



deeper

**HARVEST FAST**

**SEPTEMBER 21-OCTOBER 11**

Dear Beloved!

I am convinced that when God's people fast with a proper Biblical motive, seeking God's face not His hand, with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and the world. Fasting and prayer can bring our Harvest.

In preparation for this special time with God, I strongly urge you to examine your heart, and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He would hear their prayers. David said: "Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it! Blessed be God who didn't turn away when I was praying, and didn't refuse me his kindness and love." (Psalm 66:16-20)

My Friends, it is time to get in position to receive God's best blessings; and receiving God's best blessings from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face even, (and especially) during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship.

Lastly, I pray that grace, mercy, and peace, will be with you during this fast and the atmosphere conducive for both our church and community to grow spiritually.

Growing at the Kingdom Level

A handwritten signature in blue ink that reads "Pastor Bryan J. Pierce, Sr." The signature is fluid and cursive, with a long horizontal stroke at the end.

Pastor Bryan J. Pierce, Sr.  
Senior Pastor

## Fast Instructions

Everyone is encouraged to support our corporate gatherings:

- **Sunday Morning Worship Service**-7:30am & 10:00am in the Sanctuary
- **Tuesday Midday Prayer**-cancelled during Fast
- **Word On Wednesday Bible Study**– 12 noon in the Chapel  
7:00pm in the Chapel
- **Teleconference Prayer Call**-6:30am; 12:30pm; 6:30pm (Three times per day)  
on the following days.

Mondays, Tuesdays, Thursdays, Fridays and Saturdays

6:30am Wednesdays  
6:30pm Sundays

1-805-399-1000, Access Code 124641#

### **Corporate Prayer will occur:**

Wednesdays at 12 noon and 7pm WOW services  
Sundays at 7:30am and 10:00am Worship services

This fast is not designed to lose physical weight or pounds, but rather to lose the weights and sins that easily beset us.

**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.

# **Fast Instructions**

## **Week 1 (9/21-9/27)**

6am-4pm: No Sweets/Desserts, No Bread, No Soda

4pm-6am: Water Only (no food)

## **Week 2 (9/28-10/4)**

6am-4pm: No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork,  
No Fried Foods

4pm-6am Water Only (no food)

## **Week 3 (10/5-10/11)**

6am-4pm: Only Fruits, Vegetables, Juice and Water

4pm-6am Water Only (no food)

**Suggested snacks prior to 4pm: Salsa and Multi-grain Tortilla Chips, Nuts/Seeds,  
Grains, Oats**

# **Scriptures and Prayers**

## **Week One**

### **SEED**

**Ecclesiastes 11:1-8 New International Version (NIV)**

**Matthew 13:1-9 New International Version (NIV)**

**1 Peter 1:22-25 New International Version (NIV)**

**Mark 4:26-29 New International Version (NIV)**

**Genesis 26:1-5 New International Version (NIV)**

**Sample Prayer:** Merciful Father, in the morning I will sow my seed, and in the evening I will not withhold my hand, for I do not know which will prosper. I thank You that my seeds will not fall by the wayside and birds come and devour them, that they do not fall on stony places, where they do not have much earth, nor will they fall among thorns, so that the thorns sprang up and choke them. I thank You that I have been born again, not of corruptible seed but incorruptible through the word of God which lives and abides forever that night and day, whether I am asleep or awake, the seed sprouts and grows. I thank You that in blessing You will bless me and in multiplying You will multiply my descendants like the stars of heaven and like the sand on the seashore. Gracious Father, I thank You for giving my descendants all these lands and in my seed all the nations of earth shall be blessed. In Your Son's most mighty name, in Jesus' name we pray, Amen.

## **Seed: Decrees and Declarations**

I declare and decree that I have divine relationships, blessed alliances, strategic partnerships and creative collaboration for mutual blessing and increase shall continually come my way and be mine.

I declare and decree that the best is yet to come as my life has only begun. My days are getting increasingly brighter, more beautiful and more fruitful.

I declare and decree that God is my Provider, Financial Adviser and Chief Investor and the deposit He has made in my heart and life will bear much fruit in the earth.

I declare and decree by the Power of God, that many doors of opportunity and pipelines of prosperity shall be opened unto me.

I declare and decree that every seed sown in my life will yield abundant fruit and will not fall upon stony grounds.

I declare and decree that every promise of the Lord concerning my seed will not fall to the ground but shall be literally fulfilled.

I declare and decree that I shall be blessed with supernatural abundance that will bless generations to come.

