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AWARD-WINNING NATIONALLY SYNDICATED  
COLUMNIST FOR THE WASHINGTON POST

## *The 21* DAY FINANCIAL FAST

*Your Path to*  
FINANCIAL PEACE  
AND FREEDOM

UPDATED AND EXPANDED EDITION OF  
THE POWER TO PROSPER



# The 21 Day Financial Fast

**Jesus Bible Foundation**



## **The 21 Day Financial Fast:**

*The 21-Day Financial Fast* Michelle Singletary, 2014-01-07 Whether you're living paycheck to paycheck or just trying to make smarter financial choices let award winning writer and Washington Post columnist Michelle Singletary show you the practical steps you need to take for the financial peace you long for In *The 21 Day Financial Fast* Michelle proposes a field tested financial challenge for twenty one days put away your credit cards and buy only the barest essentials What happens next will forever change the way you think about wealth With Michelle's guidance you'll discover how to Break bad spending habits Plot a course to become debt free with the Debt Dash Plan Avoid the temptation of overspending for college Learn how to prepare elderly relatives and yourself for future long term care expenses Be prepared for any contingency with a Life Happens Fund Stop worrying about money and find the priceless power of financial peace Join the thousands of others who have already discovered practical ways to achieve financial freedom and experience what it truly means to live a life of financial peace and prosperity

**When Answers Aren't Enough** Michelle Singletary, 2010-01-26 In her softcover book *The Power to Prosper* award winning writer Michelle Singletary has a field tested financial challenge for you For twenty one days you will put away your credit cards and buy only what you need for survival With Michelle's guidance during this three week financial fast you'll discover how to Break your spending habit Handle money with your significant other or your spouse Break your bondage to debt with the Debt Dash Plan Make smart investments Be prepared for any contingency with a Life Happens Fund Stop worrying about money and find the priceless power of financial peace As you discover practical ways to achieve financial freedom you'll experience something even more amazing your faith and generosity will increase too

**Faithful Intermittent Fasting for Women and Men for Faith, Fitness, and Finances** Hareldau Argyle King, 2024-12-15 Unlock Your Faith Fitness and Finances The Ultimate Guide to Intermittent Fasting for Women and Men Are you ready to transform your life and embrace a journey of faith fitness and financial prosperity Look no further In *Faithful Intermittent Fasting for Women and Men* embark on a transformative 21 day experience that will revolutionize your approach to health spirituality and wealth Discover the powerful synergy between intermittent fasting and spiritual growth as you delve into daily devotions tailored to nourish your soul Seamlessly integrate faith based principles with a comprehensive meal plan designed to optimize your health and shed excess weight Take control of your financial destiny with practical saving strategies and insightful tips to boost your income paving the way for a prosperous future Unleash the potential of intermittent fasting to supercharge your metabolism enhance mental clarity and achieve sustainable weight loss Strengthen your spiritual foundation with daily reflections and scriptures that inspire faith resilience and inner peace Say goodbye to financial stress as you implement smart budgeting techniques and savings plans that empower you to achieve your monetary goals Worried about feeling hungry or deprived Our carefully crafted meal plan ensures you stay satisfied while reaping the benefits of fasting Are you concerned about fitting fasting into your busy schedule With flexible fasting

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**Flunking Sainthood Every Day** Jana Riess, 2014-12-01 Over one year recounted in *Flunking Sainthood* Riess failed twelve different spiritual practices To her surprise thought she learned something important even from the ones she failed most spectacularly This new 365 daily devotional readers who are looking for spiritual growth will find guidance arranged according to monthly practices such as gratitude generosity prayer Sabbath keeping and hospitality Each day's reading has a reflection from a contemporary or classic spiritual thinker a short scripture verse and a brief prayer reflection or follow up action This daily devotional helps us know that there is great compassion for all of us who are flunking sainthood as we learn that spiritual growth is a lifelong journey without a fixed destination Jana Riess is the author of *The Twible* and *Flunking Sainthood* A Year of Breaking the Sabbath Forgetting to Pray and Still Loving My Neighbor which was named by Publishers Weekly as one of the best religion books of the year This book is about how to relax in our imperfections trust God's grace and take authentic and practical steps toward deepening maturity in faith Sharon Garlough Brown author of *Sensible Shoes* This devotional will stimulate your brain companion your soul and inspire you Lauren F Winner author of *Mudhouse* Sabbath and Still In addition to being a sagely writer Jana is an avid quote collector Here are 365 gems full of mojo in insight for normal folks like us along with a simple challenge to make each day a wonderful experience of falling forward Brian D McLaren author of *We Make the Road by Walking* Refreshingly realistic about our human imperfections and heartily confident of grace Marjorie Thompson author of *Soul Feast* Jana is a thoughtful wise and

