

2014 CORPORATE FAST KINGDOM HEARTED

CONTRITE | COMPASSIONATE | COMMITTED



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One in Christ

MOUNT ZION

BAPTIST CHURCH OF GREENSBORO, INC

2014 CORPORATE FAST

JANUARY 2-22



KINGDOM HEARTED

ISAIAH 58: 1-14 (NLT)

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A WORD FROM OUR SENIOR PASTOR...

Greetings Family!

The time has come for Zion to be in a period of consecration. The definition of consecration is to make sacred; to be dedicated to the service and worship of God; separated from common use to a sacred one. Metaphorically meaning perfect although not faultless, but bringing to a state of completion and fulfillment; to renew, to complete, mature, reaching the intended goal; to finish a work or duty.

I believe that in this season of Kingdom Structure and Kingdom Alignment, the Kingdom Hearted will join us in setting aside 21 days of fasting and praying, breaking strongholds, and pulling down principalities and powers.

It is my prayer that as we continue to seek the face of God, the heart of God will be revealed in our lives. The heart of God comes through love and discipleship which is following Christ as head, being changed by Christ in our heart and using committed hands to accomplish the mission of Christ in the earth.

Our corporate fast "Kingdom Hearted" will focus on three areas: a contrite heart, a compassionate heart, and a committed heart. I encourage you to join us in corporate prayer as well as spend time privately with God. Read and meditate carefully on the scriptures provided for you being confident that we will receive the answers to our prayers.

I John 5:13-15, “I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

I am convinced in my spirit that God is stretching us to a level in His Kingdom of communion and connectivity with Him, whereby we are so connected and abiding in Him, share the very heartbeat of God and we hear and recognize His voice, even in a whisper, and obey. This fast is designed to help us to do just that.

Pastor Bryan J. Plaud

Bryan J. Pierce, Sr. | Senior Pastor

What God has done for me ...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

Fast begins January 2 at 12:00 am and ends January 22 at 6:00 pm

Week 2: Fruits and vegetables, 100% juices, water, tea and coffee*

*Please see next page for fast suggestions

W.O.W. Service Every Wednesday 12 noon (Chapel) and 7:00 pm (Sanctuary) beginning January 8th.

(Dial in number: 1-805-399-1000 Participant Code: 124641)

Long distance charges may apply, please check with your carrier.

- NOTE:** If you are sick and/or under medical care, taking medication(s), have a diagnosed medical condition or disease, pregnant or lactating, younger than 21 – *please consult with a medical or parental authority before fasting.* Mount Zion Baptist Church of Greensboro, Inc. is not responsible for adverse effects of fasting under the above mentioned conditions.

Foods to include during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters, coffee, tea, herbal teas and 100 % juices.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to carbonated beverages and energy drinks.

Week 3 (Continued)

January 16 @ 12:00 am – January 22 @ 6:00 pm

A Committed Heart

Declarations:

- I Declare that my entire family will be committed to the Kingdom and Heart of God.
- I Declare that through my commitment to God, family and my church that I will become a disciple for others to follow.
- I Declare that I will commit all I have to live as a Kingdom person.
- I Declare that I will be committed to abide in, meditate in, delight in, and seek to observe and live every word that proceeds out of the mouth of God.
- I Declare that I will commit myself to fulfill the mandates of the Great Commission.
- I Declare that I will commit to put on the whole armor of God.
- I Declare that in spite of persecution, I will be committed to live a righteous life knowing that I can fully trust God for the consequences of my obedience to Him.

Week 3 (Continued)
January 16 @ 12:00 am – January 22 @ 6:00 pm

A Committed Heart

Prayer Points:

Day #1

Strength to remain committed to His Kingdom.

Day #2

Level of commitment that will be pleasing to God.

Day #3

Committed hands to be a blessing to His Kingdom.

Day #4

A heart to serve unashamedly for Him.

Day #5

My Commitment will be fruitful in every good work.

Day #6

Commit to follow the biblical mandate to support and encourage the leadership of the church.

Day #7

Remain in the Will of God!

Week 1
January 2 @ 12:00 am – January 8 @ 11:59 pm

A Contrite Heart

Isaiah 57:14-15 (NKJV)

¹⁴ And one shall say,
"Heap it up! Heap it up!
Prepare the way,
Take the stumbling block out of the way of My people."
¹⁵ For thus says the High and Lofty One
Who inhabits eternity, whose name is Holy:
"I dwell in the high and holy place,
With him who has a contrite and humble spirit,
To revive the spirit of the humble,
And to revive the heart of the contrite ones.

