

21 DAY PIVOT FAST

“Your Guide to Clarity, Growth, and Intentional Shifts.”



MINISTER DAVID RICHARD

BREAKTHROUGH COACH

Pivot Fast Workbook:

A Guide to Spiritual and Mental Alignment

This workbook serves as a guiding companion for the 21-Day Pivot Fast, designed to lead you through a transformative journey of spiritual and mental renewal. Each week, the plan systematically addresses areas that hinder growth, planting seeds for change, and harvesting the fruits of purposeful living. With daily scriptures, prayers, and reflective activities, you will be equipped to navigate this sacred time with clarity and focus.

The intent of this workbook is to help you fully engage in the fast, fostering deeper intimacy with God and intentionality in your spiritual walk. It provides practical tools for detoxing from distractions, aligning your thoughts and actions with God's Word, and building habits that nurture both your faith and your mind. By journaling your reflections, meditating on scripture, and embracing actionable challenges, you'll cultivate a heart prepared for greater responsibilities.

Ultimately, this resource is more than a guide; it's a catalyst for transformation. As you move through the pages, you will find yourself not only growing in spiritual maturity but also stepping boldly into the calling God has placed on your life. Whether you are seeking clarity, strength, or a deeper connection with your Creator, this workbook is your map to embrace the journey ahead with faith and expectancy.

Minister D's Challenge and Notes:

Prepare for the Pivot Fast

As we enter this 21-day journey, I want to challenge you to prepare your heart, mind, and spirit. Let's equip ourselves with the tools we need for true transformation. Here's how:

Key Tools for the Fast

1. **Grab a Journal**

Writing your thoughts is powerful. It helps you process, uncover revelations, and track the changes God is making within you. Use your journal daily to reflect on what God is showing you during this fast.

2. **Create a Playlist**

Music can uplift and encourage you. Build a playlist of songs that will remind you of God's promises and keep your faith strong throughout these 21 days. Let it be a source of strength during tough moments.

Exercises to Prepare Your Heart

1. **Be Honest About Your Struggles**

Write down the things you're truly struggling with in your life. Be raw and honest with yourself—this is between you and God. Then, take time to listen. Write what you feel or hear God saying to and through you about these struggles.

2. **Reflect on Trust**

Think back over your life and ask yourself, *When did I stop trusting myself?* Write down what happened that made you lose trust in your own decisions and abilities. This reflection is key to breaking free and moving forward.

3. **Dream Big with God**

What is that *BIG* and seemingly impossible thing you keep feeling in your heart to accomplish? Write it down. Meditate on it and ask God for guidance and boldness to pursue it.

The Year of the Pivot

In July, the Lord made it clear: **This is the year of The Pivot**—a year of internal obedience and alignment with Christ. To truly grow and experience the fullness of His promises, we must first acknowledge the need for a shift in our lives. Growth requires change, and change requires obedience. Without it, we risk missing the greater that God has for us. This is a season to embrace His guidance, trust His plan, and take intentional steps to move in the direction He is calling us.

Last year, our Alignment Fast prepared us for a year of challenge and strife. But even through the trials, it was a year to shift and grow. God used those moments to strengthen us, build our faith, and align us with His will. Now, this year is all about stepping into the shifting blessings He has been preparing us for. The pivot represents a divine turning point—a chance to move closer to the purpose and promises of God. It's not just about what we leave behind, but about what we walk boldly toward.

As we embark on this 21-day journey, let's commit to obedience and refuse to let discouragement or doubt hold us back. Stay focused, steadfast, and confident in God's ability to do exceedingly and abundantly more than we can imagine. Write this truth in your heart and declare it daily: **It shall come to pass.** Together, let's walk boldly into this new season and embrace all that God has for us. I am praying with you every step of the way.

— Love, Minister D

Week 1: Clearing the Ground (Spiritual Detox)

Theme: Letting Go of the Old

- **Day 1: Theme:** Self-Examination
Scripture: Psalm 139:23-24
Prayer: Lord, reveal areas in my life that need realignment with You.
Activity: Journal about areas where you've felt stuck or distracted.
- **Day 2: Theme:** Repentance
Scripture: Acts 3:19
Prayer: Father, I turn away from anything that separates me from You.
Activity: Write a prayer of repentance.
- **Day 3: Theme:** Forgiveness
Scripture: Matthew 6:14-15
Prayer: Lord, help me release unforgiveness and embrace grace.
Activity: Make a list of people to forgive and pray for them.
- **Day 4: Theme:** Surrender
Scripture: Matthew 16:24
Prayer: Jesus, I surrender my will to Yours. Lead me.
Activity: Spend 15 minutes in silent meditation, focusing on surrender.
- **Day 5: Theme:** Trusting God
Scripture: Proverbs 3:5-6
Prayer: Lord, teach me to trust You fully.
Activity: Identify areas where you need to trust God more.
- **Day 6: Theme:** Decluttering the Mind
Scripture: Romans 12:2
Prayer: Renew my mind, Lord, and align it with Your Word.
Activity: Limit screen time and focus on reading Scripture.
- **Day 7: Theme:** Refocusing on God
Scripture: Colossians 3:2
Prayer: Set my mind on things above, Lord.
Activity: Create a vision board reflecting God's promises.

