world with a positive message. Martin Luther, Smith Wigglesworth, and William Seymour are a few of the pioneers of the Christian faith who in spite of the popular opinion of society allowed God to use them to make a positive impact for the Kingdom of God.

Something to think about:

- Are you willing to have the integrity of Jesus Christ no matter the teasing from those around you?
- What effect does it have on those around you when you do not boldly live for God?
- What effect does it have on those around you when you do?

Thoughts and Prayers

Day 5

Fast Facebook, Twitter, MySpace and Other Social Media

Today's Scripture Reading is Acts 8:26-40

When opportunity arises to share the Gospel of Jesus Christ, we should jump at the opportunity. Unfortunately, so many Believers ignore the urges of the Holy Ghost to minister to others. This hurts both the carrier of the grace of God and the one who needs to know it. It may be uncomfortable, but your word of hope in Jesus means a great deal to those who are discouraged.

Something to think about:

- How have you prepared yourself to share the Word of God with others?
- Is there someone you would not be willing to witness the love of Jesus to? Why?

Thoughts and Prayers

Day 18

Fast Drive Thru Restaurants

Today's Scripture Reading is I Samuel 1:9-20

God knows about the desires of our heart. As time passes, becoming distant from the first time of our great desires, it seems God does not care for our petitions. We must remember He knows best and He knows the best timing to grant our requests. Hannah earnestly prayed for a baby, and in due time, God blessed her with her son. Faith in God is not just in Him giving to us each time we ask but trusting He knows what is best for our lives.

Something to think about:

- How do you feel when God is not answering your prayers in the time you expected?
- How do you keep from resenting God for not answering your prayers the way you wanted?
- Are you willing to fulfill your promises to commit to God when He does answer your prayers?

Thoughts and Prayers

Day 17

Fast Gaming, Video Games, and Mobile Apps

Today's Scripture Reading is Romans 13:12-14

When a dog needs a walk, there is constant movement. Whether it is running around your legs, jumping for attention, tugging on your clothes, or simply an intense stare with the leash in its mouth, the dog is doing all it knows to get you to take it out. In our lives, there is a constant tug from the Spirit of God who pulls at us to walk in right standing with God. When Jesus lived on the earth, He showed us each day His focus so that thousands of years later we would have no question of His love for us. He is our standard. Let His life guide us out of darkness into His Light.

Something to think about:

- Is it possible to do things that are against the ways of Jesus and still be in right standing with God?
- Why do you do things that would make Jesus cringe if He were truly with you?
- What can you do to assure Jesus is pleased with your life?

Thoughts and Prayers

Day 6

Fast TV, Streaming Media, and Internet Videos

Today's Scripture Reading is Luke 10:38-42

It is easy to get caught up in what we are doing rather than why we should do it. Students drop out of school because they lose sight on the worth of a good education for a better life. Athletes quit on a team forgetting the value of camaraderie in winning and defeat. Friends allow an unfounded rumor to destroy years of trust. Martha missed out on hearing the heart of Jesus to do a bunch of things for Him. Remember to keep the main thing the main thing and not allow doing to blind you from your needed purpose in life.

Something to think about:

- Why have you chosen to live a life dedicated to God through Jesus Christ?
- Is it more important to do things for God or to get to know God more?

Thoughts and Prayers

Day 7

Fast Meat, Seafood, Sweets, Desserts, Candy, and Drinks made with Sugar

Today's Scripture Reading is James 1:12-16

Travel plans are mostly prearranged. There is a desire to go to a grand destination and all the funds are secured, tickets are purchased and even a coordination with others you would like to spend time with on the trip. There is an expectation that the tickets will give us access to our destination and the people with us want to achieve the experience they paid to receive. Unfortunately, so many people commit to a destination without realizing the extent of their decision. Desires that are outside the will of God birth sin. Are you ready to deal with sin's consequences?

Something to think about:

- How do you get out of a sin you wish you had never begun?
- Can our desire be adjusted to please God? How?

Thoughts and Prayers

Day 16

Fast Meat, Seafood, Sweets, Desserts, Candy, and Drinks made with Sugar

Today's Scripture Reading is Luke 5:4-10

Living for God is not about a miraculous event that blows everyone's mind. It is a decision knowing that without Him you are lost. But what if God actually does do the miraculous, is that what it will take for you to dedicate your life to Him and remain committed? Has God not already given His very best in sacrificing His Son and sending His Spirit to live in you? Peter had to see a miraculous blessing in his occupation before he said yes to the call of God on His life. How much does He need to give before you begin to show Him gratitude with your life?

