

refocus 21

A 21-Day Fasting Journal

**The #1
Reset Strategy
for YOUR
Goals & Dreams.**

Based on Biblical Success Strategies



Janis Modeste
Your Inspirational Coach

refocus²¹

A 21-Day Fasting Journal

Private Journal Of:

Date:

I know the PLANS I have for you says Jehovah;
Plans of *peace* (*Shalom*, Hebrew meaning wellness,
prosperity, favor, safety & wholeness); to give you an
expected *end* (hope, the thing you long for)."
Jer. 29:11 (Expanded)

Dr. Janis Modeste

Your Inspirational Coach

Download Your
FREE
Preplanning Guide
refocus21.com

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Plan Your Year with God

Get the support you need to plan
your year of greatness!

“Good Planning and Hard Work
leads to success...”

Prov. 21:5



Fasting Guide

Volume 5

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21 Day Fasting



A WORD FROM DR. JANIS

Another year is here! It is time to refocus and reflect.

Together we will set up the foundation that will propel you into your God-Ordained Destiny.

If you're reading this devotional journal, that means God STILL has Great Plans for you. Don't you dare Give Up on Him. "Wait (expect) on the LORD (Yehovah); Travel steadily along His path. He will honor you by giving you the land" (Ps. 37:34 NLT, KJV Expanded). This is not my words but God's Word to YOU this year.

Your "land" is that thing you have been hoping (desiring) for. The Hebrew word for wait in this verse means to EXPECT, look, wait, tarry patiently. God wants you to EXPECT great things from Him this year.

The enemy's plan was to knock you off of the path God had for you this past year. But here you are, STILL standing. You may not have reached all your goals this year, but you still have hope. Everything you've been through this year; the good, the bad and the indifferent, is getting you closer to His purpose and plan for your life. Remember, that "God causes everything to work together for the good of those who love Him and are called according to His purpose for them." (Romans 8:28 NLT)

During this 21 days of consecration, we will be teaming up with God and finding out what He would have us to focus on in our Relationships, Health, and Finances. We don't want to go aimlessly making our own goals and plans. We want to team up with the Master designer of our lives.

This year, the Word that will bring you great success in fulfilling God's plan for your life is EXPECTATION. Expect from the Lord. In this journey, we will learn what to expect from God for every areas of our lives. If you are not expecting great things from God, you won't be tuned

in to His frequency and you may miss the mark.

So don't miss out on the Great things God has for you this year. Join the reFocus21 fasting team. We have lots of resources and encouragement at your fingertips. In this year's edition, we've added new articles from friends who will inspire you to expect more.

Go to refocus21.com for your resources during the fast. At the end of the year, may we say "This is our God! We trusted in him, and he saved us! This is the LORD, in whom we trusted. Let us rejoice in the salvation He brings!" (Isaiah 25:9)

Live Everyday Inspired!

Dr. Janis Modeste
Editor/ Author

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Facebook: [Facebook/inspireUsNetwork](https://www.facebook.com/inspireUsNetwork)

refresh.
restore.
renew.

You



Daniel's Success SECRET



As we embark on this 21-day journey, I would like to share the purpose and significance of a 21-day fast. During our time together, we seek to refresh our spirits, restore our relations, finances and our health. Throughout this period of consecration, we also seek to renew our minds to the unlimited access available to us through God's Holy Spirit.

Our example is the prophet Daniel. He sought God for guidance, intervention and power in his everyday affairs. God gave him supernatural abilities to tell dreams, prophecies and secrets unknown to man. Because of this, he experienced uncommon success even in a place where he was forced into exile. Despite a hostile environment where he was treated as an outcast, he became second in command.

In our terms today, he became the vice president of the most powerful nation at that time. In fact, he wrote an entire book of the bible named after himself.

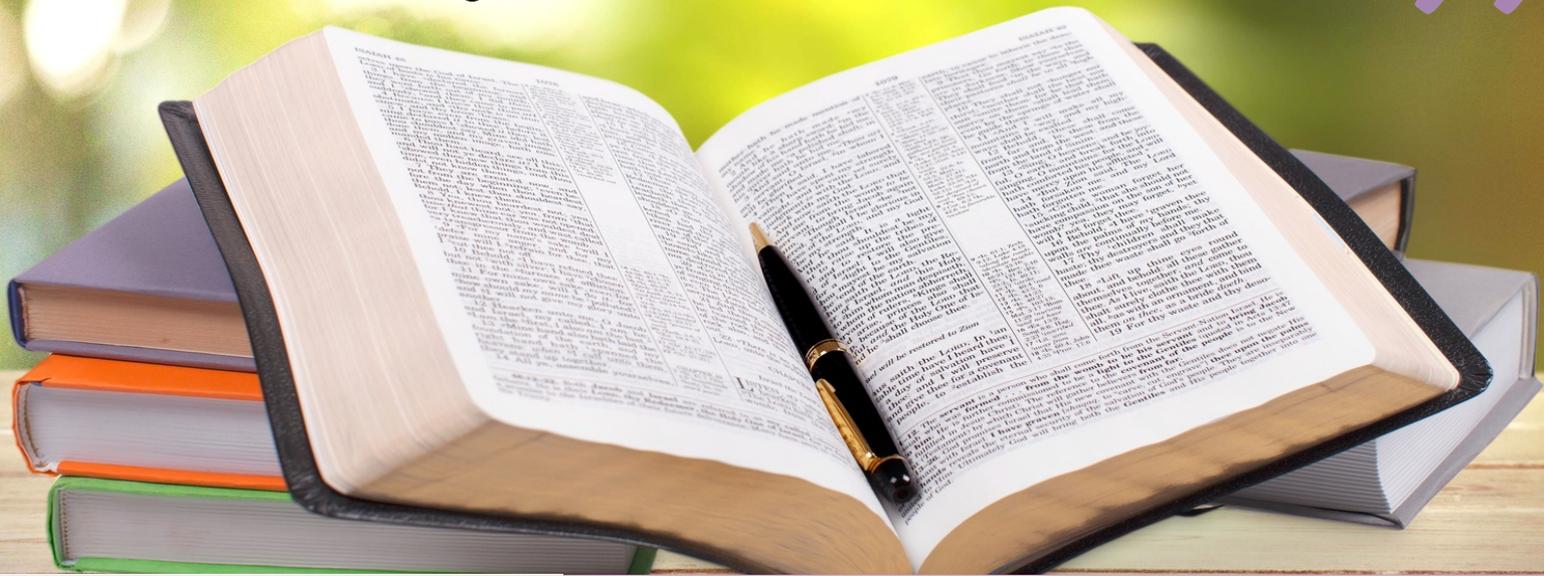
What was his great success secret? It was his ability to tap into the wisdom and might of God. How different would your life be today when you expand your capacity to hear from God? What would change if you learned how to tap into God's wisdom and power for every situation in your life?

Let's take a lesson from Daniel. He said, "Blessed be the name of God; for wisdom and might are his: He gives wisdom to the wise and knowledge to them that know understanding. He reveals deep and secret things; he knows what is in the darkness, and the light dwells with him" (Daniel Chapter 2). →

"I ate no pleasant food, nor meat or wine crossed my lips for 21 days"

Daniel 10:3

“After this time of fast and consecration to God, he was given the breakthrough and clarity in his life that he desired.”



Not only did Daniel know God as the giver of wisdom and might, but also as the God who “delivers and rescues, and works signs and wonders in heaven and earth, who delivered him from the power of the lions”. Because Daniel had knowledge of this great success secret, he had uncommon success, uncommon promotions and uncommon revelation from God. God used Daniel as His mouthpiece to share with the world His present and eternal purpose. During this 21-day journey, let us tap into the greatest success secret of all times- God's divine guidance, revelation and, deliverance in our everyday lives.

Why 21 days? When the going got tough in Daniel's life and he needed a fresh

revelation from God, he went on a 21-Day consecration to seek God's face (Daniel 10:3). During that time (21 days), he ate no meat, no desirable food or wine. That is why a “Daniel Fast” includes fresh fruits, vegetables and beans for protein. After this time of fast and consecration to God, he was given the breakthrough and clarity in his life that he desired.

