



Elevate Fast

21 DAYS

Of

PERSONAL DEVOTION & JOURNAL

June 1, 2025 – June 21, 2025

(Victory Celebration Sunday, June 22, 2025 @ 10:30AM)

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Servant-Leadership in the Kingdom

GREETINGS VICTORIOUS Members of Spirit & Life World Ministries Church Family!

ELEVATING to the next level in God can be hard to do without a concrete plan. If we are going to become all that God desires us to be, it will require a balanced approach to both the spiritual and physical aspects of our lives. We cannot focus on one area to the exclusion of the other. “*Next level living*” is accomplished when optimal health in spirit, soul, and body is reached.

The plan is simple: A TWENTY-ONE (21) DAY TURNAROUND

The goal is reachable: CREATING NEW GODLY PRACTICES/HABITS

Cultivating a balanced life requires devoting time each day to the spiritual and natural disciplines of God’s Word. You will be charged to work on these applications individually. All are included here on these pages. Each day features:

INDIVIDUAL APPLICATION

Wisdom from The Word of God: Each day you will read a chapter or 2 from the book of Proverbs. The Book of Proverbs is known as the book of wisdom & prayer. These Proverbs are sure to speak volumes in your life in some difficult areas.

Spiritual Application: As you begin to study and memorize scripture, you will notice that your attitude will begin to transform to that of which you are studying. Each day you will be given some application tools and assessments as well as some renewal addresses/tips relating to your emotions. Areas of focus will include:

- Forgiveness
- Stewardship
- Attitude Adjustments
- Prioritizing-How to place God First
- Fasting – days set aside for the Fasting
- Prayer – Devote at least 21-minutes to prayer and bible reading daily
- Exercise – Devote at least 21 minutes of “power walking” daily

Physical Application

This area will deal with a very simple approach: diet and exercise...power walking is suggested. This will be an area of suggestion only and is not intended to replace any dietary plans or programs that have been recommended by your physician or personal trainer.

Checklist for the Journey:

- A BIBLE “PREFERRABLE KING JAMES OR AMPLIFIED VERSION”
- DEVOTIONAL JOURNAL
- A SET TIME AND PLACE FOR PRAYER
- WORSHIP CD “OPTIONAL”
- ACCOUNTABILITY PARTNER
- A GOOD PAIR OF “WALKING SNEAKERS”
- 64-OZ REFILLABLE WATER BOTTLE
- WALKMAN OR I-POD “OPTIONAL”

Read Proverbs Chapter 1

"I PRESS TOWARD THE MARK FOR THE PRIZE OF THE HIGH CALLING OF GOD IN CHRIST JESUS." PHILIPPIANS 3:14

Spiritual Application: When ye pray

Today you are on a journey to find a time and place to meet with God. Create your own world – find a “special” place that you can retreat to and focus on your relationship with God. No place is right or wrong – just find a place that is suitable for you. Examples include:

- ❖ A walk-in closet in your home
- ❖ A nook or corner in your family room
- ❖ A porch
- ❖ A place outdoors

Next, create a Prayer “First Aid Kit” This First Aid Kit should include:

- ❖ A bible
- ❖ Your Journal
- ❖ Pen and highlighters – for personal study
- ❖ Tissue – hygiene
- ❖ Soft Music – to prepare the atmosphere
- ❖ Water – to prevent dehydration
- ❖ Anointing oil
- ❖ Prayer Requests

Take the next 15 minutes or so and sit quietly before the Lord and allow Him to minister to your heart & soul. Write down your thoughts in your journal. Next write down what you would like to accomplish by completing this 21 day journey.

READ PROVERBS 2

Spiritual Application – Spiritual Check Up

Spiritual:

Below, write out 3 spiritual goals you would like to accomplish in this year. For example: read the Bible in a year or increase your giving.

1

2

3

Physical Health:

Below, write out 3 physical health goals you would like to accomplish in this year. For example: exercise or change your eating habits.

1

2

3

Personal Goals:

Below write out 3 personal goals you would like to accomplish in this year. For example: purchase a home or own your own business.

