



**FASTING & FAITH FIT: 21 Days of Power**  
**A MEDITATIVE JOURNEY**

As we enter into a New Season, critical to our journey is the strengthening of our faith. It is important to note that numbers are not limited to simply enumerating time, things, or circumstances. Numbers have spiritual value and provide faith perspective. The number 21 that represents the stated 21st year of the 21st Century holds incredible spiritual value and offers us powerful faith perspective.

Though the number 21 is a lesser-known spiritual figure and hardly ascribed to most known patterns of meaning in the Biblical text, such as the numbers 3, 7 or 12, its significance is very important. To be precise, number 21 appears only 7 times in the Bible. In our research we learned that in the Bible the number 21 is a symbol of perfection and maturity. It symbolizes the divine wisdom.

The most important thing that will help us understand a deeper spiritual meaning of number 21 is to refer to the meanings of numbers 2 and 1. Number 2 is known as the number of relationships, co-operation, diplomacy and trust, while number 1 usually represents new beginnings and positive attitude. If we hold that in mind, then it may not be difficult to shape an understanding of what the number 21 could mean. The number 21 further reminds us that we should take care of our own beliefs and thoughts because they will be responsible for creating our own reality. It is a call to stay in our own lane, to focus, and get busy with heeding the plan and living out the call God has on our lives. If we think optimistically, our lives will be much better and we will attract positive things into our lives.

However, there is a flip side to the number 21 in the Bible. First, of all we have to say that number 21 is also considered to be the symbol of sin and rebellion. It is known that the children of Israel had 21 rebellious events after leaving the Egyptian bondage. Our study of the biblical text revealed to us that whenever the word faith was used it was always within a context of non-faith, or anti-faith behavior, actions and attitudes.

With this nuanced understanding, we have prayerfully prepared a 21-Days of Faith Journey with the understanding that faith is shaped within contexts of non-faith and/or anti-faith behavior, actions and attitudes. Just as muscles are built in response to fat, faith is shaped in the midst of faith challenges. We invite you to join us in this 21-Days of Faith Journey knowing that our faith is always being challenged by non-faith and/or anti-faith behavior, actions and attitudes. You will witness these truths to be evident within the scriptures being offered, as well as God's response to intentional and consistent faithfulness.)<sup>2</sup>

### **THE 21 DAYS OF POWER PLAN**

Take 21 minutes of your day and divide them into three 7-minute intervals.

We suggest:

**7 Minutes to read** and muse over the suggested biblical texts. (This might require you read it over and over again.) For a broader understanding, we recommend reading the text using at least two different translations, i.e. NRSV and Message, or NLT and English Standard Version.

**7 minutes to prayerfully respond** to the biblical texts.

**7 minutes to sit in silence and be fully present with God.** Initially you may find this to be uncomfortable or awkward. Quieting the noise both externally and internally allows you to move into your day more receptive to God's presence and guidance.

**FAITH OFFERING:** Set aside \$1 for 21 days and prepare a Faith Offering for 2021. The Faith Offering will be used to make the love of God real for The Least of These as we expand our outreach efforts. This will be given on the

**1st Sunday, April 4th, 2021 Resurrection Day.** This faith offering is “over and beyond” the tithe and offering. (For example, give your tithe and offering. Your 3rd gift should be this sacrificial \$21 seed under the “other” category.)

**FAITH FAST:** Journey with us on a 21 day fast. Here’s the plan:

**6:00AM- 10:00AM:** Only Fruits, Cereal, Oatmeal/Grits. No Meats or Bread

**10:00AM – 5:00 PM:** No meats, Bread or Sugar

**5:00 PM - Midnight** No beef, pork or fried foods

**All Day:** No sweets unless they are natural fruits. Drink only Water!

It is believed that it takes 21 days to develop a new habit, to change behavior, and/or thinking. Our prayer is that you join us in this journey into 2021 open to the power of faith. Remember: “Without faith, it is impossible to please God.”

**DAY 1**

**“Cleansing Faith”**

**Deuteronomy 32:19-43**

**NOTES/RESPONSES** \_\_\_\_\_

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**DAY 2**

**“Quiet Time Faith”**

**Habakkuk 2**

**NOTES/RESPONSES** \_\_\_\_\_

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**DAY 3**

**“Faith In Words”**

**Matthew 8:1-17**

**NOTES/RESPONSES** \_\_\_\_\_  
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**DAY 4**

**“Faith Matters”**

**Matthew 16:1-12**

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**DAY 5**

**“Incredulous Faith”**

**Mark 2:1-12**

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**DAY 6**

**“Faith You Can Feel”**

**Mark 5:21-32**

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**DAY 7**

**“Faith Duties”**

**Luke 17:1-19**

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**DAY 8**

**“Faith Assignments”**

**Luke 22:24-38**

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**DAY 9**

**SPECIAL NOTE: *We find it quite interesting that the word faith is not found in the book of John. Instead John uses the word belief as an expression of faith.***

**“The Light of Faith”**

**John 1:1-14**

NOTES/RESPONSES

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Day 10

**“Life Giving Faith”**

**John 3: 1-21**

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Day 11

**“Faith That Strengthens”**

**Acts 3**

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Day 12

**“The Door of Faith”**

**Acts 14: 16-28**

NOTES/RESPONSES

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**Day 13**

**“Righteous Faith”**

**Romans 4:13-25**

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**Day 14**

**“Faith That Listens”**

**Romans 10:4-20**

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**Day 15**

**“Faith Resting in the Power of God”**

**1 Corinthians 2**

**NOTES/RESPONSES** \_\_\_\_\_  
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**Day 16**  
**“Faith, Hope and Love”**  
**1 Corinthians 13**

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**Day 17**  
**“Faith That Says Yes”**  
**2 Corinthians 1:12-24**

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**Day 18**  
**“Faith That Transforms”**  
**Galatians 1:6-24**

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**Day 19**  
**“The Gift of Faith”**  
**Ephesians 2: 1-15**

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**DAY 20**  
**“Faith and Works”**  
**James 2**

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**Day 21**  
**“Faith In Jesus”**  
**Revelations 14: 6-13**

**NOTES/RESPONSES** \_\_\_\_\_  
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Just as 2020 presented us with unprecedented loss, unforeseen challenges, and immoral leadership, 2021 will have its unique challenges. It is our prayer that the exercises in this Faith Fit journey will have impacted you to live more powerfully and grow more deeply in your love of God and others.