As we begin a new chapter in our lives, may we like Daniel receive a breakthrough of insight and clarity in our lives. God has given you some desires in the form of goals and dreams that must be fulfilled to reach your God-ordained destiny. You have made the quality decision to have a year of greatness by joining this Refocus21 Team.

“Walk refreshed, restored and renewed- this year.”

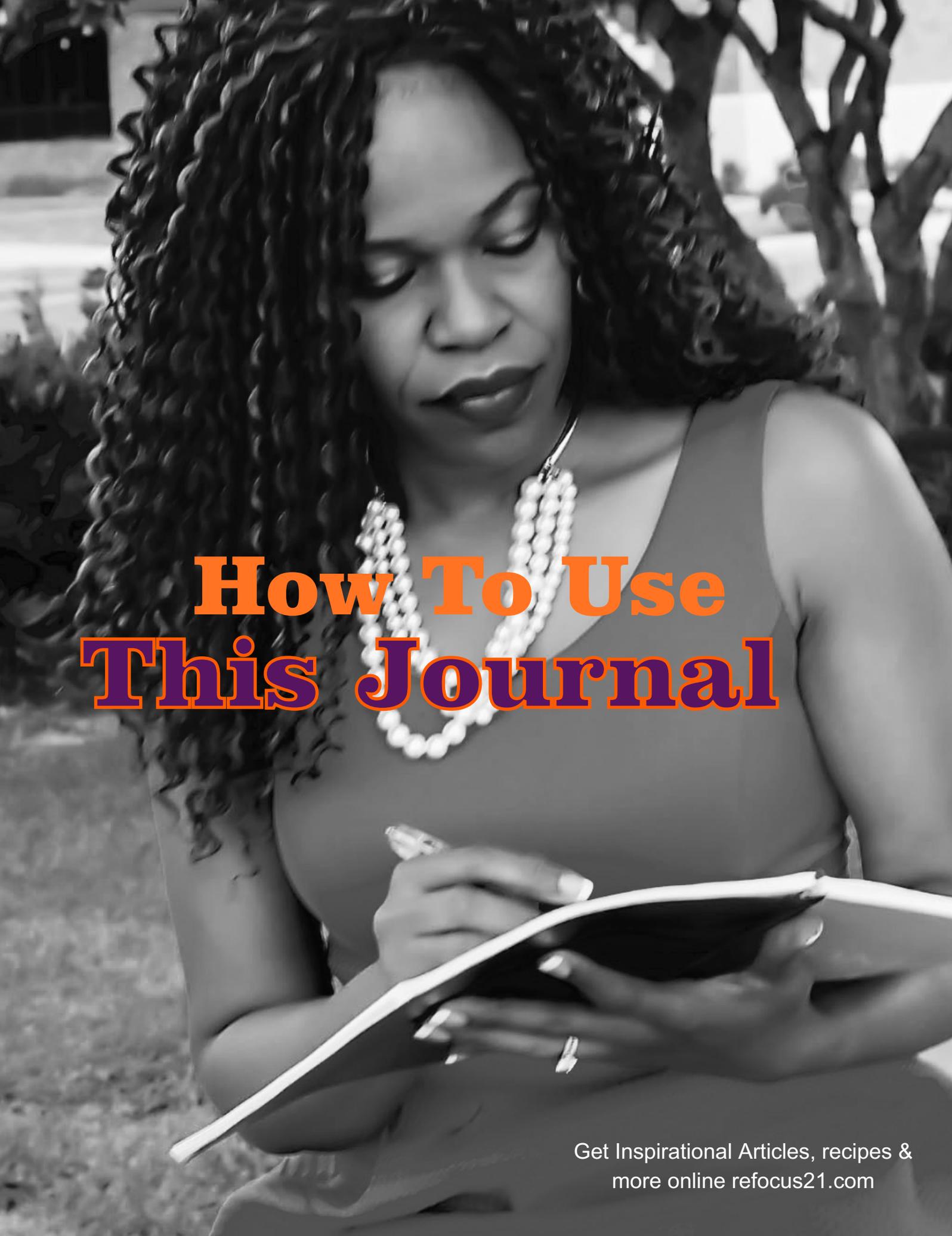
We'll be providing online support with daily inspiration, recipes, coaching and updates along the way.

You've chosen the path of success and joined thousands of people who don't just make new year's resolutions, but seek proven biblical strategies for real success.

Let's begin our journey to allow God to refresh, restore and renew every area of our lives.

Your year of greatness starts now...





How To Use This Journal

Get Inspirational Articles, recipes &
more online refocus21.com



Keep it Simple

Are you ready for a year of supernatural success? Well you've chosen the number one Biblical strategy for insight and clarity-Fasting. God has a purpose and plan for your life so why not go to Him to find it through fasting? Fasting works! I have created a simple and comprehensive journal to guide you through 21 days of fasting.

Before you begin.

Register for the fast at refocus21.com so you can access additional fasting resources. You can also download a FREE preplanning fasting guide to help you prepare physically and spiritually for the fast. These are your simple steps to fasting success.

Step 1. Choose your fasting option on page 12 that best fits your lifestyle and/or spiritual need. Fasting options ranges from food, habits, or hang ups. Food options includes, Daniel fast, abstaining from a food of choice such as coffee, white bread, soda, etc. Habits can include TV shows, hobbies, social media, etc. It's your choice. Feel free to alternate options throughout the 21 days.

Step 2. Choose the dates that you will be fasting. Write them down on page 13. This will help you to keep track and commit to your fasting schedule.

Step 3. Read your daily devotions and write your journal response. You should a lot at least 7-10 minutes each morning for this section. I highly recommend beginning your devotions with prayer.

Step 4. At the end of the 21-day fast, we begin to complete our S.M.A.R.T.

Goals section provided on page 64. Free online group coaching sessions will be available for January fasting groups. Sign up on refocus21.com/fasting.

Step 5. Complete vision and goals worksheet for your relationships, health and finances on page 66-67.

Resource Option 1: If you need more journal pages, vision journals are available online at refocus21.com/store. You will find this resource helpful if you want to keep up with all the fresh, new ideas God will be downloading into your mind. There are enough pages so you can use your Vision Journal for these next 21 days and for the rest of the year.

Resource Option 2: Don't end your planning with the fast. You can continue to plan for the rest of the year using our Vision planner (page 64). This planner makes it easy to write your annual, monthly and weekly goals for a successful year. The wise King Solomon said, "Great planning and hard work leads to prosperity" (Prov. 21:5a). This planner also includes weekly meditation scriptures and to do lists sections. It's a planner with a divine purpose. Order yours today at refocus21.com/planner. 🌟



Your fasting Options

We have made fasting simple to fit your busy schedule. Simply choose an option from the list below or make your own. Circle your option and commit to stick with it. Each week we will be targeting our prayers on specific areas of our lives. The devotions and journal pages are provided (starts at page 18) to help keep you on track for the 21-day fast. This journal provides the resources you need to plan a successful year. So let's get started on the journey to get and stay on God's plan for your life. It's time to reset your relationships, health, and financial goals.

Fasting Options

During your 21 day journey of *consecration, choose a food, habit or addiction to abstain from for the entire 21 day journey.

Option 1: A complete Daniel Fast.

Option 2: Each Wednesday, complete a Full or partial FAST.

Option 3: Choose a food, habit or addiction to abstain from the entire 21 days.

***Consecrate:** -to make or declare sacred; especially: to devote irrevocably to the worship of God by a solemn ceremony. (2)- to devote to a purpose with or as if with deep solemnity for dedication.

Prayer Targets

Week 1- Relationships

Day 1-3 Consecration to God
Day 4-7 Spouse or friend
Day 5 Children
Day 6 Parents or Mentor

Week 2- Health

Day 8-14 Emotional & physical health

Week 3- Finances

Day 15 Financial wisdom & Insight
Day 16-21 Financial Increase

Scheduling Made

Simple

Month _____

Year _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Use this calendar to plan your start and end date of your fast.
By entering the dates, you will be more likely to stay organized during the fast.