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type that best fits you by means of a 35 question assessment and coaches you on understanding affirming developing and enjoying your unique approach to money      **Say Yes to No Debt** DeForest B. Soaries,2015-12-01 The founder of the dfree movement s twelve attainable steps to financial freedom This book is not just another financial literacy program that assumes that all people need is information Drawing on his personal experience and years as a pastor public policy maker and community leader DeForest Buster Soaries Jr shares a groundbreaking life changing approach to financial wellness that views financial bondage as an emotional spiritual and psychological problem The dfree movement provides twelve easy attainable steps to help you Get started on your debt by admitting the problem addressing the mess and adjusting your attitude Get control by creating a spending plan becoming accountable and setting goals Get ahead by building wealth planning your will and estate and celebrating your success And give back by investing in others through tithing mentoring and leading your own dfree movement If you want to live a debt free life with the financial freedom to travel purchase a home within your means and enjoy retirement without the burden of pay excess monthly bills then this book is for you Eliminating debt is the first step toward financial freedom And YOU can do it      **Turn Setbacks Into Greenbacks** Willie

Jolley,2016-01-19 Willie Jolley is ready to help you take your first steps on the road to success empowering you to make the positive changes in your life that will not only change the way you work but the way you think A master of positive motivation organization and inspiration Jolley has the tools you can use to triumph in tough times to see your setbacks as new opportunities and to invest confidence in your ideas With potent psychological insight hard business know how and techniques you can use on a daily basis Jolley will empower you to Create your own PHD persistence hunger and determination that will power you through tough times Focus on the pursuit of success and then follow through on it in a consistent way Maintain calm in situations of panic and target opportunities others will pass by Break through negativity so you can make the decisions that will pay off on your path to success Find an attitude of gratitude that will fortify your spiritual physical and financial growth Willie Jolley draws upon the inspiring real life success stories and intelligent insights to show you how to create a positive outlook become adaptable to every circumstance and seize the opportunities that will lead you to greater success

**The Debt Escape Plan** Beverly Harzog,2015-02-18 Advice on how to liberate yourself and take control of your financial future from the author of Confessions of a Credit Junkie Winner of the American Society of Journalists and Authors Outstanding Book Award Self Help category If you re in credit card debt and you re tired of being told that all you need to do is give up your daily latte and cut up all your credit cards this is the book for you Former credit junkie Beverly Harzog racked up thousands in credit card debt during a decade of overspending When she decided she wanted to break free from debt she found that conventional personal finance advice didn t work for her So she created her own unique debt escape plan and succeeded in paying off more than 20 000 in credit card debt in two years In The Debt Escape Plan you ll find easy to follow advice often laced with a touch of Southern humor to help you conquer and stay out of

credit card debt You ll learn Why a one size fits all approach to credit card debt doesn t work How to use the Money Personality Quiz to customize your own debt escape plan The nine biggest debt mistakes and how to overcome them Seven secrets for giving your credit score a quick boost How to overcome the hardships of medical bills How to debt proof your future so this never happens to you again *The Burden* Rochelle Riley,2018-02-05 It is a must read for every American

**The One Year Devotions for Women** Ann Spangler,2012 Peace don t we all want just a little more peace in our lives Peace in relationships Peace at home and at work Peace from painful memories Release from pressures and demands that threaten to crush us Is there a way to find peace in all these areas What if we could build a moment of peace into every day of the year opening our hearts to the peace God has promised Wouldn t it be great to live with less fear and anxiety and with more confidence and joy The One Year Devotions for Women Becoming a Woman at Peace is a chance to spend time with God every day to breathe deeply and grab onto the kind of peace that only God can offer a peace far richer and more satisfying than anything we can hope or imagine Each of these uplifting devotions includes a key NLT Scripture verse a devotional reading and a suggested prayer for connecting with God **Supernatural Encounters Through Fasting** Jesus Bible Foundation,2025-03-05 Unlock the Power of Fasting and Experience Life Changing Encounters with God Do you desire a deeper connection with God Are you longing for spiritual breakthroughs divine revelations and supernatural encounters Throughout the Bible fasting has been a sacred discipline used to draw closer to God seek divine guidance and activate powerful spiritual transformations In Supernatural Encounters Through Fasting you will discover The biblical foundation of fasting Why fasting is a powerful tool for spiritual growth and intimacy with God Different types of fasting From absolute fasts to the Daniel Fast learn how to choose the right one for your journey Testimonies of supernatural encounters Real life stories of breakthroughs divine visitations and answered prayers through fasting How fasting strengthens prayer Unleash the power of combining fasting with fervent prayer to overcome challenges Keys to overcoming struggles and distractions Practical guidance on how to stay spiritually focused during your fast Walking in continuous victory How to maintain spiritual growth and intimacy with God even after your fast is complete With powerful scriptures prayers and practical insights this book is a must read for believers who want to deepen their faith experience God s supernatural presence and unlock the fullness of His blessings through fasting Are you ready to encounter God like never before Begin your fasting journey today and step into a life of divine power spiritual renewal and deeper intimacy with the Lord *The Ultimate Guide to the Names of God* Elmer L. Towns,2014-05-06 Through learning God s names we can discover what He wants for us how He provides for us and learn new deeper ways to approach Him in prayer With this collection of bestselling books Elmer Towns introduces you to the numerous names of God in the Bible Book one of this collection My Father s Name shows you what the Old Testament names of God mean and how knowing these names can bring you closer to your Heavenly Father Book two The Names of the Holy Spirit explores the more than 80 names of the Holy Spirit in Scripture and shares how each name reveals

an essential truth about the Third Person of the Trinity Book three The Names of Jesus reveals the many names of Jesus in the Bible and how these can help you know Him more fully as your Lord Friend Provider Intercessor coming King and much more