1

2

3

READ PROVERBS 3-4

Spiritual Application: Review the spiritual goal list that you created on day 1. For each item write one action step that can be taken to achieve the desired outcome. For example: Goal: read the Bible in one year...Action: purchase a planner from a store.

GOAL**ACTION**

1

2

3

4

5

6

**6 MONTH FOLLOW UP
NOW:****THE DATE 6 MONTHS FROM**

6 months from today, you will do a follow up and rate your progress

GOAL**PROGRESS**

1

2

3

4

5

6

DAY 4.....TODAY YOU ARE FASTING UNTIL 4:00PM.

DANIEL FAST: to abstain from certain foods. This fast consists of the consumption of fruits, vegetables, and water. The Elevate Fast is of great value, especially where circumstances make it impossible to undertake an absolute fast. Biblical reference: **Daniel 10:3**

Important Reading

View this time as a daily journey. You may experience anticipation, courage, weakness, frustration, anger, and disillusionment at some point during this time. Usually, these emotions are more intense when the flesh is dying. It is for that reason that we are afflicting the flesh. Each day will be a dying process. The Holy Spirit will reveal areas that need to be mortified and severed. However, the payoff will be enormous. Spiritual sensitivity will be activated; Holy boldness will surface; and cleansing of the body, soul, and spirit occur. 4pm is the daily end time for the fast.

WHY FAST? Fasting is a biblical principle. It is not merely going without food for a period of time. Stated simply, biblical fasting is refraining from food for spiritual purpose. Fasting has always been a normal part of a relationship with God. The purpose of fasting is to release the power of God and to bring one into a deeper, more intimate, and powerful relationship with the Lord.

SOME BENEFITS TO FASTING: Develops humility – strengthens the inner man – loses the bands of wickedness – releases heavy burdens and freedom from oppression – manifestation of God's power – brings the church family into greater unity and growth – receive God's anointing and fresh revelation – increases faith – gain victory over the sins of the flesh – breaks addictions(food, alcohol, nicotine, caffeine, gambling)

SHOULD I CONTINUE WITH MY MEDICATION? It is wise to consult your doctor regarding the effect of fasting combined with your medication.

SOME THINGS TO ELIMINATE WHILE FASTING: Refrain from watching TV or movies (unless Christian based). Refrain from unnecessary telephone or texting conversations. Refrain from unnecessary web/internet usage (emailing, blogging, instagram, Facebook...etc). Abstain from computer and cell phone games. Avoid chewing gum while fasting.

I understand one's day to day personal, family and/or business life may involve some or all of these uses so please use moderation during this time of your fast.

READ PROVERBS 5-6

Physical Health Application: Review the spiritual goal list that you created on day 1. For each item write one action step that can be taken to achieve the desired outcome. For example: Goal: to eliminate caffeine...Action: decrease coffee and soda intake.

GOAL**ACTION**

1

2

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**6 MONTH FOLLOW UP
NOW:****THE DATE 6 MONTHS FROM**

6 months from today, you will do a follow up and rate your progress

GOAL**PROGRESS**

1

2

3

4

5

6

Day Five

Today's Date:

READ PROVERBS 7

Personal goal Application: Review the spiritual goal list that you created on day 1. For each item write one action step that can be taken to achieve the desired outcome. For example: Goal: to purchase a home...Action: start saving for a down payment

GOAL

ACTION

1

2

3

4

5

6

**6 MONTH FOLLOW UP
NOW:**

THE DATE 6 MONTHS FROM

6 months from today, you will do a follow up and rate your progress

GOAL

PROGRESS

1

2

3

4

5

6

Day Six

Today's Date:

READ PROVERBS 8

Spiritual Check Up In order to successfully become what God desires you to be, you must take an honest inventory of yourself. For each category listed below, indicate your level: 1- Not at all, because you are in non-compliance to God's precept in this area; 7- Not total disobedience, but an area of struggle; 14 – satisfactory; and, 21 – You are walking in complete obedience.