Grocery List

Popular Fruits

Apples
Grapes
Blueberries
Banana
(season fruit)

Vegetables

Broccoli
Cabbage-purple
Carrots
Garlic
Jalapenos
Kale
Lettuce
Bell Peppers
Potatoes
Onions

Spinach
Sweet Potato
Tomatoes

Legumes

Lentils beans
Mixed beans
Pinto beans
Split peas
Black beans

Whole Grains

Brown Rice
Oats
Barley
Quinoa
Cream of wheat
-(whole wheat)

Organic puffed kamut

Snacks/toppings

Peanuts
Cashews
Almonds
Brown rice cake

Seasonings

Sea salt
Cinnamon
Pumpkin spice
Nutmeg
Olive oil
Apple cider vinegar

** These suggested ingredients matches Nadia's recipes.*



Nadia Mills shares more of her recipe ideas and shopping guide online at refocus21.com/recipes

Vegan Recipes

With Nadia Mills

Couscous

Whole wheat couscous with sweet potatoes and parsley. Served with black bean burger and tomato and chick pea salad.



Brown Rice Salad. Cabbage, carrots, green pepper, string beans, green onions, onions, black beans, corn and olives. (Add various veggies according to what you have in your fridge).



Smoothie
Breakfast smoothie
Pineapple, ginger, apple and spinach. A perfect breakfast or

lunch option

Red Peas Soup
Dry peas
onions, whole wheat dumplings
sweet potato
plantain chips for garnishing.



Vegan Recipes

Black Bean Salad

by Nadia Mills



1 can Black Beans, drained and rinsed
½ can of corn, drained
¼ cup chopped onions (red or yellow)
1 cup chopped green peppers
½ bunch of cilantro, chopped
¼ cup extra virgin olive oil
2 tablespoons red wine vinegar (or apple cider vinegar)
salt and pepper to taste
½ chopped jalapeño (or cayenne) optional

Mix all ingredients together. Serve at room temperature or cold. I eat this over lettuce or as a side. You may also add shredded carrots for crunch and color.

Black Beans and Tomato Salad

by Nadia Mills

15 oz can Black Beans, drained and rinsed
3 to 4 roma tomatoes, chopped
¼ cup chopped onions (red or yellow)
1 cup chopped green peppers
2 garlic cloves, diced
¼ cup extra virgin olive oil
2 tablespoons red wine vinegar (or apple cider vinegar)
salt and pepper to taste
½ chopped jalapeño (or cayenne) optional. Mix all ingredients together. Serve at room temperature or cold. I eat this over lettuce or as a side.

Curry White Beans

by Nadia Mills

15 oz White Northern Beans, drained and rinsed
2 tsp curry powder
1 tbsp Extra Virgin Olive Oil
1 cup chopped onion
water
salt and pepper to taste

Follow the same instructions as the others to your taste

Veggie/Fried Rice

by Janis Modeste

Below is my favorite quick and easy dinner. Those of you who know me, know I'm no cook! If I can do it, so can you.

Here's what I did (I don't have an exact recipe). Boiled brown rice, stir fried veggies (Green, yellow, & red peppers, squash, onions, garlic, spinach) in olive oil, seasoned to taste. Mix the rice with the veggies as shown below. And that's dinner! 🍴



Get more recipes on line
refocus21.com/recipes

Week 1 - Relationships

Have a seat, God is Waiting

Day 1 - Consecrated to God

But God is so rich in mercy, and He loved us so much, that even though we were dead because of our sins, He gave us life when he raised Christ from the dead.

(It is only by God's grace that you have been saved!) For he raised us from the dead along with Christ and **seated us with him** in the heavenly realms because we are united with Christ Jesus.

(Eph 2:4-6)

Day 1

God is calling to you today. He's saying, "be seated my child, let's talk". He's in love with you and enjoys your presence. He wants to show you his Chesed: (Hebrew for love, kindness, grace & mercy). He loves you so much that even as your King and God of the Universe, He has invited you to sit with Him. So meditate (ponder) on this revelation today and position yourself. You are seated in heaven, communing with your loving Father. Your citizenship is in heaven (Phil. 3:20). Get used to that picture. That's where you'll be hearing from God through this journey.

Find that special spot in your home where you will sit and hear from God for this next 21 days. Write your prayer to God committing to walk with Him these next few weeks as you plan your year with Him. He's listening.



In His Presence

Blessed am I

(your name here)

who trust in the LORD and have made the LORD
my hope and confidence.

I am like a tree planted along a river bank, with
roots that go deep into the water.

Such trees are not bothered by the heat or
worried by long months of drought.

Their leaves stay green and they never stop
producing fruit.

Jeremiah 17:7, 8

Day 2

As you seek God's face this morning, seek His wisdom. He wants to give you insight to know your life's assignment and to know the rich heritage He has for you. "In Him (God) lies all the hidden treasures of wisdom and knowledge." (Colossians 2:3)

When you believe this, you can then work through His mighty power to complete the work He has for you. Nothing will be able to stand in your way.

Pray Ephesians 1:17,18.

"May the God of our Lord Jesus Christ, the Father of glory, give me the spirit of wisdom and revelation in the knowledge of Him: That the eyes of my understanding being enlightened; That I may know what is the hope of my calling and my rich heritage." (Also see Jer 29:11)

Fasting heightens your spiritual awareness so you can hear more clearly from God.
Read Eph. 1:17, 18 out loud. Write it out as your personal prayer.
You may also write what sticks out most to you in this verse.





God's Master Piece

*"For we are God's masterpiece. He has created us anew in Christ Jesus,
So we can do the good (path) things He planned (before hand) long ago.
(Eph 2:10)*

God has a great plan for your life. In fact, He planned it before you were conceived so you can "live the good life which He prearranged and made ready for us to live." Don't allow your own agenda, the busyness of life, nor the expectations of others keep you from His great plan for your life.

God is saying to you today write your name here , I know the plans I have for you, so listen closely as I speak. Only with me can you live the life you were designed to live. You are the Master piece I designed. I'm here to help you get and stay on My Master Plan for your life!

Day 3

Whatever position you may find yourself in today, know that there is hope.

Hope (elpo) in Greek means to anticipate, usually with pleasure; expectation or confidence. God has given you His Word that the hope/expectation He has for you is a life of complete wholeness. Yes, He wants you to prosper in all areas of your life. As you focus on Him, your ability to hear from Him increases. So get comfortable in your position-seated in the heavens with God.

Expect to hear from God TODAY and the next few weeks concerning His destiny for your life. Be prepared. He just might reveal a new directions for your life.

Like Daniel, God has new insights and breakthroughs planned for you during this fast. So partner with God and tune into His heavenly frequency. Come to Him ready with pen in hand to jot down what you hear. It's time to get ready for the new that God has for you.

What are some things you can change in your daily routine to allow for more consistent alone time with God? Talk with Him and He will help you plan.





Love will Last Forever!

Love is patient and kind. Love is not jealous or boastful or proud or rude.

It does not demand its own way. It is not irritable, and it keeps no record of being wronged.

It does not rejoice about injustice but rejoices whenever truth wins out.

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

1 Corinthians 13:4-8 (NLT)

Day 4

As you are seated with the Lord today, ask Him to give you a meek and gentle spirit towards your spouse and/or friendships. One that you may secretly desire that they reciprocate towards you. If you're single seeking a mate, be even more bold and write down the spiritual & physical traits you desire in a spouse. Whether married or single, seek God's insight for your marriage or other important relationship (ex. boss, in-laws, friend, etc.). Also, what are some characteristics that you long to see in those relationship? Reread the Love passage on the previous page. Which of those characteristics do you long to see in your relationships. What changes need to occur in order for that picture to become a reality? God has the answers and He is sitting and listening.

Read, Ponder & Pray.

Then list (no more than 3) character traits you may need to adopt into your marriage or relationship.

Write your prayer and any insights you may receive.



Day 5- Week 1



Children

are a **Gift from God**

Praise the LORD! How joyful are those who fear the LORD and delight in obeying His commands.

Their children will be successful everywhere;

An entire generation of the godly people will be blessed. They themselves will be wealthy, and their good deeds will last forever.