Psalms 51:10-18 (NKJV)

¹⁰ Create in me a clean heart, O God,
And renew a steadfast spirit within me.
¹¹ Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
¹² Restore to me the joy of Your salvation,
And uphold me by Your generous Spirit.
¹³ Then I will teach transgressors Your ways,
And sinners shall be converted to You.
¹⁴ Deliver me from the guilt of bloodshed, O God,
The God of my salvation,
And my tongue shall sing aloud of Your righteousness.
¹⁵ O Lord, open my lips,
And my mouth shall show forth Your praise.
¹⁶ For You do not desire sacrifice, or else I would give it;
You do not delight in burnt offering.
¹⁷ The sacrifices of God are a broken spirit,
A broken and a contrite heart—
These, O God, You will not despise.
¹⁸ Do good in Your good pleasure to Zion;
Build the walls of Jerusalem.

Psalms 95:7-8 (NKJV)

⁷ For He is our God,
And we are the people of His pasture,
And the sheep of His hand.
Today, if you will hear His voice:
⁸ "Do not harden your hearts, as in the rebellion,
As in the day of trial in the wilderness,

Week 1 (Continued)
January 2 @ 12:00 am – January 8 @ 11:59 pm

A Contrite Heart

Prayer Points:

Day #1

My salvation is sure even though I may stumble or fall.

Day #2

Trust that the God of my journey has a plan for my life.

Day #3

Concentrate on blessings of the future and not failures of the past.

Day #4

Seek God's direction and my obedience to hear and obey His instructions.

Day #5

Display patience during transformation.

Day #6

Know that the path to victory is through surrender.

Day #7

Trust God's ability to love me through transformation.

Week 3
January 16 @ 12:00 am – January 22 @ 6:00 pm

A Committed Heart

Proverbs 3:5 (NLT)

*⁵ Trust in the Lord with all your heart;
do not depend on your own understanding.*

Psalm 73:26 (NLT)

*²⁶ My health may fail, and my spirit may grow weak,
but God remains the strength of my heart;
he is mine forever.*

Psalm 37:4-6 (NIV)

*⁴ Take delight in the Lord,
and he will give you the desires of your heart.
⁵ Commit your way to the Lord;
trust in him and he will do this:
⁶ He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.*

Week 2 (Continued)

January 9 @ 12:00 am – January 15 @ 11:59 pm

A Compassionate Heart

Declarations:

- I Declare that God's love toward me is faithful and unfailing.
- I Declare that I will show compassion with loved ones as well as with enemies.
- I Declare that prosperity is over my family and future generations mentally, physically, spiritually, psychologically, socially, educationally, and financially.
- I Declare that evil is being evicted, expelled, eradicated, and eliminated from my life because of the release of power in this season.
- I Declare that God's mercies are new for me each morning.
- I Declare that my mind is on things above and not beneath.
- I Declare that I am empowered to engage in spiritual warfare to accomplish success in relationships, ministry, and work.

Week 1 (Continued)

January 2 @ 12:00 am – January 8 @ 11:59 pm

A Contrite Heart

Declarations:

- I Declare that God has revived me because of my contrite spirit.
- I Declare that I am not condemned because I no longer walk after the flesh but after The Spirit.
- I Declare that I am the object of God's affection because my heart is turned toward Him.
- I Declare that I am cleansed from all idols and filthiness and Christ's Spirit lives within me.
- I Declare that I will not harden my heart towards the word of God but will allow it to wash, shape and mold me into the person He desires me to be.
- I Declare that in my weakness God's strength will make me strong.
- I Declare that my history does not disqualify me but opens the door to share the transforming power of God with the world.

Week 2

January 9 @ 12:00 am – January 15 @ 11:59 pm

A Compassionate Heart

Luke 10:26-28 (NLT)

²⁶ Jesus replied, "What does the law of Moses say? How do you read it?"

²⁷ The man answered, "'You must love the LORD your God with all your heart, all your soul, all your strength, and all your mind.' And, 'Love your neighbor as yourself.'"^[a]

²⁸ "Right!" Jesus told him. "Do this and you will live!"

1 Corinthians 13:4-7 (NLT)

⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out. ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Matthew 5:7 (NLT)

⁷ God blesses those who are merciful,
for they will be shown mercy.

Week 2 (Continued)

January 9 @ 12:00 am – January 15 @ 11:59 pm

A Compassionate Heart

Prayer Points:

Day #1

Forgiveness for families and future generations.

Day #2

The Father's strength in me when I am weak.

Day #3

Grace for those who mistreat me.

Day #4

Empathy for the sick.

Day #5

Daily provision of mercy from God.

Day #6

Finding safety in God's love.

Day #7

Liberty because of my sacrifice for the things of God.