Description of survey item	Poor	Good	Good	Excellent
Overall relationship with God	1	7	14	21
Consistent Worship Service attendance & participation	1	7	14	21
Consistent Prayer Life	1	7	14	21
Overall balance of work, home, church	1	7	14	21
Able to forgive and receive forgiveness	1	7	14	21
Able to express and receive love	1	7	14	21
Communication Skills	1	7	14	21
Relational – spouse If applicable	1	7	14	21
Relational – children If applicable	1	7	14	21
Relational – Church family	1	7	14	21
Relational – Co-workers and friends	1	7	14	21
Home is in good order	1	7	14	21
Good Steward – pay bills on time, obligations are handled	1	7	14	21

Stewardship – Faithful in tithes, offering, and first fruits	1	7	14	21
Future planning – investments, life insurance	1	7	14	21
Eating habits are balanced	1	7	14	21
Overall good health – weight, cholesterol, blood sugar	1	7	14	21

Day Seven

Today's Date:

READ PROVERBS 9-10

Spiritual Application – FAITH IN GOD!

Rescued from the Fiery Furnace – Presenting the Three Hebrew Boys

The story of Daniel and the three Hebrew boys is one of the most dramatic in scripture. It depicts courage, inspiration, suspense, confrontation, intrigue, and danger. Of course, that's all well and good as long as you're not the one in danger! What makes this story even more significant is the fact that:

- ❖ These boys had been ripped away from their families and homes.
- ❖ Their names were changed from Hananiah, Mishael, and Azariah.
- ❖ They were made eunuchs
- ❖ They were the top students in Israel
- ❖ They were in top physical shape
- ❖ They were well taught in their faith

WE NEVER KNOW WHAT DEMANDS LIFE WILL MAKE ON OUR TRAINING AND EXPERIENCE!

Little did they know, one of the first major tests they had to pass was dieting. On the surface this did not seem to be an issue worth haggling over. However, their stance on principles - was key to their ability to make a stand on more clearly defined issues.

IF YOU ARE NOT WILLING TO FIGHT OVER SMALL THINGS YOU WON'T SEE THE NEED TO STAND ON THE BIG ISSUES.

Point to Ponder: What was wrong with eating the king's meat?

Exercise: Do you tend to trust God while in the fiery furnace trials of your life? Why or why not?

READ PROVERBS 11

Spiritual Application – Faith in God!

Read **Daniel 3:** The Showdown

The show down arrives, and they decide NOT to bow down to the idol gods! There was even a second chance to change their minds.

Question: Why not just bow as long as they didn't really mean it?

Their response was sure and direct. "We are not careful to answer thee in this matter, if so be, our God who we serve is able to deliver us out of thine hand O king. But if not, be it known O king that we will not serve thy gods.....

What courage! Their faith in God was not predicated on Him rescuing them. But He did!

Finish the sentence

Courage is:

Faith is:

READ PROVERBS 12

Spiritual Application – Stewardship Part A - Read and meditate on this lesson.

Some say that “Stewardship” is merely a euphemism for tithing; a nice way of expressing a subject which many people dislike, sort of a “back door” approach to giving. Yet, what will surprise most is that, giving and stewardship was subjects Jesus talked about more than others! Jesus was not ashamed to talk about money or stewardship. A steward is defined in the scriptural context as: the manager of a household or estate (see Luke 12:42 and Luke 16:1). In both instances, the steward had been entrusted with his master's estate. He was judged based on his prudent handling of affairs. In like manner, we are also stewards of everything in our possession. In actuality, we own nothing! We came into this world with nothing – and it is certain we will leave with nothing! With that in mind, the next logical step is to determine who then owns everything if I don't own it.

If you're not an evolutionist then you'll acknowledge that “in the beginning God created the Heaven and the Earth”. With that understanding you are now able to recognize DIVINE OWNERSHIP. For if God made the earth – then guess what comes from the earth? Gold – Silver – Metal – Trees – Ores – Aluminum – Copper – Diamonds – Emeralds – Rubies – Phosphorus – Rubber.....GOD OWNS EVERYTHING! WE ARE MANAGERS!