Psalms 112:1-4

Day 5

Father, I lift up _____ (your child(ren) names to you today. I pray against all distractions, that have entered or will try to enter into their lives. I come against negative friendships and ask that you block those that are trying to form and close the door on those that have been formed. I come against evil temptations, "Lord lead them not to temptation as your son taught us to pray. I block any devices or schemes that the enemy is trying to use against them today or in the future. I break the bow and send the arrow back from whence it came. For no weapon formed against _____ shall prosper.

I speak shalom (peace, prosperity, wholeness, happiness and health) into _____'s (your child(ren)'s name) life, now and send those words into their future.

I declare Father that your will and plan for _____'s life is being fulfilled NOW in Jesus (Yeshua) name. Amen.

What specific concerns do you have for your child(ren)? Write them below.
Don't pray the problem. Speak the blessing ONLY.
My children are blessed of the Lord and great is their peace.





Honor your *Parents*

Honor your father and your mother.
This is the first commandment with a promise.
That it may go well for you and you will have a
long life on the earth. (Ephesians 6:2-3)

Day 6

Today on your journey, pause to pray for your parents or mentor in your life. Pray for their, health, provision and guidance. Solomon, the wisest man who ever lived, says, “a wise man has many counsels”. We all need mature elders (physically or spiritually) to impart wisdom into our lives.

Pray for those individuals. What qualities do you see in them? How can you adapt those qualities in yourself so you can become desirable as a mentor to others?

As you pray, ask for insight so things can be revealed to you which were once hidden from you.
How can you honor your parent/mentor today?





visit refocus21.com/blog for more inspiration

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Matthew 11:28-30

Search me O LORD, Cleanse me, Show me Your face and I will never be the same again.

Day 7

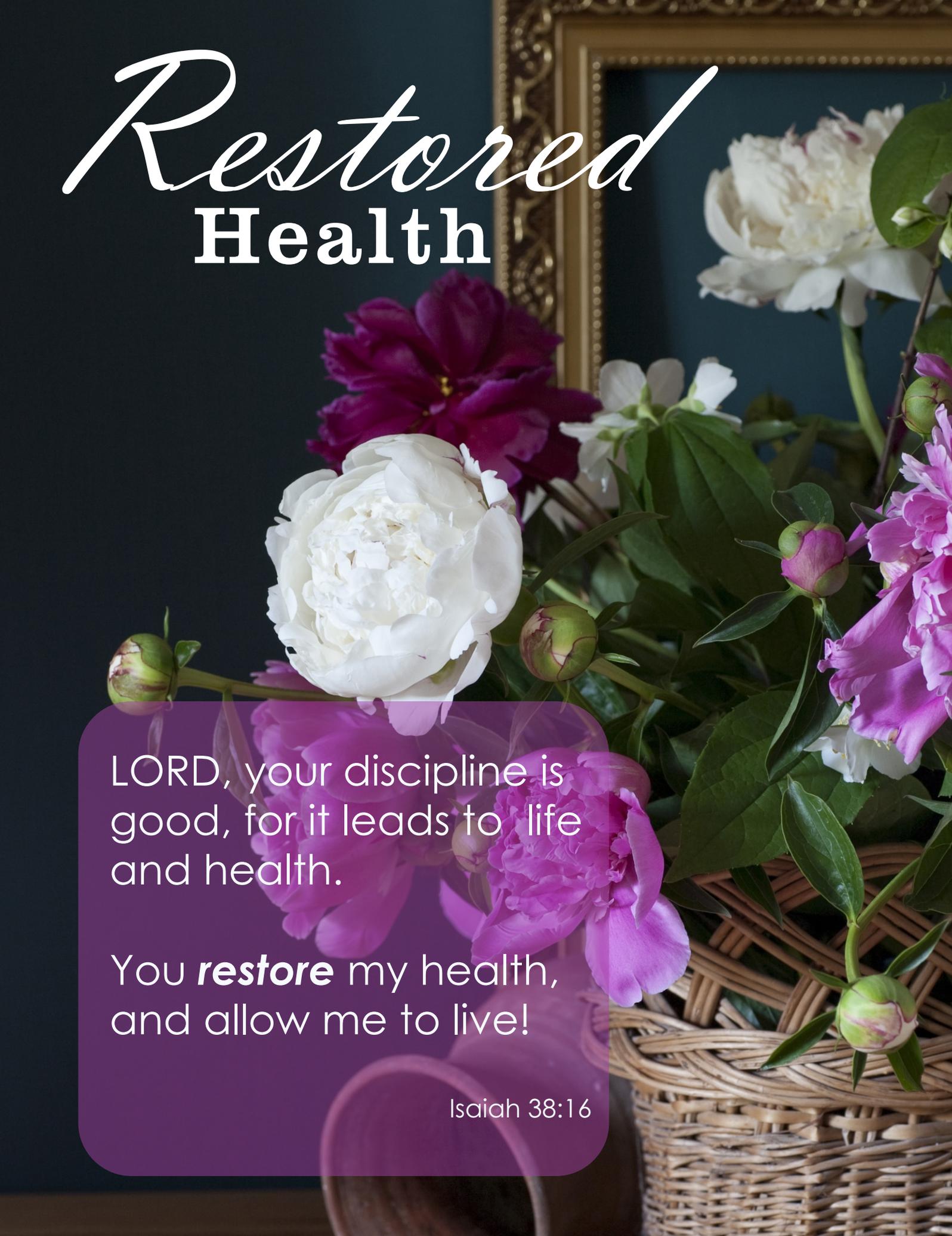
By now, you have increased in your capacity to hear from God. Rest in Him today as your loving King, Father, Savior & Friend. Meditate (ponder) on just how much you are loved. Throughout your day today, talk to God about every activity/decision you face just as you would your dearest friend. Focus on building a strong relationship with Him. This will require two-way conversations so listen twice as much as you speak with Him today.

Practice basking in His presence today and for the next few weeks. You will find that it will become easier to hear and to listen to His voice.

Use this day also to reflect on what you've learned about your Relationships this past week.

What are some of the decisions or activities you will encounter today that you can talk to Him about. Think about the mundane tasks that you have neglected to involve Him in. Write what you've learned this week about your relationships.





Restored Health

LORD, your discipline is good, for it leads to life and health.

You **restore** my health, and allow me to live!

Isaiah 38:16

Day 8

Jesus went into the synagogue and noticed a man with a deformed hand. Jesus said to him, "Come. Hold out your hand."

So the man held out his hand, and it was restored! (Mark 3:1-6)

Jesus is passing by right now, and have noticed YOUR deformity. It may be physical or emotional. He's saying, "hold out your hurt, worry, depression, lack, sickness, or even your marriage. I will restore them all." Now be restored; be made whole.

Say it! I am restored; I am made whole.

What deformities have you been holding? Ask God to reveal them to you.

Write them all below and as an act of faith, hold your journal out to Him.





Refreshed

**Stay on God's Health Plan
For Your Life!**

Happy is the man that finds wisdom,
and the man that gets understanding.
(Prov. 3:13)

Trust in the LORD with all your heart;
and lean not to your own
understanding. (v5)

Day 9

Wisdom is speaking to you today concerning your physical health. In order to carry out God's purpose and plan for your life, a healthy body will be required. Remember, God says He has plans of "Shalom" for your life which means wholeness in terms of your body, your mind and your provision (Jer. 29:11). Therefore, we must remain balanced in ALL areas of our lives.

So let's listen up and hear what changes you need to make regarding your physical health. Talk with God about what eating and exercise habits you may need to change or implement.

As you seek God today for insight and clarity, He will reveal His Health Plan for your life.

