



FOLLOW FAST

FOR THE DISCIPLINED LEADER

WELCOME TO THE **FOLLOW FAST**, A JOURNEY DESIGNED FOR THE **DISCIPLED LEADER**. OVER THE NEXT **21 DAYS**, WE WILL EXPLORE AND DECLARE 21 BENEFITS OF OBEYING GOD QUICKLY. JUST AS A SPORTS TEAM RELIES ON A GAME PLAN TO ENSURE PURPOSE, PREPARATION, AND PROGRESS, DISCIPLESHIP SERVES AS THE BELIEVER'S PLAYBOOK, GUIDING US TO FULFILL OUR GOD-GIVEN PURPOSE AND MAKE KINGDOM IMPACT. WITHOUT A PLAN, A TEAM LOSES DIRECTION; WITHOUT DISCIPLESHIP, WE RISK MISSING OUT ON THE FULLNESS OF GOD'S PROMISES. TOGETHER, LET'S COMMIT TO FOLLOW GOD QUICKLY, PURPOSEFULLY, AND WHOLE-HEARTEDLY, ALLOWING HIM TO TRANSFORM OUR LIVES THROUGH OBEDIENCE.

GAME PLAN

FOR THIS FAST, WE WILL FOLLOW THE PRINCIPLES OF THE DANIEL FAST. THE SAMPLE MEAL PLAN ATTACHED OFFERS PLANT-BASED, WHOLE FOODS THAT ALIGN WITH OUR COMMITMENT TO OBEDIENCE AND DISCIPLINE. LET'S FUEL OUR BODIES TO STAY IN THE GAME AND FINISH STRONG!

ADDITIONAL TIPS:

- DRINK PLENTY OF WATER THROUGHOUT THE DAY.
- CHOOSE FRESH, SEASONAL FRUITS AND VEGETABLES WHENEVER POSSIBLE.
- VARY YOUR CHOICES TO ENSURE A WIDE RANGE OF NUTRIENTS.
- PREPARE MEALS IN ADVANCE TO SAVE TIME DURING THE WEEK.
- LISTEN TO YOUR BODY'S HUNGER AND FULLNESS CUES.
- ENJOY THE PROCESS OF NOURISHING YOURSELF WITH HEALTHY FOODS.

REMEMBER, THIS IS JUST A SAMPLE MEAL PLAN. FEEL FREE TO ADJUST IT TO YOUR OWN PREFERENCES AND NEEDS.



DAY 1:

BREAKFAST: GREEN SMOOTHIE WITH SPINACH, BANANA, APPLE, AND GINGER.

LUNCH: SALAD WITH MIXED GREENS, AVOCADO, CUCUMBER, AND A LEMON-TAHINI DRESSING.

DINNER: STEAMED VEGETABLES (BROCCOLI, CARROTS, CAULIFLOWER) WITH QUINOA.

DAY 2:

BREAKFAST: FRUIT SALAD WITH BERRIES, MELON, AND A SPRINKLE OF CHIA SEEDS.

LUNCH: VEGETABLE SOUP WITH LENTILS AND WHOLE-GRAIN BREAD.

DINNER: BAKED SWEET POTATO WITH BLACK BEANS AND SALSA.

DAY 3:

BREAKFAST: SMOOTHIE WITH MANGO, PINEAPPLE, AND COCONUT WATER.

LUNCH: SALAD WITH MIXED GREENS, GRILLED BELL PEPPERS, AND A BALSAMIC VINAIGRETTE.

DINNER: VEGETABLE STIR-FRY WITH BROWN RICE.

DAY 4:

BREAKFAST: APPLE SLICES WITH ALMOND BUTTER AND CINNAMON.

LUNCH: VEGETABLE SOUP WITH CHICKPEAS AND WHOLE-GRAIN CRACKERS.

DINNER: STUFFED BELL PEPPERS WITH QUINOA AND VEGETABLES.

DAY 5:

BREAKFAST: SMOOTHIE WITH SPINACH, PEAR, AND ALMOND MILK.

LUNCH: SALAD WITH MIXED GREENS, AVOCADO, AND A LEMON-HERB DRESSING.

DINNER: ROASTED VEGETABLES (BRUSSELS SPROUTS, CARROTS, ONIONS) WITH QUINOA.

DAY 6:

BREAKFAST: FRUIT SALAD WITH BERRIES, KIWI, AND A SPRINKLE OF FLAX SEEDS.

