

21 Day Financial Fast

(This information is redacted from the Book *The 21 Day Financial Fast* by Michelle Singletary. It is available in our bookstore for purchase.)

Our financial health is important. From a Biblical perspective, how we manage our finances affects every aspect of our lives. The Bible has over 2300 verses that deal with finances. In fact, it is the most referenced topic in the Bible. This makes sense since the leading cause of divorce is financial stress.

The purpose of this financial fast is to help you gain a new perspective on how you use money and gain a new level of discipline in your use of credit. You will be encouraged to keep a journal and create a budget so that you can become a better steward of your finances.

As with most fasts, the first couple of days will be difficult. It is a detoxification process as you learn to rely less upon credit and debit cards. However, if you push through this fast and embrace it, you will experience a new level of financial freedom.

Explaining the Fast

For 21 Days, you will refrain from any non-emergency or non-essential spending. An emergency (or essential item) is defined as food, hygiene, school supplies, cleaning supplies, medicine/medical supplies only.

This includes:

- No going to the mall, retail establishments, online or window shopping.
- No restaurant, carry out or delivery meals including fast food and coffee.
- No movies or purchasing gifts or gift cards.
- No credit card or debit card use. Use cash only.

Day	Main Point	Pledge
1 – 21 Days to Financial Freedom	We need to be set free from the bondage spending holds on our lives.	For the next 21 days, I will be on a spending diet, I will not shop for anything except necessities. I will not use my credit card. I will limit or eliminate the use of my debit card. I will use cash for purchases that I will make during the fast. In this way, I will strive to break the chains that keep me from

		achieving financial freedom.
2 – A Promise of Prosperity	God promises prosperity	To find the key to wealth, I have to understand that prosperity comes with conditions. I must follow God’s will and Word for my life.
3 – God’s Generosity	To whom much is given, much is required.	I will identify someone—a friend, family member, neighbor, or coworker—who needs help either with cash (I can afford to give away) or my time. I will use God’s generosity toward me as an example of how to be generous to others. As I prosper, I will share my wealth with others.
4 – Tithing Today	Tithing is still applicable today.	I will commit to tithing or recommit to tithing.
5 – The Evils of Entitlement	A sense of entitlement could be getting in the way of God blessing you.	Today, I’ll think about something in my life that I did or purchased that I now realize was giving into a sense of entitlement.
6 – You Can’t Buy Contentment	Be content with what you have.	Today, I promise I will not complain about anything I have.
7 – The Benefits of Budgeting	A budget is your roadmap to prosperity.	I will be diligent and develop a budget so that every penny I earn has a purpose.
8 – The Salvation of Saving	There is a great reward in saving.	I will commit today to set aside a percentage of every paycheck for my savings.
9 – Diversification Delivers	Understand that when you invest, you put your money at risk.	I will examine my investments to make sure I’m well diversified.
10 – Marrying Your Money	Together as one, you can become better stewards of your money	I will work with my spouse to develop a set of rules to govern how we

		handle our money together.
11 – Leave a Legacy of Good Money Sense	Train your child to be a good money manager.	I will show my child by example what it means to be a good steward over money.
12 – The Devil is in the Debt	Debt is dangerous.	I will complete a debt reduction worksheet.
13 – The Curse of Credit	Credit is dangerous.	I will review my credit card statements going back at least 3 months and examine my spending on my credit and debit cards.
14 – Cosigning is Crazy	It is stupid to cosign.	I will not cosign with anyone other than my spouse. But if I decide to cosign for someone, I will make sure I can afford to pay the debt in full should the person default on the loan.
15 – Guard Against Greed	Greed blocks your path to prosperity.	I will take an inventory of what I own so that I can guard against wanting more I will be on the lookout for things that pull me in the direction of greed.
16 – The Caregiver Cliff	Millions of US households contain someone caring for an older relative or friend.	I will take some time to learn about long-term care insurance and begin planning for any caregiving responsibilities that may fall to me.
17 – Perpetual Peace	Trust that God will bring financial peace into your life.	I will identify at least one aspect of my finances and decide today to stop stressing about it.
18 – Broken Bonds	It’s okay to embrace your wealth.	I will stop worrying about not having enough money because God has so richly blessed me.
19 – Strengthen Stewardship	The better I handle the money I have, the more I may receive.	I will sign a quitclaim deed acknowledging that everything I have belongs

		to God.
20 – Relationships Rescued	Taking a break from consumption can help you focus on the most important relationships in your life.	I will call a close relative or friend with whom I have exchanged gifts in the past and come up with an agreement that on the next birthday, anniversary or holiday, we will not spend money on each other but spend time with each other instead.
21 – Financial Freedom	If you really want to know what you value, look at where you spend money.	I promise to find at least one other person to help go through the 21-day financial fast.

Daily Journal Assignment

Answer the following questions:

What am I feeling today about my finances?

What was easy about the fast today?

What was hard about the fast today?

What I learned from today’s Scriptures?

How am I going to apply what I learned?