

21 Day Financial Fast

January 5 – 26

The purpose of the fast is to eliminate spending on absolutely everything that is not essential. For three weeks you must refrain from buying anything that is not a necessity. Necessities are: Food, medicine, monthly bills, mortgage/rent.

Refrain from going to the mall or retail stores to shop for clothes, shoes, jewelry, nonessential household items, or other stuff that creates a drag on your financial life (and clutters your home). No restaurant meals — fast food or otherwise. This includes buying breakfast or lunch at work. You can't stop for coffee. Make it at home instead.

During the fast, forget going out to the movies and concerts. Fill that time with prayer, Bible reading, listening to Christian teaching, etc.

Recommended Reading - Michelle Singletary - 21 Day Financial Fast

You can find 21 days of teaching snippets from Michelle Singletary on YouTube

Why the financial fast: <https://youtu.be/2gKMoXycHm8?si=KhFXYYygGqVqKAFh>

Introduction to the fast: https://youtu.be/mmswAtbp6sY?si=12QOBfwhOa-fh_kt

Day 1 - https://youtu.be/GMpgPq1EGO4?si=FNbe88MnYGj7pW_I

Day 2 – https://youtu.be/UR0C7G_9FVI?si=SEkKBN8rHfej7Ca1

Day 3 – <https://youtu.be/gkkZAO2JVus?si=3KUI1y2pm7IYtLzW>

Day 4 – https://youtu.be/Q_6-4DXpLbs?si=Nf2iPPiFit-nyWpt

Day 5 – https://youtu.be/sH9Y9fMru-8?si=pJPvJa2_XjfD0aNa

Day 6 – <https://youtu.be/AB6uOcWGsZM?si=k5sxs1CaBGSToLY>

Day 7 - https://youtu.be/NEUoTUR3smM?si=4iieXnQ66ZjMRg_9

You can find Days 8 through 21 on her YouTube channel.