LUNCH: VEGETABLE WRAPS WITH HUMMUS AND WHOLE-WHEAT TORTILLAS.

DINNER: LENTIL SOUP WITH WHOLE-GRAIN BREAD.

DAY 7:

BREAKFAST: SMOOTHIE WITH BANANA, SPINACH, AND ORANGE JUICE.

LUNCH: SALAD WITH MIXED GREENS, GRILLED ZUCCHINI, AND A LEMON VINAIGRETTE.

DINNER: VEGETABLE CURRY WITH BROWN RICE.



FUEL FOR THE GAME



DAY 8:

BREAKFAST: SMOOTHIE WITH MANGO, SPINACH, AND COCONUT MILK.

LUNCH: SALAD WITH MIXED GREENS, AVOCADO, AND A LIME-CILANTRO DRESSING.

DINNER: VEGETABLE FAJITAS WITH WHOLE-WHEAT TORTILLAS.

DAY 9:

BREAKFAST: APPLE SLICES WITH PEANUT BUTTER AND GRANOLA.

LUNCH: VEGETABLE SOUP WITH BLACK BEANS AND WHOLE-GRAIN CRACKERS.

DINNER: STUFFED CABBAGE ROLLS WITH BROWN RICE AND VEGETABLES.

DAY 10:

BREAKFAST: SMOOTHIE WITH PINEAPPLE, KALE, AND ALMOND MILK.

LUNCH: SALAD WITH MIXED GREENS, GRILLED EGGPLANT, AND A BALSAMIC VINAIGRETTE.

DINNER: VEGETABLE PASTA WITH WHOLE-WHEAT NOODLES.

DAY 11:

BREAKFAST: SMOOTHIE WITH BANANA, SPINACH, AND APPLE JUICE.

LUNCH: SALAD WITH MIXED GREENS, AVOCADO, AND A LEMON-TAHINI DRESSING.

DINNER: VEGETABLE STEW WITH LENTILS AND WHOLE-GRAIN BREAD.

DAY 12:

BREAKFAST: FRUIT SALAD WITH BERRIES, MELON, AND A SPRINKLE OF HEMP SEEDS.

LUNCH: VEGETABLE WRAPS WITH HUMMUS AND WHOLE-WHEAT TORTILLAS.

DINNER: VEGETABLE PIZZA WITH WHOLE-WHEAT CRUST.

DAY 13:

BREAKFAST: SMOOTHIE WITH MANGO, SPINACH, AND COCONUT WATER.

LUNCH: SALAD WITH MIXED GREENS, GRILLED BELL PEPPERS, AND A LIME VINAIGRETTE.

DINNER: VEGETABLE AND TOFU STIR-FRY WITH BROWN RICE.

DAY 14:

BREAKFAST: APPLE SLICES WITH ALMOND BUTTER AND CINNAMON.

LUNCH: VEGETABLE SOUP WITH CHICKPEAS AND WHOLE-GRAIN CRACKERS.

DINNER: STUFFED BUTTERNUT SQUASH WITH QUINOA AND VEGETABLES.



FUEL FOR THE GAME

DAY 15:

BREAKFAST: SMOOTHIE WITH PINEAPPLE, SPINACH, AND ALMOND MILK.

LUNCH: SALAD WITH MIXED GREENS, AVOCADO, AND A LEMON-HERB DRESSING.

DINNER: VEGETABLE PAËLLA WITH BROWN RICE.

DAY 16:

BREAKFAST: FRUIT SALAD WITH BERRIES, KIWI, AND A SPRINKLE OF CHIA SEEDS.

LUNCH: VEGETABLE WRAPS WITH HUMMUS AND WHOLE-WHEAT TORTILLAS.

DINNER: VEGETABLE LASAGNA WITH WHOLE-WHEAT NOODLES.

DAY 17:

BREAKFAST: SMOOTHIE WITH BANANA, KALE, AND ORANGE JUICE.

LUNCH: SALAD WITH MIXED GREENS, GRILLED ZUCCHINI, AND A BALSAMIC VINAIGRETTE.

DINNER: VEGETABLE AND TEMPEH STIR-FRY WITH BROWN RICE.

DAY 18:

BREAKFAST: SMOOTHIE WITH MANGO, SPINACH, AND COCONUT MILK.

LUNCH: SALAD WITH MIXED GREENS, AVOCADO, AND A LIME-CILANTRO DRESSING.

DINNER: VEGETABLE CURRY WITH QUINOA.

DAY 19:

BREAKFAST: APPLE SLICES WITH PEANUT BUTTER AND GRANOLA.