# **Scriptures and Prayers**

## **Week Two**

### **TIME**

**James 5:7-10 New English Translation (NET)**

**Galatians 6:9 New Living Translation (NLT)**

**Psalms 27:14 New King James Version (NKJV)**

**James 1:4-8 New International Version (NIV)**

**Lamentations 3:25 English Standard Version (ESV)**

**Sample Prayer:** Father, I come in the mighty name of Jesus and I thank You for Your constant love toward me. Lord I thank You for the wait that You have crafted only to mature and perfect me. It is only waiting that I develop into a believer with the strength and tenacity to defeat every trick of the enemy. As I am waiting for the guaranteed manifestation of victory I will become a wise and skillful servant-warrior for the Kingdom of Christ. By His strength I will not allow the weight of my life's circumstances to make me anxious and forfeit the blessing of waiting on You.

Lord, I give my scheduled plans to You and I invite You to place each item on your time line. Revise my day, day by day and teach me how to walk in peace while I wait.

## **Time: Decrees and Declarations**

I declare and decree that my words and actions will line up with the Word as I sew it into my heart. I will think victorious, live victorious and win!

I declare and decree that God will cause me to recognize the TRUE weapon being formed against me. I will not relent! I will not give up because God has promised victory!

I declare and decree that I will serve the Kingdom with a glad heart, encouraging my brothers and sisters to remain in Your timing.

I decree and declare that I will seek Your face and step into Your rhythm in order that waiting will not frustrate me!

I declare and decree that I will mature, gain wisdom, be perfected, lack nothing, and recognize every opportunity to give you the glory!

I decree and declare that the weight of my life's circumstances will not disrupt my waiting out forfeit my blessings.

I decree and declare that my life will prove that waiting on the Lord is worth all that I am denied in order to gain what He has planned.



# **Scriptures and Prayers**

## **Week Three**

### **HARVEST**

**John 4:34-38 New Living Translation (NLT)**

**Galatians 6:7-9 King James Version (KJV)**

**Joel 2:23-26 New Living Translation (NLT)**

**Leviticus 26:3-5 New Living Translation (NLT)**

**Psalms 107:35-38 New King James Version (NKJV)**

#### **Sample Prayer:**

Dear Heavenly Father, You are the only true and living God, and I adore Your presence. Your faithfulness and loving-kindness are better than life.

Awesome are the works of Your hand, and I submit to Your glory and power.

You are the Lord of the Harvest, and I declare You are the Lord of my life. I decree and declare that I am walking into a new season. In this season, I will see the harvest of the Lord upon my life. I decree and declare that a season of super-natural harvest is upon my family, my finances, and my fitness.

The blessing of God is on my life, and the Blood of Jesus covers my soul.

Guide my foot-steps, oh God, and lead me to the place you have already predestined. Thank You for Your love; and it is in Jesus' name I pray. Amen.

## **Harvest: Decrees and Declarations**

I decree and declare that a Harvest of souls will be added to the Body of Christ. They will walk in the fullness of the mercy of God, and grow with supernatural power and strength.

I decree and declare that the Lord of the Harvest will cause an abundance of great wealth in my house. Doors of opportunity will be open to me, and multiple streams of income shall manifest in my life.

I decree and declare that the seed of the Word of God will bring forth fruit in my life. With this fruit, I will be a servant and serve those who seek the face of God.

I decree and declare that God will reward the faithful. He will cause me to run and not be weary; walk and not faint. I shall see the harvest in my family in my lifetime.

I decree and declare that the power of God is upon this new season of harvest. Supernatural healing, abundant blessings, and over bounding favor shall be my daily experience.

I decree and declare that the days I sowed in tears, I will reap in joy hundred-fold. My best days are still in front of me.

I decree and declare that the anointing of God is on my Harvest. My harvest will defeat the works of the enemy, and bring peace to my circumstance.

# Youth Blaze Fast Instructions

## Week 1

- No snap chat
- No Facebook
- No texting after 8pm
- No secular music
- 15 mins uninterrupted conversation with parents
- 5 mins of prayer time
- Write a paragraph on sowing positive seeds through your words, actions and decisions and turn in to Pastor Clark.

## Week 2

All of the above plus

- No Instagram
- No periscope
- No Twitter
- No texting after 7pm
- No tv after 8pm
- 25 mins uninterrupted conversation with parents
- 10 mins of prayer time
- Write a paragraph on being patient and turn in to Pastor Clark

## Week 3

All of the above plus

- No social media
- No internet unless for school
- 30 mins uninterrupted conversation with parents daily
- 15 mins of prayer for teachers, friends, and family
- Write a paragraph on receiving God's plan and vision for your life and turn in to Pastor Clark



1301 Alamance Church Road | Greensboro, NC 27406

Phone: 336.273.7930 | Fax: 336.373.4224

[www.mtzbc.com](http://www.mtzbc.com)

Bryan J. Pierce, Sr. | Senior Pastor