Tithes and Offerings

Did Jesus talk about tithing? Yes, he made reference to the stringent Pharisees and scribes, how they return tithes even of their plants. Read Matthew 23:23. Jesus also watched as people gave and took note of how much people gave. For example, Mark 12:42 shows that Jesus was comparing the widow's mite with that of the offering the rich were giving. His point was **EQUAL SACRIFICE** not **EQUAL GIVING**. If the rich gave the equivalent of her offering, then they would have given practically all of their wealth. Stated simply: **TITHE IS THE SEED WE OWE....OFFERING IS THE SEED WE SOW**

READ PROVERBS 13

Spiritual Application – Stewardship Part B – Think on These Things

WHAT PRINCIPLES ARE WE TO FOLLOW IN GIVING?

- A. Give ourselves first to the Lord (2 Cor. 8:5)
- B. According to ability (Acts 11:29, 2 Cor 8:12)
- C. Regularly (1 Cor 16: 1,2)
- D. To the Lord, not for approval (Matt 6: 2-4)
- E. Because it's biblical
- F. Put into effect laws of sowing and reaping
- G. To support the ministry of the church

What's in your wallet.....Stewardship Check-Up. For each category listed below, indicate your level: 1- Not at all, because you are in non-compliance to God's precept in this area; 7 – Not total disobedience, but an area of great struggle; 14 – satisfactory; and 21 – You are walking in complete obedience.

Description of Survey Item	Poor	Good	Good	Excellent
Do you faithfully pay tithes before anything else?	1	7	14	21
Do you faithfully pay tithes on your gross income?	1	7	14	21
Do you give an offering in addition to your tithes?	1	7	14	21
Do you pay your bills on time?	1	7	14	21
Are you lender? Not a borrow	1	7	14	21
Do you live within your income?	1	7	14	21
Do you faithfully follow a monthly budget?	1	7	14	21

Do you struggle with self-control as it pertains to spending?	1	7	14	21
Do you have future investments? Savings, life insurance	1	7	14	21
Credit Cards---are paid on time and not living off of them?	1	7	14	21

Day 11.....Today you are Fasting until 4:00 PM.

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Important Reading

View this time as a daily journey. You may experience anticipation, fear, doubt, courage, weakness, frustration, anger, and disillusionment at some point during this time. Usually, these emotions are more intense when the flesh is dying. It is for that reason that we are afflicting the flesh. Each day will be a dying process. The Holy Spirit will reveal areas that need to be mortified and severed. However, the payoff will be enormous. Spiritual sensitivity will be activated; Holy boldness will surface; and cleansing of the body, soul, and spirit occur. 4pm is the daily end time for the fast.

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READ PROVERBS 14-15

Spiritual Application – Stewardship Part C – Debt

The scriptural definition of debt is: the inability to meet agreed-upon obligations. When a person buys something on credit, that is not necessarily a debt, it is a contract. But, when the terms of the contract are violated, scriptural debt incurs. Financial bondage is the state of being captivated or overwhelmed by money matters.

Some Symptoms of Financial Bondage

Stewardship Check-Up. For each category listed below, indicate your level: 1-Not at all, because you are in non-compliance to God's precept in this area; 7-Not total disobedience, but an area of great struggle; 14-satisfactory; and, 21-You are walking in complete obedience.

Symptoms of Financial bondage	Poor	Good	Good	Excellent
Overdue bills	1	7	14	21
Investment Worries	1	7	14	21
Get rich quick attitude – slot machine or lotto player	1	7	14	21
No gainful employment	1	7	14	21
Deceitfulness/Greediness	1	7	14	21
Money entanglements	1	7	14	21
Lack of commitment to God's work	1	7	14	21
Lack of financial discipline	1	7	14	21
Financial resentment	1	7	14	21

READ PROVERBS 16

Spiritual Application – Stewardship Part D – Defining True Wealth

From the list below, circle the top six things most Americans would say indicate that a person is wealthy?

Size of Bank accounts	Size of Home
Name brand clothing	Jewelry
Location of residence	Extended trips
Amount of vacation/leisure time	Hired household help
Size of investment portfolio	Food eaten at a typical meal
Names of stores where they shop	Occupation/profession
Restaurants frequently visited	Philanthropic giving
Toys...boats, airplanes, yachts	Visibility in the media
Building or street named after them	Politician
Country club membership	Amount of land owned
Beauty	Academic degrees
Year and make of automobile	Where children attend school

How does the list of wealth indicators above contrast with Jesus comments in Luke 12:15?