Week 2: Planting Seeds (Spiritual and Mental Growth)

Theme: Building Foundations for Growth

- **Day 8:** *Theme:* Faith Over Fear
Scripture: Isaiah 41:10
Prayer: Strengthen my faith, Lord, to overcome fear.
Activity: Write down fears and counter them with God's promises.
- **Day 9:** *Theme:* Daily Discipline
Scripture: 1 Corinthians 9:27
Prayer: Help me establish habits that honor You.
Activity: Set a daily schedule for prayer, study, and reflection.
- **Day 10:** *Theme:* Renewed Strength
Scripture: Isaiah 40:31
Prayer: Lord, renew my strength to run this race well.
Activity: Take a nature walk and meditate on God's sustaining power.
- **Day 11:** *Theme:* Guarding Your Heart
Scripture: Proverbs 4:23
Prayer: Father, guard my heart and keep it pure.
Activity: Identify and remove negative influences from your life.
- **Day 12:** *Theme:* Walking in Obedience
Scripture: Deuteronomy 5:33
Prayer: Teach me to follow Your ways, Lord.
Activity: Reflect on an area where obedience is challenging.
- **Day 13:** *Theme:* Speaking Life
Scripture: Proverbs 18:21
Prayer: May my words align with Your truth, Lord.
Activity: Write and declare affirmations based on Scripture.
- **Day 14:** *Theme:* God's Peace
Scripture: Philippians 4:6-7
Prayer: Fill me with Your peace, Lord, as I trust in You.
Activity: Practice deep breathing and prayer.

Week 3: Reaping the Harvest (Embracing the Assignment)

Theme: Walking in Purpose

- **Day 15:** *Theme:* Hearing God's Voice
Scripture: John 10:27
Prayer: Lord, tune my ears to hear You clearly.
Activity: Spend time in quiet listening prayer.
- **Day 16:** *Theme:* Boldness in Christ
Scripture: 2 Timothy 1:7
Prayer: Empower me with boldness to fulfill Your will.
Activity: Share your testimony with someone.
- **Day 17:** *Theme:* Walking in Love
Scripture: 1 Corinthians 16:14
Prayer: Let my actions reflect Your love, Lord.
Activity: Perform a random act of kindness.
- **Day 18:** *Theme:* Serving Others
Scripture: Mark 10:45
Prayer: Show me ways to serve those around me.
Activity: Volunteer or help someone in need.
- **Day 19:** *Theme:* Faithful Stewardship
Scripture: Luke 16:10
Prayer: Help me steward well what You've entrusted to me.
Activity: Review your time, talents, and treasures and dedicate them to God.
- **Day 20:** *Theme:* Spiritual Authority
Scripture: Luke 10:19
Prayer: Thank You for the authority I have in Christ.
Activity: Pray for breakthrough in a specific area of your life.
- **Day 21:** *Theme:* Embracing Greater
Scripture: Ephesians 3:20
Prayer: Lord, I embrace the greater You have for me.
Activity: Write a letter to God, committing to your assignment.

21-Day Pivot Fast Schedule

This schedule is designed to guide you through a structured day of fasting, prayer, and spiritual growth. The goal is to maintain focus, seek God's voice, and strengthen mental and spiritual clarity.

Daily Breakdown

6:00 AM – Morning Prayer

- Begin the day in prayer and dedication, seeking God's guidance and strength.
- Focus: Surrendering the day to God and asking for mental and spiritual clarity.

6:00 AM - 6:00 PM – Fasting Period

- Abstain from eating. Drink water or herbal teas as needed.
- Spend intentional time meditating on scripture and journaling any thoughts, revelations, or prayers.
- Incorporate reflective breaks to reconnect with the purpose of the fast.

12:00 Noon – Midday Prayer

- A brief prayer to refocus your spirit and align your thoughts with God's will.
- Focus: Releasing any worries or distractions that may have built up during the morning.

6:00 PM – Evening Prayer

- Close out the fasting period with gratitude and reflection on the day.
- Focus: Thanking God for His strength throughout the fast and seeking clarity for the next steps in your journey.