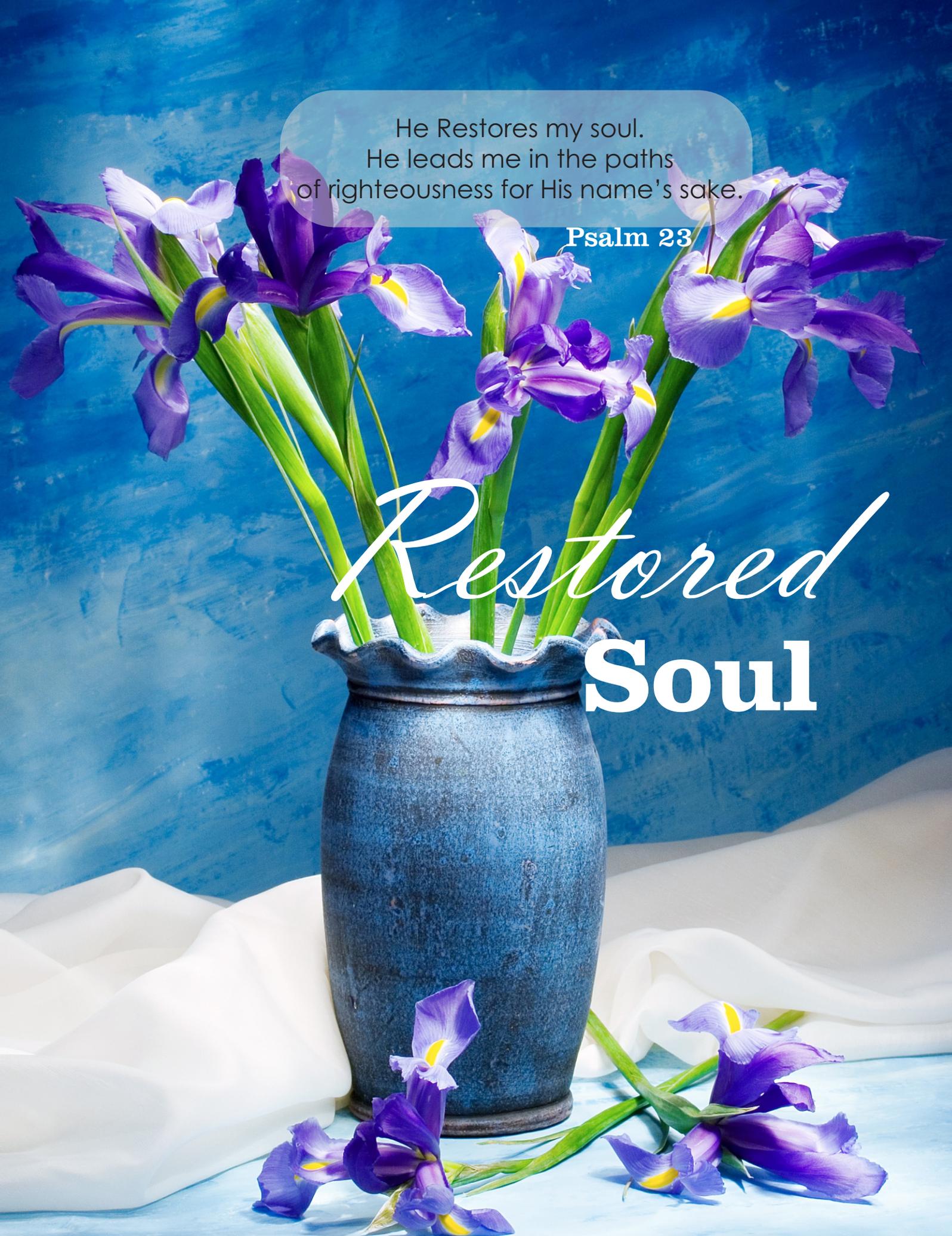
Wisdom is speaking, so as you sit quietly and hear from God, write down what changes are you sensing that you should implement into your daily routine?



He Restores my soul.
He leads me in the paths
of righteousness for His name's sake.

Psalm 23

Restored
Soul



Day 10

A Psalm of David.

*The Lord is my shepherd; I have all that I need.
He lets me rest in green meadows;
He leads me beside peaceful streams.
He renews my strength.
He guides me along right paths,
Bringing honor to his name.
Even when I walk through the darkest valley,
I will not be afraid, for you are close beside me.
Your rod and your staff protect and comfort me.
You prepare a feast for me in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.
Surely your goodness and unfailing love will pursue me
All the days of my life,
And I will live in the house of the Lord forever.*

(Psalm 23- NLT)

David found blessings everywhere around him- The meadows, the valleys, and the rivers. Reread Psalm 23. This time, speak directly to God with a grateful heart. Gratefulness leads to a restored soul. What are you grateful for?



A close-up photograph of a bouquet of pink roses in a white ceramic vase. The roses are in various stages of bloom, with some fully open and others as buds. The petals are a soft, vibrant pink color. The vase is placed on a white lace doily, which sits on a rustic, light-colored wooden surface. In the bottom right corner, the word "LOVE" is written in pink, block letters. The overall scene is romantic and elegant.

Walk **In Love**

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.

Mark 11:25

Day 11

Jesus was clear when He told us how we should handle difficult situations. He said to SPEAK to it and tell it to move out of our way. Then believe it's done, and it will be. Now that takes faith!

Do you truly believe that whatever you ask, in faith, you will receive? The only prerequisite Jesus gave to Peter that day was for him to forgive (v24).

Are you holding any grudges against anyone today?
If so, release them & FREE yourself. Then you can speak
to your most difficult situation and tell it in faith to move.





Refocus

Do not remember the former things,
Or ponder the things of the past.

Listen carefully, I am about to do a new thing,
Now it will spring forth; Will you not be aware of it?

I will even put a road in the wilderness,
Rivers in the desert.

Isaiah 43:18, 19 (AMP)

Day 12

Remember today that you are seated in the heavenly realm with Christ Jesus (Eph 2:6). Stay there. Press in, listen, and prepare to Refocus your mind. God has something NEW for you this year. This is why He is calling you to forget all your past hurt and failures (Isaiah 43:18-19).

He's calling you today to Refocus. Yes, Focus on the New things He has already prepared for you this year (Isa 43:18-19). Listen. God is saying to you, "Now it will spring forth. Do you see it?"

Forgetting the past can be a daily challenge but remember; if God ask you to do it, YOU CAN! He said, "Fear not, I will help you" (44:2). Walk with Him through this fast and join with Him in refocusing your mind on the New things He will do through you this season.

Write your commitment below to forget your past hurts and failures and Focus your mind on the NEW miracles God has in store for you. See it. Write it.



Renewed

Mind



Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. (Rm 12:2)

Day 13

Reread Romans 12:2. God wants you to learn and grow in the knowledge of His will for your life. He is reminding you today that His will for your life is good and perfect.

Focus on your thought pattern throughout the day. What habitual thoughts are not lined up with God's Word? What thought patterns do you need to change? Meditate on this verse throughout the day.

Your emotional health is important to God. Turn off secular TV and radio for today and replace it with inspirational media. It will clear your mind to hear from God more freely.

Walk in an abundance of Emotional health this year!

How do you see your life changing when you truly understand God's good and perfect will for your life? What can you change in your thought pattern starting today?





Perfect Peace

A peaceful heart leads to a healthy body.

Proverbs 16:4a NLT

Day 14

You will keep in perfect peace all who trust in You, all whose thoughts are fixed on you! (Isaiah 26:3) Today we reflect on a week of fasting for our Health. You are becoming mindful of the importance of both your spiritual and physical health. We rest in His peace knowing that He will lead us to the perfect balance.

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, **think on these things.** (Philippians 4:7-8)

As you reflect, think of how a balance life can lead you to peace.
Write your reflections below.



Restored Wealth

“And it is a good thing to receive wealth from God and good health to enjoy it.

To enjoy your work and accept your lot in life- this is indeed a gift from God.”

Ecc1 5:19 (NLT)



Day 15

This morning starts your journey to financial peace. Begin with thanking God for His divine provision thus far in your life. Show Him that you appreciate all the goodness He's showered on you and your family this past year. Pray for a blessing on your current career path. God have a Wealth Plan tailor designed for you. But first, be content with what you have. Trust Him to take care of all your needs.

“Jesus said, That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? (Matt 6:25-NLT)

Live today in the moment. Bask in My presence.
Expect wealth from God but be content today with what you have.
I am content today because _____ (write below).



Opulence



Seek the Kingdom of God
above all else,
and live righteously,
and he will give you
everything you need!
Matthew 6:33

Day 16

Listen up!