According to Proverbs 10:22, what is our source of true wealth?

READ PROVERBS 17Spiritual Application – Stewardship Part D – Defining True Wealth
(cont...)

It is possible that you are wealthy in ways you've never considered.
Under each of the areas below, identify at least one way God has blessed
you and your family.

Health	
Family	
Work	
Material Goods	
Church Family	
Spiritual Blessings	
Friends	
Education	

READ PROVERBS 18

Spiritual Application - Character – Mirror, Mirror on the Wall

What is CHAR **ACT** ER?

The three letter word “act” is an integral part of character. Webster defines character as the inherent complex of attributes that determine a person’s moral and ethical actions and reactions: Education has for its object the formation of character.

It is said, that character is what you are, the way you act privately, when no one is watching you.

The Bible says:

A **good name** is rather to be chosen than great riches, and loving favor rather than silver and gold – **Proverbs 22:1**

A **good name** is better than precious ointment – **Ecclesiastes 7:1** we see this example with one of our patriarchs, Jacob. Jacob’s name literally means **deceiver** or **heel grabber**. He lived up to his name – **Genesis 25:26** – **Genesis 27**.

Because of his sinful nature, Jacob desperately needed a name change; an encounter with God, where he came to a place that he was able to be real with God about who he really was. In **Genesis 32**, we see Jacob experiencing a “mirror moment” which resulted in the following:

- ❖ A new identity/name change
- ❖ New revelation of God
- ❖ Divine Limp
- ❖ Peace with his brother
- ❖ What characteristics/attributes are you most proud of and why?
- ❖ Which characteristics/attributes are you least proud of and why?

READ PROVERBS 19

Spiritual Application - Overcoming Fear

Golden text: For God did not give us a spirit of fear, but a spirit of power, love, and a sound mind. **2Tim 1:7**. Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour **1Peter 5:8**.

Webster defines fear as an unpleasant often strong emotion caused by anticipation or awareness of danger. To be afraid or apprehensive; trepidation; to be afraid of.

I have a fear of:

Check those fears below that you have participated or associated yourself with in the past or present.

Death	Satan
Failure	Rejection
Disapproval	Becoming/Being Homosexual
Financial Problems	Never getting Married
Death of a loved one	Being a hopeless case
Losing my Salvation	Having committed unpardonable sin
Not being loved by God	Never loving or being by others
Victimized by crime	Specific individuals
Being raped	Embarrassment
Marriage	Divorce
Going crazy	Pain/illness
Your Future	Confrontation

READ PROVERBS 20

Spiritual Applications - IDOLS

But the hour cometh and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. God is a spirit; and they that worship him must worship him in spirit and in truth. **John 4:23-24**

In our scripture text...the Father is seeking such to worship him. Unfortunately, we will worship other things (IDOLS) before God. One way to examine this is by examining what occupies most of your time... an **IDOL is anything that you have exalted above God.**

Let us now examine the idols in our live and ask God to forgive us. Check below the IDOLS that you have participated or associated with in past or present.

Ambition	Money	Material Possessions	Power
Sports	Church Activities	Ministry	Knowledge
Work	Friends	Boyfriends	Food
Girlfriends	Spouse	Children	Control
Parents	Pastor	Leadership	Opinion of others
Composers	Games(computer)	Music Stars	Coffee
Celebrities	Athletes	TV/Movies	Books
Music	Appearance	Busyness	Shopping

READ PROVERBS 21

Spiritual Application – Attitude of Gratitude

And it came to pass, as he went to Jerusalem that he passed through the midst of Samaria and Galilee. And as he entered into a certain village, there met him ten men that were lepers, which stood afar off; and they lifted up their voices, and said, Jesus, Master, have mercy on us. And when he saw them, he said unto them, go shew yourselves unto the priest. And it came to pass, that, as they went, they were cleansed. **And one of them, when he saw that he was healed, turned back and with a loud voice glorified God, and fell down on his face at his feet, giving him thanks;** and he was a Samaritan. And Jesus answering said, were there not ten cleansed? But where are the nine? There are not found that returned to give glory to God, save this stranger. And he said unto him, Arise, go thy way; thy faith hath made thee whole. **Luke 17: 11-19.**

Make a list of three good experiences in your life. Thank God for each one. If anyone contributed to your ability to experience any of the good things listed, send that person a thank-you note or call and personally thank them.