7:00 PM – Breaking Bread & Spiritual Meditation (via Zoom)

- Share a light, clean meal to break the fast.
- Participate in a **15-30 minute session** led by a devotional or reflection on scripture.
- Engage in small-group discussions or testimonies to encourage one another in the journey.

Weekly Themes & Scriptures

Week 1: January 1–7 | Preparation

Focus: Preparing the heart, mind, and spirit to hear from God.

- **Scripture:** Psalm 51:10 – "Create in me a clean heart, O God, and renew a right spirit within me."

Week 2: January 8–14 | Clarity and Alignment

Focus: Seeking clarity in purpose and aligning with God's plan.

- **Scripture:** Proverbs 3:5-6 – "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Week 3: January 15–21 | Faith and Action

Focus: Strengthening faith and preparing to act on the shifts God is revealing.

- **Scripture:** James 2:26 – "As the body without the spirit is dead, so faith without deeds is dead."

Additional Notes

- Journaling is highly encouraged throughout the fast to document insights and revelations.
- Stay engaged in fellowship during the 7 PM Zoom sessions, as they are an opportunity to grow in community and support one another.
- Adjust the fast as needed for health or personal circumstances, keeping the focus on seeking God's voice and intentional spiritual shifts.

We believe this structured schedule and spiritual focus will position us to hear God clearly, grow in faith, and take intentional steps toward the shifts He is calling them to make.

Recommended Foods and Their Benefits

- **Fruits and Vegetables:**
Fresh, organic options are nutrient-rich and support the body's natural detoxification processes. They help to provide essential vitamins and antioxidants while keeping energy levels steady without artificial stimulants.
Biblical Connection: Daniel's fast (Daniel 1:12) focused on vegetables and water, a practice believed to aid spiritual clarity.
 - **Whole Grains:**
Options like brown rice, quinoa, and oats offer sustained energy and support mental focus. Whole grains stabilize blood sugar levels, preventing energy crashes that can interfere with meditation or prayer.
 - **Nuts and Seeds:**
Almonds, walnuts, chia, and flaxseeds provide healthy fats and protein. These nutrients promote brain health, aiding in mental clarity and focus during the fast.
 - **Lean Proteins:**
Plant-based proteins like beans, lentils, chickpeas, and tofu support muscle repair and energy without the heaviness of meat, helping participants feel light and focused.
 - **Healthy Fats:**
Olive oil, avocado, and coconut oil provide essential fatty acids that support brain function, helping participants remain sharp and alert.
 - **Hydration:**
Staying hydrated with water and herbal teas (without sugar) is essential for maintaining energy and aiding detoxification. Herbal teas like chamomile or peppermint can also enhance relaxation and focus.
-

Foods to Avoid and Why

- **Processed Foods:**
These often contain additives and preservatives that can hinder the body's natural detoxification, leading to sluggishness.
- **Sugar:**
Added sugars can cause energy spikes and crashes, interfering with mental focus and emotional stability.
- **Caffeine:**
Stimulants like caffeine may heighten anxiety or disrupt the stillness needed to hear God's voice clearly.
- **Dairy:**
Some people find dairy inflammatory, which can lead to discomfort or fatigue, detracting from the spiritual experience.
- **Refined Grains:**
Foods like white bread and pasta are low in nutrients and can cause energy dips, making it harder to stay focused during prayer and meditation.

- **Artificial Sweeteners:**
These may disrupt the body's natural processes and can lead to cravings or irritability.
- **Meat and Poultry:**
These are heavier to digest and may detract from the feeling of lightness that enhances spiritual connection.

Why Clean Eating is Suggested

Clean eating aligns with the goals of this fast because it:

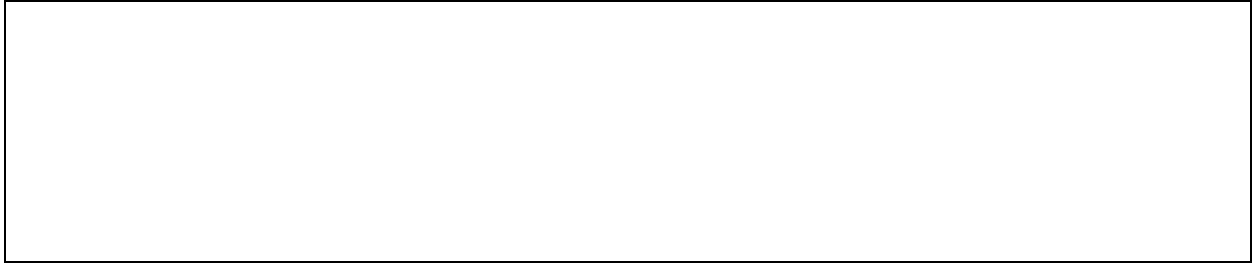
1. **Supports Spiritual Focus:** By removing heavy and processed foods, participants often feel more alert and present in their spiritual practices.
2. **Aids Detoxification:** Whole, nutrient-rich foods help cleanse the body, allowing for a deeper connection with God by reducing physical distractions.
3. **Promotes Discipline:** Choosing these foods reinforces the practice of intentionality, mirroring the discipline of fasting.

