

# *Seek* **HIM** / **FIND** *Him*

Twenty-One Day Journal

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*Welcome* **What does it look like to truly seek God??**

**What happens when we do seek Him?**

**What changes are you planning or willing to make as you pursue God?**

For 21 days, this journal invites you into a simple but life-shaping practice: seek the Lord with your whole heart. Based on the promise of Jeremiah 29:13, the purpose of this journey is to help you develop a habit of daily pursuit—listening, reflecting, praying, and responding. As you seek Him, you will find Him, and in finding Him, you will discover the peace, clarity, and renewal your soul longs for.

For the next three weeks, we will be doing three things every single day:

- *Praying*
- *Fasting*
- *Journaling*

## Pick a Fast

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Fasting is withholding from something we want so we can set our minds and attention on God. Food is an important part of life, but Scripture is full of invitations to go without it for a period of time to connect with God and be more mindful of our reliance on him.

Fasting for the next 21 days will enhance your experience as you fill out this journal. Read through the various fasts and decide which is right for you. If you don't feel comfortable fasting from food for any reason, the final option (the soul fast) is for you.

### Complete Food Fast

In this fast, you drink only liquids. Drink a lot of water or black coffee.

### Partial Food Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food for a certain period of time each day. For example, you can choose to skip a certain meal or abstain from eating until sunset (Judges 20:26, 2 Samuel 3:35).

### Selective Food Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food (Daniel 10:3).

### Soul Fast

A soul fast is choosing something other than food to abstain from. If you don't have much experience fasting from food, have health (or other) issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance, this is a great option for you. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast (1 Corinthians 7:35).

\*This can be done in tandem with other fasts.

## Pick a Bible Plan

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Just like it's important to have a plan for your fast, it's important to have a plan for your Bible reading time. Maybe you read one Psalm a day, or one Proverb a day. You can also find a 21-day plan on the YouVersion Bible App. Do it with friends, if you need extra accountability. Set a plan, and stick to it. .

- Psalms
- Proverbs
- Any 21 day Bible App plan

# Vision for the Fast

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**As you are pursuing God, seeking His face and finding Him, how do you hope to see God work:**

**In yourself** (i.e. habits, attitude, wisdom, thoughts, creativity, etc.):

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**In your relationships** (i.e. friends, spouse, co-workers, etc.):

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**In your family**

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**In your church**

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**In your community**

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## Make the Commitment

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This journal belongs to: \_\_\_\_\_

Today's date is: \_\_\_\_\_

For the next 21 days, I will be doing a \_\_\_\_\_ fast.

What Bible Plan am I reading: \_\_\_\_\_

*For the next three weeks I will journal, pray, and fast every day!*

Signature: \_\_\_\_\_

## How to Use This Journal

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**Start each day by finding a quiet place to sit down for ten minutes and fill out your daily exercise.**

**Listen**    *Read your Bible and meditate on His Word. Ask God to speak to you.*

**Reflect**    *What are you grateful for? What is God speaking to you?*

**Pray**    *Thank God. Tell Him what you're walking through. Ask for His specific help.*

**Respond**    *What specific actions will you take today to pursue God? How can you fully obey Him?*

## Example Number One

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**Listen** *Psalm 16:8 — I keep my eyes always on the Lord. With him at my right*  
*Today's hand, I will not be shaken.*  
*Bible*  
*passage*

**Reflect** *1. My relationships. I am thankful for people who support, challenge and*  
*Today, encourage me.*  
*I am 2. The stability God provides. I am grateful the He remains constant even*  
*grateful when life feel uncertain*  
*for:*

*What God is reminding me to slow down, pay attention to His presence, and make*  
*is God room for meaningful connection with others*  
*speaking*  
*to me?*

**Pray** *Lord help me today to keep my eyes fixed on you. Help me to see where you*  
*are at work in my life.*

**Respond** *Today I will look for someone to show God's love to.*  
*Today*  
*I will:*

## Example Number Two

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**Listen** *Proverbs 3:5-6 — Trust in the Lord with all your heart and lean not on your*  
*Today's own understanding; in all your ways submit to him, and he will make your*  
*Bible paths straight*  
*passage*

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**Reflect** *1. Clarity I am grateful for the wisdom God gives when I ask.*  
*Today, 2. Supportive people. I am grateful for friends and mentors who speak truth*  
*I am into my life.*  
*grateful 3. My current opportunities. I am grateful that God opens doors and guides*  
*for: my steps.*

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*What God is guiding me to trust His direction and acknowledge Him in my*  
*is God decisions today—big or small.*  
*speaking*  
*to me?*

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**Pray** *Lord, help me today to lean on you and trust you in every situation. Show*  
*me if there are any areas in my life that I am trying to control. Control rather*  
*than trusting you with them.*

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**Respond** *Today I will surrender my plans completely to God and trust him*  
*Today*  
*I will:*

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## Daily Checklist

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<b>Day 1:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 2:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 3:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 4:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 5:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 6:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 7:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 8:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 9:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 10:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 11:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 12:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 13:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 14:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 15:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 16:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 17:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 18:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 19:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 20:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
<b>Day 21:</b>	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>



# Day 1

Date:

## Listen

Today's  
Bible  
passage

## Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

## Pray

## Respond

Today  
I will:

## Day 2

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 3

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 4

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 5

Date:

### Listen

*Today's  
Bible  
passage*

### Reflect

*Today,  
I am  
grateful  
for:*

*What  
is God  
speaking  
to me?*

### Pray

### Respond

*Today  
I will:*

## Day 6

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 7

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

**In what ways have I experienced God this week?**

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**What changes have I made and how did they draw me closer to (or set me further from) God?**

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**As I pursue God, how have my desires, plans or motives changed?**

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## Day 8

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 9

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 10

Date:

### Listen

*Today's  
Bible  
passage*

### Reflect

*Today,  
I am  
grateful  
for:*

*What  
is God  
speaking  
to me?*

### Pray

### Respond

*Today  
I will:*

# Day 11

Date:

## Listen

Today's  
Bible  
passage

## Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

## Pray

## Respond

Today  
I will:

## Day 12

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 13

Date:

### Listen

*Today's  
Bible  
passage*

### Reflect

*Today,  
I am  
grateful  
for:*

*What  
is God  
speaking  
to me?*

### Pray

### Respond

*Today  
I will:*

## Day 14

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

**In what ways have I experienced God this week?**

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**What changes have I made and how did they draw me closer to (or set me further from) God?**

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**As I pursue God, how have my desires, plans or motives changed?**

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## Day 15

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 16

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 17

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 18

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 19

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

## Day 20

Date:

### Listen

Today's  
Bible  
passage

### Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

### Pray

### Respond

Today  
I will:

# Day 21

Date:

## Listen

Today's  
Bible  
passage

## Reflect

Today,  
I am  
grateful  
for:

What  
is God  
speaking  
to me?

## Pray

## Respond

Today  
I will:

**In what ways have I experienced God this week?**

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**What changes have I made and how did they draw me closer to (or set me further from) God?**

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**As I pursue God, how have my desires, plans or motives changed?**

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