God has a life of opulence (super abundance) for YOU. He's calling for you to learn to hear and follow His financial plan for your life, so press in to His voice. Ask God for financial wisdom. As you begin to pray, put your own plans aside; open your heart to what new insights He has for you.

Psalm 81:13-16

“Oh that you would listen to me!
Oh that you would follow me, walking in my paths.

How quickly I would then subdue your enemies.
How soon my hands would be upon your foes.

I would feed you with the finest of wheat.
I would satisfy you with wild honey from the rock.”

Write the habits and/or mindset that needs to be changed in order for you to walk in God's plan for your wealth. If you're not sure yet, it's ok. Just rewrite and personalize Matthew 6:33 below. Your mental image will begin to change.





Wealth & Honor

Wealth and honor come from you alone, for you rule over everything. Power and might are in your hand, and at your discretion people are made *great* and given strength.

1 Chron. 29:12 (NLT)

Day 17

In today's reading, God is saying that He wants to make you great and give you wealth and honor. Don't take my word for it. Read 1 Chronicles 29:12. Meditate on that verse.

Once you've entered into covenant with His Son, Jesus our Messiah, all His good promises belong to you.

If you're not sure you're in covenant with God, the book of John is a great place to start. Make a decision today to walk with God and receive all the good He has for you.

Know that God wants to make you GREAT!

Put aside your old self-image and put on the new image of wealth and honor. Write today's Scripture and personalize that you are "made great and strong".





Prosperity **Is God's Plan**

The LORD, thy Redeemer, the Holy One of Israel says; I am the Lord your God which teaches you to profit, which leads you by the way that you should go.

(Isaiah. 48:7)

Day 18

Today's reading is 2 Kings 4:1-7. In this story, a single mother was in debt and couldn't see a way out. She called on Elisha the prophet for help. His response? Go and find resources that already exists in your home. All she could find was a pot of oil which she immediately disregarded.

Elisha taught her that even though she initially discounted that pot of oil, it will be used to bring her supernatural wealth. She used the insight he gave her to create wealth.

“Now sell the olive oil and pay your debts, and you and your sons can live on what is left over (v7).”

Today, God is asking you the same question. What resources, talents, and gifts do you have now that you have been overlooking?

Good **planning** and hard work leads to prosperity. Prov. 21:5
God has a plan to use YOUR existing resources to bring you supernatural wealth.
He wants to “teach you to profit.” What is in YOUR hand?



Give

Honor the LORD with your wealth and with the best part of everything you produce.

Then He will fill your barn with grain,
and your vats will overflow with good wine.

Prov. 3:9-10

Day 19

Time and money are both precious commodities. Managing your time is an important key to your wealth. Why? Because by spending time with God, He will guide you into His plan for your prosperity. As you manage your time wisely, you will then be able to manage your finances wisely.

Psalm 112:9

Oh the joys of them who reverence the Lord.
They share freely and give generously to those in need.
Their good deeds will be remembered forever.
They will have influence and honor.

What are some ways in which you can give of your time, money or influence to help others today? How about long term? In what ways can your giving honor God consistently?





Save

The wise have wealth and luxury,
But fools spend whatever they get.

Proverbs 21:20 (NLT)

Luke 12:21

Day 20

“Yes, a person is a fool to store up earthly wealth but not have a rich relationship with God.” Luke 12:21 (NLT)

As you continue to build your relationship with God, remember, your duty to leave a financial legacy behind is a part of God’s financial plan for your life.

The discipline of saving is an important piece to your success. Wisdom says, Save, Save, Save. Society says, spend, spend, spend.

God’s Word says, “ Good people leave an inheritance to their grandchildren, but the sinner’s wealth passes to the godly.” Proverbs 13:22

Talk to God about developing a new lifestyle of saving and a new perspective on spending. What good habits can you adopt this year?



Reflect & Sit



We've made it to our 21st and final day of our journey. We sought God's guidance in all areas of our lives. Our example came from a mighty man of God named Daniel.

As Daniel prayed for understanding, he said, "All that time (21 days) I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed."

The result? The angel appeared to Daniel at the end of his 21 day consecration. The very same words spoken by the angel is being spoken to you today. The angel's response was "You are very precious to God, so listen carefully to what I have to say to you. Stand up, for I have been sent to you. Don't be afraid. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer."

In the journal area, write and reflect about the new path your life will take after today.

Day 21

Reflect on the new path your life will take this year. Continue to practice being in the presence of God, sitting and communing with Him. You'll come to enjoy it almost as much as He.

For the next few days, follow the Goal Setting Guide and S.M.A.R.T goals guidelines in this book and online at www.refocus21.com. These tools will help you to plan a year of success as you use your journal reflections to guide you.

Congratulations! You planned with God this year. Remember, it's a daily walk towards your destiny. That's 365 baby steps towards Greatness this year!!

Refresh. Restore. Renew. You did it! Sit and reflect on your fasting journey. What newly developed habits will you continue to use to keep you hearing clearly from God in all areas of your life?





**Command
Your**

ANGEL

By Janis Modeste

“Fear not Daniel, I am come for thy words.” Daniel 10:12

(Spoken by Daniel's Angel)

I wanted you to read this article at the ending of your fast so you can have high expectations for a supernatural harvest- the things you have been believing God for.

God has an infinite amount of ways to get your harvest to you. One of those ways is through angels. Angels are waiting for your words in order for them to act. The angel came to Daniel and said, “Fear not, I am come for thy word”. In other words, I am at your command to do what you say. Did you know that you have an assigned angel whose job is to bring your words to pass?

Remember, God's Word will not return void or unfulfilled, but MUST establish what it has been sent out to do? (Isa.55:11) Well the good news this week is a reminder that God has given you his WORDS so that you can speak your future into being. He said, "I have put My Words in your mouth and hidden you safely in my hand...I am the one who says to my people, 'You are mine!' (Isa. 51:16)

What a combination! God's Word in Your Mouth is a Creative Force. God's Word in your mouth creates your harvest. Yes, the sound of your voice is a mighty, creative force. Even angels move on behalf of your words.

So what better way to call forth your harvest this week than by the sound of your voice? Your angels are waiting for their next step. So go ahead and declare it! “My fruits are springing up speedily.” Declare it!, “Everything I put my hands to is blessed”- EVERYTHING! (Duet. 30:9) Go ahead and call forth your goals and your dreams. Give

your angels some work to do. They're standing by, ready to act.