This approach is **not mandatory**. The primary focus of the fast is to seek mental and spiritual clarity through prayer, meditation, and listening for God's voice. Clean eating is an optional tool to enhance the experience but should not detract from the heart of the fast, which is a personal and spiritual journey.

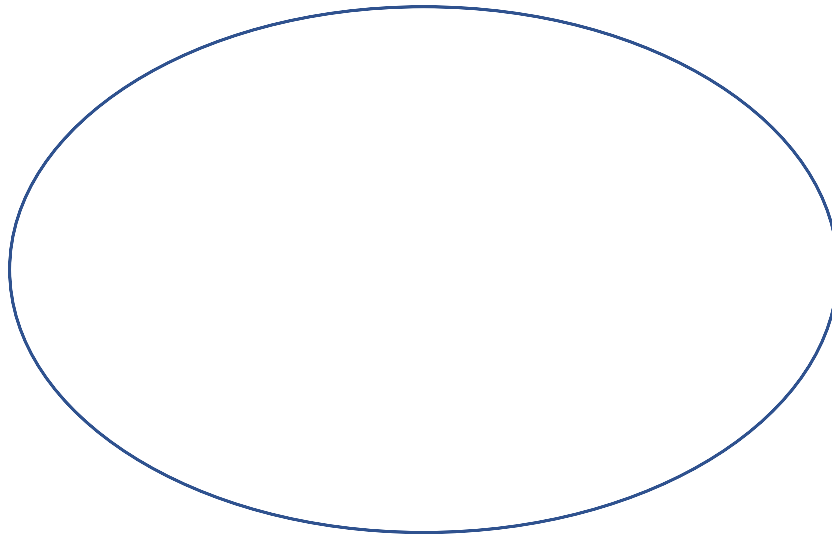
Day 1: Recognizing the Need to Pivot

Scripture Focus: Isaiah 30:21

- **Reflection Question:** What part of your life feels off or not lining up with what God wants for you?



Exercise: • Draw a circle and split it into sections like “spiritual,” “money,” “relationships,” and “work.” Write one thing you need to change in each area to follow God better.



Prayer Focus: Ask God to reveal areas where change is necessary and invite Him to guide your steps.

Day 7: Trusting God in the Shift

Scripture Focus: Proverbs 3:5-6

- **Reflection Question:** What fears or uncertainties keep me from fully trusting God's direction?

--

- **Exercise:** Write a "Trust Letter" to God, listing the things you're afraid to let go of or unsure about. End the letter by declaring your trust in Him and His promises.

- **Action Step:** Identify one small act of trust you can take today (e.g., reaching out for forgiveness, letting go of a worry, or stepping into a new opportunity).

Day 14: Obedience in Action

Scripture Focus: Genesis 12:1-4 (The Call of Abraham)

- **Reflection Question:** What is one step of obedience God is calling me to take?

--

- **Exercise:** Create a “Faith Action Plan.” Write down the step God is asking you to take, the resources or people you’ll need to move forward, and a timeline for completing it.

Prayer Focus:

Pray for boldness to take the step of obedience, even when the outcome is uncertain.

Day 18: Empowered by the Holy Spirit

Scripture Focus: Acts 2:1-4

- **Reflection Question:** How can I rely more on the Holy Spirit's power rather than my own strength?

--

- **Exercise:** Spend 15 minutes in quiet meditation, asking the Holy Spirit to fill you with wisdom and strength. Write down any impressions, scriptures, or guidance you sense during this time.

- **Action Step:** Commit to one way you will lean on the Holy Spirit this week (e.g., praying before decisions, seeking His help in difficult conversations).

--

Day 21: Walking in God's Promises

Scripture Focus: Romans 8:28

- **Reflection Question:** How has this fast shifted my perspective, actions, or faith?

--

- **Exercise:** Write a “Pivot Testimony” summarizing how God has worked in your life during the fast. Include the areas where you’ve seen growth, breakthroughs, or clarity.

- **Action Step:** Share your testimony with someone in The Village to encourage them in their walk with God.

- **Closing Prayer:** Thank God for the journey and commit to continuing to walk in alignment with His voice and purpose.