1

2

3

Exercise: God I thank you for:

1

2

3

4

5

DAYS 18, 19, & 20...THE NEXT 3 DAYS FAST UNTIL 4:00PM

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SHOULD I CONTINUE WITH MY MEDICATION? It is wise to consult your doctor regarding the effect of fasting combined with your medication.

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READ PROVERBS 22-23

Spiritual Application – The Path to Total Forgiveness

Webster says to forgive is to grant a pardon or to cease from resentment.

If I am to participate in the forgiveness process knowing that on God can truly forgive sin – What then is my role?

Question: In forgiving, your role is to send the offense away – but to whom?

Answer: You give them to God

This involves TRUST; for we do not forgive because we want control or power to repay them for the hurt. It takes TRUST IN GOD to send their sin to God to handle any way He wants. This means God may bless them – chastise them – do nothing. The ultimate control is the Power to Forgive. We hold the power to send their error to God to handle

For two classic examples in the scripture of forgiveness read: **Luke 23:24.....then Acts 7:60**

In each case you never see them say I forgive them.....but they both ask God to do it!!!

Question: What then is the highest expression of love?

Answer: FORGIVING THOSE WHO HAVE HURT YOU.

Let's consider some point about forgiveness:

- ❖ To forgive doesn't mean you will forget
- ❖ Forgiveness is a choice. **"Will" yourself to do it!**
- ❖ By forgiving you un-cuff them from you and cuff them to God
- ❖ Forgive so that you can be free and right with God
- ❖ Forgiveness is agreeing to no longer hold anger or bitterness etc. while choosing to live with the circumstances & consequences of another person's sin
- ❖ To forgive from the heart means to allow emotions to surface for God to heal
- ❖ You gain freedom by forgiving
- ❖ Forgiveness is Christ-likeness

Exercise – sit quietly before the Lord. Afterwards, make a list of people you need to forgive and the offense.

Note: you may experience a wide range of emotions from anger to sorrow; but if you are struggling: stop, pray, wait, and begin again. This exercise may take some time. You may even need to forgive yourself of things in the past.

NAME

OFFENSE

1

2

3

4

5

Read Matthew 18:22-35, Jesus answers Peter's question concerning forgiveness with the parable of the unmerciful servant.

Prayer: Lord in the name of Jesus, I ask you to forgive me of my sins and because you have forgiven me, I now choose to forgive others. Therefore, I forgive _____ and nail it to the cross to be covered by your blood, in the name of Jesus.....AMEN!

READ PROVERBS 24-25

Spiritual Application – I am what God says I am.

In order for one to overcome and begin to live a victorious life, it is important to make a proper evaluation of what your position is with God. If Jesus was standing in this room at this very moment and He was asked, what He thought about you, what would He say?

Write your response below:

READ PROVERBS 26-27-28

Spiritual Application – Write the Vision

What are 3 practical steps you can take to ensure continued scripture memorization?

1

2

3

What are 3 practical tools you can utilize to maintain the physical regiment?

1

2

3

What are 3 practical ways you can continue to be a better steward?

1

2

3

What are 3 practical steps to maintain a healthy relationship with God?

1

2

3

READ PROVERBS 29-30-31

Spiritual Application – DON'T QUIT NOW!

There is a “promise land” for you – a land of abundance for you, a place of prosperity for you, a place of blessing for you, a place of peace and joy for you. There's more for you than you can ask or think, and don't stop until you reach this place. Eph. 3:20

Remember:

Press toward the finish line _____

Don't compromise to reach your destiny

Connect with people that can help you reach your destiny

Stay with God and in His divine will. No matter what may come your way. Make up your mind to finish strong in God.

Final Exercise:

How did this 21-day journey help me?

- 1
- 2
- 3
- 4
- 5