Trader's Guide to Financial Markets and Technical Analysis Jitender Yadav, 2018-01-05 How to Profitably Trade Any Financial Market This book is unique It is a comprehensive guide to using technical analysis for trading financial markets Not only does it provide a thorough knowledge of technical analysis it also explains how the various financial markets work and how you can successfully trade stocks bonds currencies commodities derivatives et al using technical analysis This book is divided into two parts PART ONE covers the workings of the different financial markets with particular emphasis on the stock commodity and currency markets as these are the biggest trading arenas This part provides a solid knowledge platform for anyone wishing to trade these markets For each market the author explains all the key concepts essential for trading such as margin calculations P L calculations how to choose the right brokers etc PART TWO is a detailed exposition of technical analysis and its application in real life trading The coverage is comprehensive spanning virtually every method system and school of technical analysis Real life charts and examples are used extensively supported by illustrations and diagrams for easy understanding A complete chapter is dedicated to the importance of money and risk management The emphasis throughout is on how traders can profitably apply the various methods of technical analysis trading systems and technical indicators and not merely on their descriptions For those starting out in trading the book offers essential lessons For experienced traders it will serve both as a comprehensive guide and a permanent source of reference for successfully trading the various financial markets

*In Control at 50+: How to Succeed in the New World of Work* Kerry Hannon, 2022-04-26 Navigate the post pandemic workplace and take an active role in shaping your career and financial future Anyone who began working 20 or 30 years ago has witnessed astonishing changes in the workplace during their career When the global pandemic hit older workers fortunate enough to retain their jobs once again had to navigate enormous upheaval virtually overnight Working from home often in isolation over fifties found themselves facing daunting technological and social challenges If this scenario is all too familiar In Control at 50 shows how to make the new normal work for you Kerry Hannon a workplace futurist and renowned expert on business careers and personal finance combines all her insights and skills to help you actively shape your work future into what you want it to be Hannon illustrates how COVID 19 changed the nature of work provides a compellingly optimistic vision of the future and highlights opportunities and specific action steps for achieving success including how to Develop a positive mindset about your career and financial future Create a powerful resume and a great online presence Master the virtual interview process Strategically manage remote work to benefit your career Make a successful career transition to something more exciting and rewarding In Control at 50 also provides winning advice specifically tailored for women many of whose careers were uniquely affected by COVID 19 A clear roadmap for navigating the employment market and transitioning into retirement in today's environment this comprehensive guide walks



you through the process beginning to end Along the way Hannon reminds you of your value as an experienced worker and shows how you can live with purpose and joy

**The 20 Laws that Govern the Financial Anointing** Jonathan Shuttlesworth, 2023-09-12 Unlock the Hidden Path to Abundance and Prosperity in The 20 Laws that Govern the Financial Anointing by Jonathan Shuttlesworth If you care about your own life your family and the lives of others it s time to embrace the laws that govern the financial anointing Pastor teacher and evangelist Jonathan Shuttlesworth uses insights from the lives of Elijah and Jesus to tap into the supernatural force that governs money and provision Just as science thermodynamics and health are governed by laws the financial anointing is governed by its own powerful laws The power of the Holy Ghost can transform every aspect of your life including finances There is a divine anointing that remains untapped by many a force so powerful it can supernaturally attract wealth and prosperity Whether you are a minister seeking to impact thousands with your message or an individual desiring to fulfill your divine calling the laws revealed in this book will empower you to dream big and achieve even bigger Jonathan Shuttlesworth sheds light on the timeless principles that govern supernatural wealth attraction With his conversational and friendly style he walks you through 20 powerful laws that will propel you toward financial success ensuring you are not just surviving but thriving in fulfilling your God given purpose Includes a Foreword from Jesse Duplantis About the Author Jonathan Shuttlesworth is an evangelist and founder of Revival Today a global ministry dedicated to reaching lost and hurting people with the Gospel of Jesus Christ He is also the pastor of Revival Today Church a Holy Spirit filled Bible believing church that blesses families and the nation

**The Outpouring of Melchizedek** Aaron George, 2025-05-24 The Outpouring Of Melchizedek uncovers the mystery of a priesthood so powerful that Jesus Himself resides as the high priest over this order Though Melchizedek s biblical appearance is brief his significance is vast This book serves as a guide to walking in the priesthood of Melchizedek and understanding its role in the end times Aaron George explores how this heavenly priesthood unlocks heavenly inheritance and breakthrough in answered prayer You ll discover how to access the heavenly realm how to activate your spiritual senses and how to operate in the mystery of the heavenly trading floors where spiritual resources are stored for Kingdom advancement Readers will learn How Jesus walked in the order of Melchizedek during His earthly ministry How to access your spiritual inheritance for real world impact How to partner with spiritual technologies for personal business and ministry breakthrough Real stories of miraculous answers to prayer Sample prayers and activations to experience immediate transformation

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