Something to think about:

- Is living for God simply about Him giving us what we want?
- Do we pray like it is?
- How can we send the message to God that we are grateful for His love?

Thoughts and Prayers

Day 15

Fast TV, Streaming Media, and Internet Videos

Today's Scripture Reading is John 3:1-21

We get used to our lifestyles, environments, and associations. Then through the revelation of Jesus Christ, we recognize that some things in our lives are not pleasing to God. With each thing that needs to transform us into the likeness of Jesus' life, the question that comes to mind is, "Is it worth becoming born again?" "Is it worth changing what is familiar to me to take a chance at living a new lifestyle in Christ?" When this question arises we need to remember that God's purposes for our lives far outweigh our pleasures. He designed our life and with Him we can confidently live in the fulfillment of His destiny for us.

Something to think about:

- What sin is familiar to us that needs to be discarded from our life to truly know Jesus?
- Is it okay to be a Christian in secret? Why?

Thoughts and Prayers

Day 8

Fast Gaming, Video Games, and Mobile Apps

Today's Scripture Reading is II Corinthians 10:1-6

Pop Culture is heavily influencing us to conform to its grasp. Fashion magazines illustrate what should be worn. Style websites give us the shapes of beauty. Entertainers sing the melodies that spread the messages of what is in or out. Believers in Christ Jesus are born to live in the world but are not to be dictated by the world. There are many things alike about the Follower of Christ and the non-Believer in how we function in society. But the standards of morality and commitment to God are vastly different.

Something to think about:

- Do people know that you are a true Follower of Jesus Christ?
- Does the music you listen to, the posts on your social media, the people you hang with, make clear that you truly are grateful to be a Child of God?
- What are some things you know are against the teaching of Jesus Christ that you need to remove from your life?

Thoughts and Prayers

Day 13

Fast Drive Thru Restaurants

Today's Scripture Reading is Judges 11:1-32

Sometimes it seems people do not think about the importance of a person until they need something from them. Could you have done as Jephthah to focus on the greater good? Our focus should always be pleasing the Lord regardless of how people feel about it. Though people do not always show it, God never forgets what you do for Him and He promises to reward you for your faithfulness.

Something to think about:

- Could you help those in need who really embarrassed you in the past?
- Do you think it is better for a victim to take vengeance in certain situations?
- If so, what situations?

Thoughts and Prayers

Day 10

Fast Facebook, Twitter, MySpace and Other Social Media

Today's Scripture Reading is II Timothy 2:1-7

When you join a team, there is only one person who deserves the very best of your life. There is only one who has invested all the time and resources for the success of the team. We get benefits from the success of the team but it is not about us. The one who owns the team deserves the fullness of the success and failure of the team. Because of the great reward of being a child of the Most High God, it should be no problem for us to live our lives for His glory in the good times and bad.

Something to think about:

- How does it feel to live your life for the honor of God?
- What do you think of people who say they honor God but their lifestyle does not show it?

Thoughts and Prayers

Day 11

Fast Meat, Seafood, Sweets, Desserts, Candy, and Drinks made with Sugar

Today's Scripture Reading is Acts 19:1-20

There are those who believe they please God with their lives by doing what appears to be a good thing to do. However, without a true relationship with God through Jesus Christ, the things people do are meaningless and sometimes harmful. There are many great and nice people who seemingly would be great examples of who a Follower of Christ should be, but simply looking the part is not enough. Jesus Christ should be at the heart of everything that is done. The Apostle Paul preached and lived the Gospel while others tried to show the power of God without a fully committed life in Him. It would be like giving a birthday present to the guest of honor only for the purpose of impressing another. God does not appreciate a gift that is not solely for Him.

Something to think about:

- Are you willing to stand alone to do the will of God for your life?
- How have you prepared to answer those that do not understand your commitment to God?

Thoughts and Prayers

Day 12

Fast Gaming, Video Games, and Mobile Apps

Today's Scripture Reading is John 15:1-7

A connection to the source of life is imperative to vitality. A branch is a stick without the roots of a tree. The hair of a wig will never grow any longer. The Believer will be stagnant without the connection to the Sustainer of Life in Jesus Christ the Lord. Attempting to live dedicated to God is futile if you refrain from studying the Word, praying and seeking to know Him more. The connection to God through the Spirit of Jesus Christ gives us the necessary power to become true children of God.

Something to think about:

- What are some things you absolutely can not live without?
- Could an assessment of your greatest passions illuminate things that are pulling at your strength in Christ?

Thoughts and Prayers