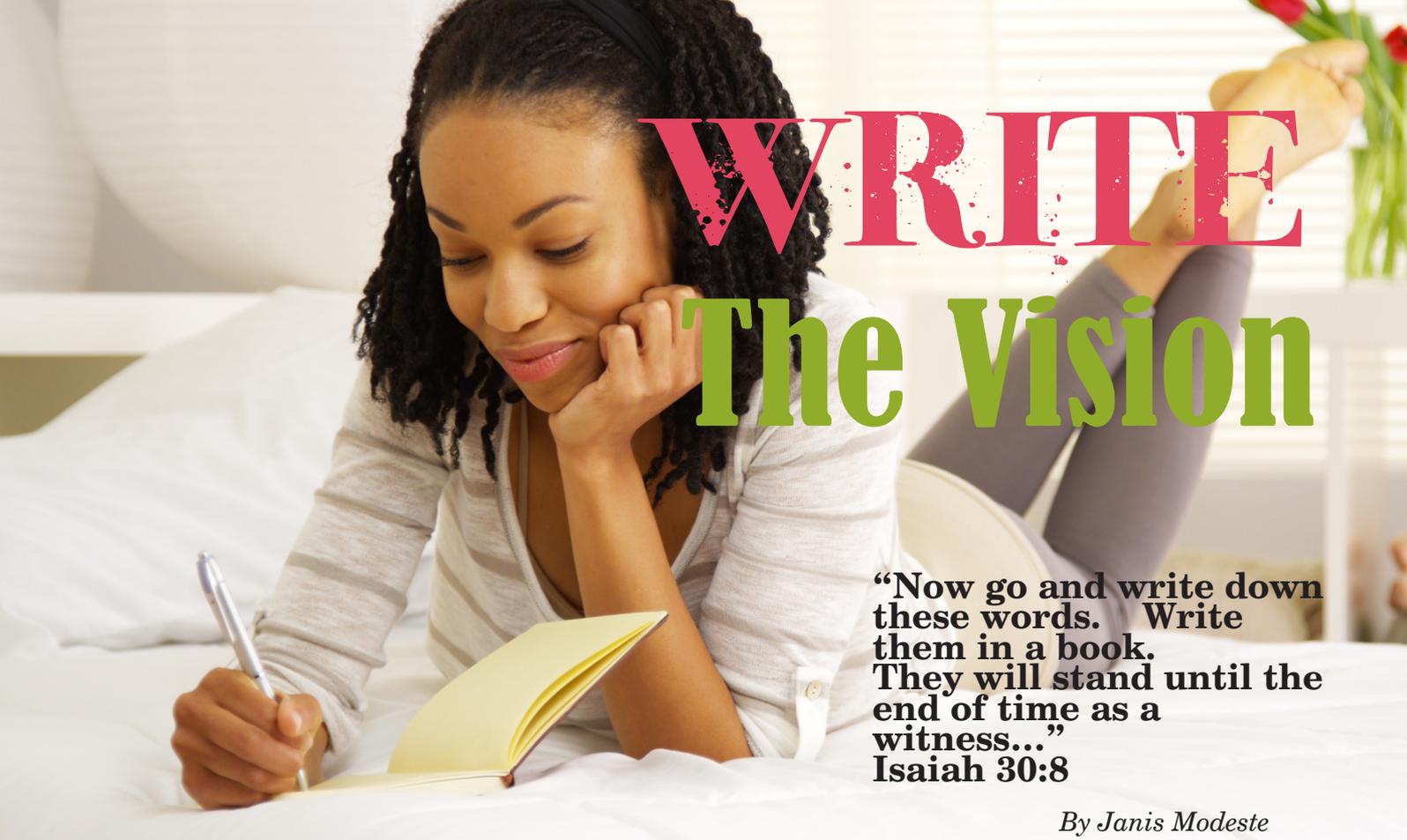
David knew God to be faithful. He said, “... there has not failed one Word of all His good promises, which he promised by the hand of Moses his servant”. Joshua also said, “Not one word failed... (Jos. 21:25). Just like us today, they read of God's faithfulness and expected God to do the same in their lives. So today, expect God to be as faithful to you as he was to those we read about in His Word?

Because David was expectant, he said, And may these words that I have prayed in the presence of the LORD be before him constantly, day and night, so that the LORD our God may give justice to me and to his people Israel, according to each day's needs (1Kings 8:59 NLT).

David expected his words to be heard to bring forth the answer. David knew that God had to answer, “for His Word sake”. He said, “ For the sake of your word and according to your will, you have done this great thing and made it known to your servant.(2 Sam. 7:21) God is faithful. If He says He'll do it, He will- for His Word's sake. He cannot lie.

“God is not a man, so He does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through?” Numbers 23:19

So as you write down your new visions, look at them each morning. Speak them! I have provided a weekly planner to help you stay on track for 365 days of the year with your goals and dreams. Order yours today at refocus21.com/planner. Happy Planning! 



WRITE The Vision

**“Now go and write down these words. Write them in a book. They will stand until the end of time as a witness...”
Isaiah 30:8**

By Janis Modeste

Are you ready to walk boldly into your dreams this new year? Then you **MUST** be prepared to write it down. This was not a suggestion from God, but a command. God said it again in Hab: 2:2; it says, “and the LORD (Jehovah) said, “Write the Vision. Make it plain. That the one who reads it may run with it.” Both times we see that God was trying to get His plan to His people so they can achieve victory. It is a simple yet powerful task. Who would have guessed that by simply writing down your vision, guarantees your success.

God said, "For the vision is yet for the appointed time; It hastens toward the goal and it will not fail." (verse 3)

Who said the written dream/goal will not fail? Yep, God said it. He says that the vision has a set time that it **WILL** arrive. However, we have to do our part. He wants you to come to Him and ask Him for the Master plan He has for life. He says,

“You make plans that are contrary to mine.
You make alliances not directed by my

Spirit, thus piling up your sins.” (Isa. 30:1b)

He does not want you making your own plans. He wants you to come to Him to receive the plans **HE** has for you. God wants you to enjoy the life Jesus died to give you (John 10:10). But He knows that unless you live according to His plan, you won't be fulfilled nor reach your God-ordained destiny.

He also knows it's simple but not easy, so He gave me a tool to share with you. It's called **The Balanced Approach Planner**. This yearly planner goes along well with this 21-day Fasting Journal-zine.

Now that you've sought God's plan for all areas of your life, don't stop there. Use this planner as a daily tool to stay on His plan for your life. With this planner you will be able to write down **The Plan** as He unfolds it to you each morning. You won't want to start your day without it. It includes goal pages for your meal, exercise and daily life activities to keep you balanced this year.

Those of us who's done this fast knows that He always speaks. Always. He does not want us coming up with our own plans when we all know that His is far superior. He's waiting for you to come to him each morning to plan for your day. Come to Him, ready to write down what He is saying to you because it is important.

He says in Isaiah 30:18,

*“So the Lord must wait for you to come to him
so he can show you his love and compassion.
For the Lord is a faithful God.
Blessed are those who wait for his help.”*

“ *He does not want you making your own plans. He wants you to come to Him to receive the plans HE has for you.* ”

So now that you've joined me for 21 days and we have received insight and clarity into the plans He has for our lives, Let's make the next step. Get your copy of this Vision Planner and start planning for a life of success today. Your goals and dreams are too precious to ignore. So set aside the time. You are worth it!

To order, simply go to refocus21.com/planner for your copy. It's time to “write the vision and make it plain”.

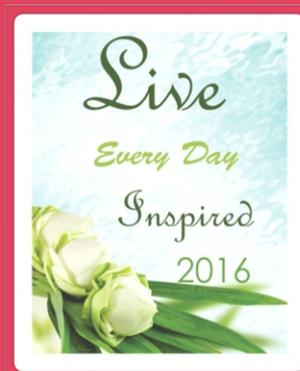
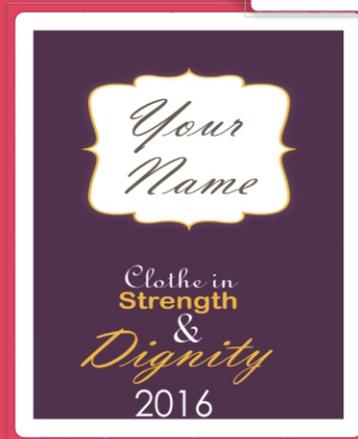
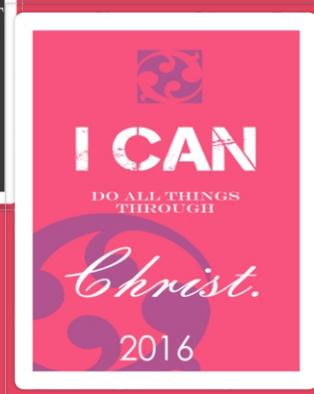


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Plan Your Year of Greatness!



God has told us plainly in Jeremiah 29:11 and numerous times throughout the Scriptures that He has a good plan laid out for our lives. He sent His son to prepare the path so we can hear directly from Him. Imagine that! We can go directly to God, talk to Him and listen to His responses any time we want. He is never too busy or incapable of handling our situations. So why not plan your life with the Master Planner of your life?

But before you make any plans this year, first hear from God. We can't plan a life of holistic success without Him. Let us walk through this 21-day journey using this Refocus 21 fasting guide. In the next few weeks, we will walk through the process of hearing from God in all areas of your life. At the end of our journey, you will then be

equipped to write S.M.A.R.T. goals to help you stay focused on your assignment/vision this year. We will not make the same mistakes we made in the past. This year, we will seek wisdom and insight and tap into The Source. He is the one that has pre-ordained a path for our lives that leads to Greatness. He wants you to do and be great- all for His Glory. So let's get on His path for our lives by using the following guide to goal setting:

Your Goals Must Be S.M.A.R.T.:

- Specific
- Measurable
- Attainable
- Relevant
- Time-Bound

Specific goals are clear and let the reader know exactly what is expected, why is it important, who's involved, where is it going to happen and which attributes

S.M.A.R.T. Goals

"And Jehovah answered me and said, write the vision, and make it plain upon tablets, that he may run that reads it." Hab. 2:2 (ASV)



are important. They should answer the five "W" questions.