LUNCH: VEGETABLE SOUP WITH BLACK BEANS AND WHOLE-GRAIN CRACKERS.

DINNER: STUFFED BELL PEPPERS WITH LENTILS AND VEGETABLES.

DAY 20:

BREAKFAST: SMOOTHIE WITH PINEAPPLE, SPINACH, AND ALMOND MILK.

LUNCH: SALAD WITH MIXED GREENS, GRILLED EGGPLANT, AND A LEMON VINAIGRETTE.

DINNER: VEGETABLE AND CHICKPEA TAGINE WITH COUSCOUS.

DAY 21:

BREAKFAST: SMOOTHIE WITH BANANA, SPINACH, AND APPLE JUICE.

LUNCH: SALAD WITH MIXED GREENS, AVOCADO, AND A LEMON-TAHINI DRESSING.

DINNER: VEGETABLE AND BLACK BEAN BURGERS WITH WHOLE-WHEAT BUNS.



FUEL FOR THE GAME



DAY 1: EXPERIENCING GOD'S BLESSINGS

REFERENCE: DEUTERONOMY 28:1-2

"AND IT SHALL COME TO PASS, IF THOU SHALT HEARKEN DILIGENTLY UNTO THE VOICE OF THE LORD THY GOD, TO OBSERVE AND TO DO ALL HIS COMMANDMENTS WHICH I COMMAND THEE THIS DAY, THAT THE LORD THY GOD WILL SET THEE ON HIGH ABOVE ALL NATIONS OF THE EARTH: AND ALL THESE BLESSINGS SHALL COME ON THEE, AND OVERTAKE THEE, IF THOU SHALT HEARKEN UNTO THE VOICE OF THE LORD THY GOD."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 2: WALKING IN GOD'S FAVOR

REFERENCE: PSALM 84:11

"FOR THE LORD GOD IS A SUN AND SHIELD: THE LORD WILL GIVE GRACE AND GLORY: NO GOOD THING WILL HE WITHHOLD FROM THEM THAT WALK UPRIGHTLY."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 3: RECEIVING GOD'S PROTECTION

REFERENCE: PSALM 91:14

"BECAUSE HE HATH SET HIS LOVE UPON ME, THEREFORE
WILL I DELIVER HIM: I WILL SET HIM ON HIGH, BECAUSE HE
HATH KNOWN MY NAME."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 4:

GAINING WISDOM & UNDERSTANDING

REFERENCE: PROVERBS 9:10

"THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM: AND THE KNOWLEDGE OF THE HOLY IS UNDERSTANDING."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 5: EXPERIENCING GOD'S PEACE

REFERENCE: ISAIAH 26:3

"THOU WILT KEEP HIM IN PERFECT PEACE, WHOSE MIND IS STAYED ON THEE; BECAUSE HE TRUSTETH IN THEE."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 6:

HAVING CONFIDENCE IN GOD

REFERENCE: 1 JOHN 3:21-22

"BELOVED, IF OUR HEART CONDEMN US NOT, THEN HAVE WE CONFIDENCE TOWARD GOD. AND WHATSOEVER WE ASK, WE RECEIVE OF HIM, BECAUSE WE KEEP HIS COMMANDMENTS, AND DO THOSE THINGS THAT ARE PLEASING IN HIS SIGHT."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?



DAY 7:

RECEIVING ANSWERS TO PRAYER

REFERENCE: 1 JOHN 5:14-15

"AND THIS IS THE CONFIDENCE THAT WE HAVE IN HIM, THAT, IF WE ASK ANY THING ACCORDING TO HIS WILL, HE HEARETH US: AND IF WE KNOW THAT HE HEAR US, WHATSOEVER WE ASK, WE KNOW THAT WE HAVE THE PETITIONS THAT WE DESIRED OF HIM."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 8: LIVING A LIFE OF PURPOSE

REFERENCE: EPHESIANS 2:10

"FOR WE ARE HIS WORKMANSHIP, CREATED IN CHRIST JESUS UNTO GOOD WORKS, WHICH GOD HATH BEFORE ORDAINED THAT WE SHOULD WALK IN THEM."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 9:

GROWING IN SPIRITUAL MATURITY

REFERENCE: HEBREWS 5:14

"BUT STRONG MEAT BELONGETH TO THEM THAT ARE OF FULL AGE, EVEN THOSE WHO BY REASON OF USE HAVE THEIR SENSES EXERCISED TO DISCERN BOTH GOOD AND EVIL."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 10:

AVOIDING UNNECESSARY CONSEQUENCES

REFERENCE: GALATIANS 6:7-8

"BE NOT DECEIVED; GOD IS NOT MOCKED: FOR WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP. FOR HE THAT SOWETH TO HIS FLESH SHALL OF THE FLESH REAP CORRUPTION; BUT HE THAT SOWETH TO THE SPIRIT SHALL OF THE SPIRIT REAP LIFE EVERLASTING."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 11: EXPERIENCING GOD'S GUIDANCE

REFERENCE: PSALM 32:8

"I WILL INSTRUCT THEE AND TEACH THEE IN THE WAY WHICH THOU SHALT GO: I WILL GUIDE THEE WITH MINE EYE."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 12: WALKING IN THE LIGHT

REFERENCE: 1 JOHN 1:7

"BUT IF WE WALK IN THE LIGHT, AS HE IS IN THE LIGHT, WE HAVE FELLOWSHIP ONE WITH ANOTHER, AND THE BLOOD OF JESUS CHRIST HIS SON CLEANSETH US FROM ALL SIN."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 13: OVERCOMING TEMPTATION

REFERENCE: 1 CORINTHIANS 10:13

"THERE HATH NO TEMPTATION TAKEN YOU BUT SUCH AS IS COMMON TO MAN: BUT GOD IS FAITHFUL, WHO WILL NOT SUFFER YOU TO BE TEMPTED ABOVE THAT YE ARE ABLE; BUT WILL WITH THE TEMPTATION ALSO MAKE A WAY TO ESCAPE, THAT YE MAY BE ABLE TO BEAR IT."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 14:

BEARING FRUIT FOR GOD'S GLORY

REFERENCE: JOHN 15:8

"HEREIN IS MY FATHER GLORIFIED, THAT YE BEAR MUCH FRUIT;
SO SHALL YE BE MY DISCIPLES."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 15: ENTERING INTO GOD'S REST

REFERENCE: HEBREWS 4:9-11

"THERE REMAINETH THEREFORE A REST TO THE PEOPLE OF GOD. FOR HE THAT IS ENTERED INTO HIS REST, HE ALSO HATH CEASED FROM HIS OWN WORKS, AS GOD DID FROM HIS. LET US LABOUR THEREFORE TO ENTER INTO THAT REST, LEST ANY MAN FALL AFTER THE SAME EXAMPLE OF UNBELIEF."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 16: RECEIVING GOD'S APPROVAL

REFERENCE: ROMANS 2:13

"(FOR NOT THE HEARERS OF THE LAW ARE JUST BEFORE GOD,
BUT THE DOERS OF THE LAW SHALL BE JUSTIFIED.)"

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 17: STRENGTHENING OUR FAITH

REFERENCE: ROMANS 10:17

"SO THEN FAITH COMETH BY HEARING, AND HEARING BY
THE WORD OF GOD."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 18:

GROWING IN LOVE FOR GOD & OTHERS

REFERENCE: 1 JOHN 5:3

"FOR THIS IS THE LOVE OF GOD, THAT WE KEEP HIS COMMANDMENTS: AND HIS COMMANDMENTS ARE NOT GRIEVOUS."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 19: LIVING A LIFE OF VICTORY

REFERENCE: 1 CORINTHIANS 15:57

"BUT THANKS BE TO GOD, WHICH GIVETH US THE VICTORY
THROUGH OUR LORD JESUS CHRIST."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 20: INHERITING ETERNAL LIFE

REFERENCE: MATTHEW 19:29

"AND EVERY ONE THAT HATH FORSAKEN HOUSES, OR BRETHREN, OR SISTERS, OR FATHER, OR MOTHER, OR WIFE, OR CHILDREN, OR LANDS, FOR MY NAME'S SAKE, SHALL RECEIVE AN HUNDREDFOLD, AND SHALL INHERIT EVERLASTING LIFE."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?

DAY 21: KNOWING GOD'S WILL

REFERENCE: JOHN 7:17

"IF ANY MAN WILL DO HIS WILL, HE SHALL KNOW OF THE DOCTRINE, WHETHER IT BE OF GOD, OR WHETHER I SPEAK OF MYSELF."

REFLECTION:

✕ WHERE HAVE I FALLEN SHORT OF HIS PROMISE?

○ WHAT HAVE I BEEN FORGIVEN OF?

✕ WHERE WILL GOD FIND ME IN MY OBEDIENCE?