Measurable goals are necessary to determine whether progress is being made. It helps you stay on track and reach target dates.

Attainable goals are realistic and attainable. They are not extreme but also not set too low. An attainable goal will usually answer the question, "How can the goal be accomplished?"

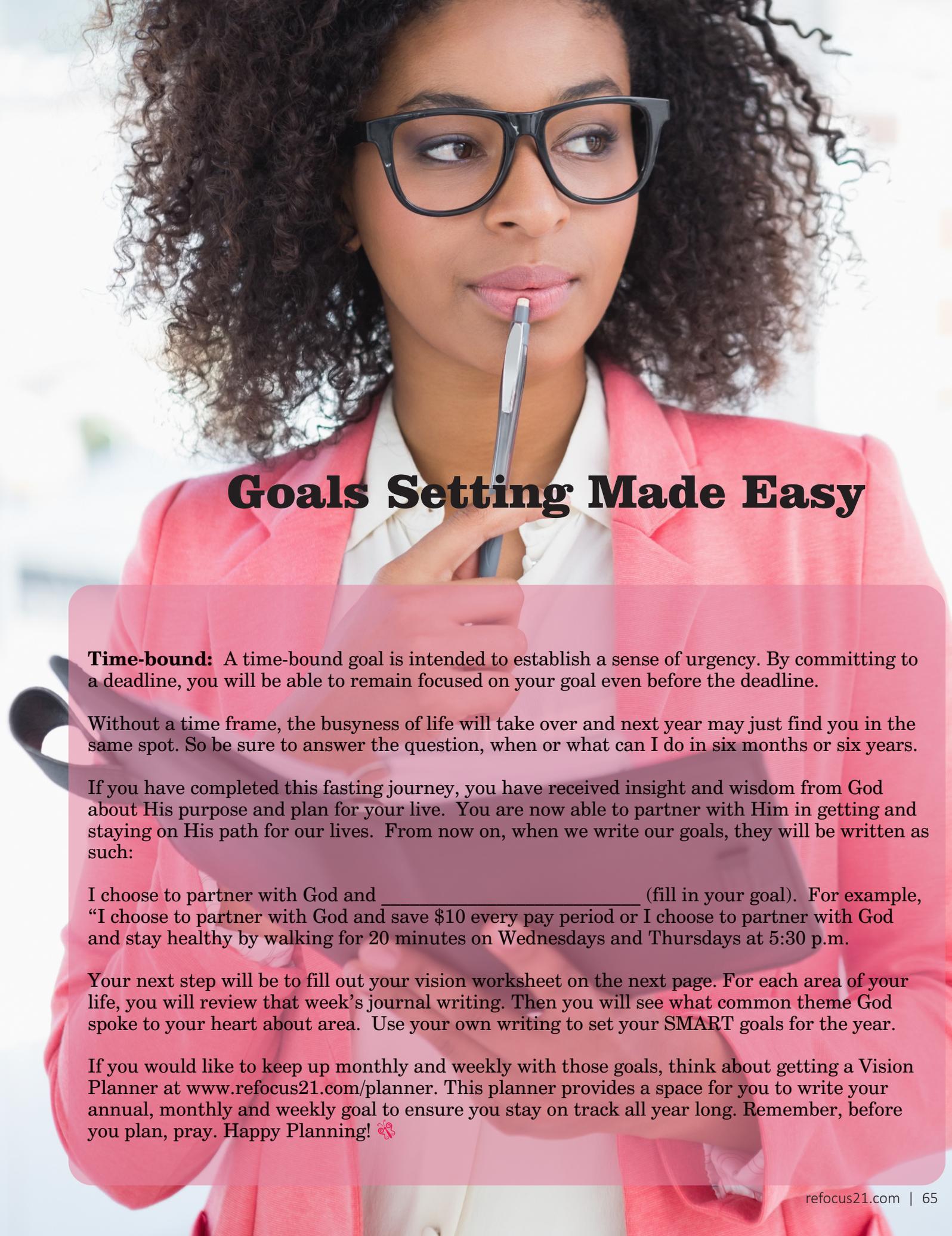
Relevant: A goal that supports or is in alignment with other goals would be considered a relevant goal. A relevant goal can answer yes to these questions"

When?
What can I do six months from now?

What can I do six weeks from now?

What can I do today?

(Continued)



Goals Setting Made Easy

Time-bound: A time-bound goal is intended to establish a sense of urgency. By committing to a deadline, you will be able to remain focused on your goal even before the deadline.

Without a time frame, the busyness of life will take over and next year may just find you in the same spot. So be sure to answer the question, when or what can I do in six months or six years.

If you have completed this fasting journey, you have received insight and wisdom from God about His purpose and plan for your life. You are now able to partner with Him in getting and staying on His path for our lives. From now on, when we write our goals, they will be written as such:

I choose to partner with God and _____ (fill in your goal). For example, "I choose to partner with God and save \$10 every pay period or I choose to partner with God and stay healthy by walking for 20 minutes on Wednesdays and Thursdays at 5:30 p.m.

Your next step will be to fill out your vision worksheet on the next page. For each area of your life, you will review that week's journal writing. Then you will see what common theme God spoke to your heart about area. Use your own writing to set your SMART goals for the year.

If you would like to keep up monthly and weekly with those goals, think about getting a Vision Planner at www.refocus21.com/planner. This planner provides a space for you to write your annual, monthly and weekly goal to ensure you stay on track all year long. Remember, before you plan, pray. Happy Planning! 🌸

Writing the Vision

Now that your fast is completed, here's the help you need to write down the vision for all the areas of your life.

1. **Relationships.** Review week one of your journal and see the reoccurring theme. I'll share my example with you for one of my marital goals. From reviewing my journal, I noticed that our communication needed improvement so we came up with this solution. "I choose to partner with God and spend more quality time with Phil by going on 3 date nights per month." Of course I made this goal with Phil so we both agreed that this amount of time was attainable for us. Then we preplanned the dates in our calendar so we will make the time (while juggling 5 kids, graduate school, careers, & ministry).

God-time. Another area you may choose to focus on is quality time spend listening and hearing from God. Because the fast is over, that is no reason to go back to planning and living your everyday life without constant consulting with God about all your decisions. A sample of God-time goals could be, "I choose to partner with God and spend the first part of my day in devotions with him for 30 minutes." Then proceed to write down your schedule to allow for this to become a habit.

2. **Health.** Health goals can be broad so read week 2 and see what pressing issues you need to focus on. I remember that one of my 2013 health goals (I only had 2) was to plan and prepare my lunch to take with me to work every day. It took a few months, but by the end of the year, I was (and still am) packing my lunch for work every day. Needless to say, I am way healthier than I was last year. Here's my example, "I choose to partner with God and bring pack my lunch to work every day."

My second goal was tougher. I only made it half way through the year so I've made it my goal again this year. There's no giving up. "I choose to partner with God and workout 4 days a week for 45 minutes each time." Pray with me on that one!!!

3. **Finances.** Like most of us, I struggle with saving so this year I tried to keep my goal simple. "I choose to partner with God and save an additional \$50 per month". I cheated (at least it felt like it) by opening another IRA that automatically takes that amount from my check every pay period. Go ahead and write a goal for saving, spending and giving.

Let's remember, when praying about setting your financial goals, be open to hear from God concerning other ways that He wants money to come to you. Take an inventory of your gifts, and talents. They may be the key to your wealth.

Now you're ready to plan. Enjoy the journey to your God-Ordained Destiny!



My Vision for 20_____

Relationship Goal:

Health Goal:

Financial Goal:

Signature:

Date:





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Register for the fast at Refocus21.com and get tons of free resources.

About the Author

Dr. Janis M. Modeste is a wife, mother, Inspirational Coach, & Speaker. She is passionate about inspiring you to reach your maximum potential, while remaining balanced in your spirit, mind, and body.



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