# MISSION POSSIBLE



# **Fast Instructions**

# Fast Starts: September 18, 2017 @ 12:01 am Fast Ends: October 8, 2017 @ 11:00 am

# Week 1: September 18th-September 24th:

NO bread, sweets or sodas

# Week 2: September 25th-October 1st:

NO bread, sweets, sodas, pasta, beef or pork

# Week 3: October 2nd-October 8th:

No bread, sweets, sodas, pasta, beef, pork, or fried foods

# Everyone is encouraged to support our corporate gatherings:

# **Corporate Prayer Gatherings - Chapel**

Every Monday @ 5am

Every Tuesday @ 5am

Every Thursday @ 5am

Every Friday @ 11:59pm

# Every Wednesday, 6:30 am Teleconference Prayer Call

Conference number: (336) 663-6160

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 - <u>please consult with a</u> <u>medical or parental authority before fasting</u>. Mount Zion Baptist Church of Greensboro, Inc. is not responsible for adverse effects of fasting under the above mentioned conditions.

# **Harvest Fast**

21 Day Fast

Week 1

## PRAYER

Father, it is with excitement and expectation that I come to You acknowledging this season of Harvest! I am reaping the Harvest of the seeds planted; seeds of promise, seeds of hope, and seeds of tears. Father, I've labored through trials and tribulations, at times wondering if this season would ever come. But today, in Jesus' name, my Harvest has come! My laboring was not in vain for it was all for Your glory. So in this season of Harvest, I reap Your glory; I reap peace of mind; I reap unexplainable joy! I reap the fullness of the vision You've given me. Father, this is the season for which I've been holding on; this is the season where I get my fresh wind back; this is the season where I get everything the devil stole back! Father, I am excited because I am reaping not just for me, but for my family! Father it is from the fullness of this Harvest that I bring to You the first fruits of my praise; the first fruits of my joy! All that I have is because of You and I thank you, even now in this season of abundance and Harvest. Thank You, Father! Amen.

# **SCRIPTURES**

# Isaiah 18:4-6 NIV

**4** This is what the LORD says to me: "I will remain quiet and will look on from my dwelling place, like shimmering heat in the sunshine, like a cloud of dew in the heat of Harvest." **5** For, before the Harvest, when the blossom is gone and the flower becomes a ripening grape, he will cut off the shoots with pruning knives, and cut down and take away the spreading branches.

# Matthew 9:36–38 ESV

<sup>36</sup>When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup> Then he said to his disciples, "The Harvest is plentiful, but the laborers are few; <sup>38</sup> therefore pray earnestly to the Lord of the Harvest to send out laborers into his Harvest."

## Luke 8:4–8 ESV

<sup>4</sup> And when a great crowd was gathering and people from town after town came to him, he said in a parable, <sup>5</sup> "A sower went out to sow his seed. And as he sowed, some fell along the path and was trampled underfoot, and the birds of the air devoured it. <sup>6</sup> And some fell on the rock, and as it grew up, it withered away, because it had no moisture. <sup>7</sup> And some fell among thorns, and the thorns grew up with it and choked it. <sup>8</sup> And some fell into good soil and grew and yielded a hundredfold." As he said these things, he called out, "He who has ears to hear, let him hear."

## Psalm 126: 5-6 NIV

**5** Those who sow with tears will reap with songs of joy. **6** Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.

## Proverbs 18:20-21 NIV

<sup>20</sup> From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied.<sup>21</sup> The tongue has the power of life and death, and those who love it will eat its fruit.

## 7 DECLARATIONS

- I DECREE AND DECLARE that this is my season to Harvest souls and win the lost! My Harvest is a source of testimony and the hand of the Lord is evident in my Harvest!
- I DECREE AND DECLARE that I will give God the first fruits of praise from this Harvest. There is power in my praise; submission in my praise and God will get the glory from my praise!
- I DECREE AND DECLARE that I am reaping peace and joy in this Harvest. I will not dread disease, linger in worry or suppress what God has done for me! This Harvest is greater than any worry or concern in my life.
- I DECREE AND DECLARE that this Harvest is for more than just me, it is for my entire family. Every plan God has for my family is coming to fruition. Lost family members will be saved; God's plans for my family are coming to pass and generational curses will no longer torment us!
- I DECREE AND DECLARE that I will be a good steward over this Harvest. From this Harvest I will tithe my time and my first fruits to God; I will take joy in the opportunity to be a good manager over this Harvest!
- I DECREE AND DECLARE that I will use this Harvest to bring others to Christ. There is power in my Harvest, restoration in my Harvest and abundant blessings in my Harvest. There is something supernatural in my Harvest that a lost soul has been seeking!
- I DECREE AND DECLARE that this Harvest is the manifestation of God's mercy and grace in my life! This Harvest is the fulfillment of God's word; through this Harvest, God is doing what He said He would do.

# **Harvest Fast**

21 Day Fast

Week 2

## **PRAYER**

Heavenly Father, I thank You that You have granted peace in my land, so that when I lie down that I am not afraid of anyone. I thank You that this is the right time for my Harvest if I don't give up, or quit, that whatever I have planted You will respond to in this season. I thank You that I am enriched in every way so that I may be generous and that You will give me rain in this season. I thank You that my land will bring forth its Harvest and the trees of the field will bear its fruit. I thank You that in blessing You, You will bless me and in multiplying You, You will multiply me like the stars of the Heavens and like the sand on the seashore. Gracious Father, I thank You that I will eat the fill of the land and that I will always under all circumstances, regardless of my need be completely sufficient in everything, being completely self-sufficient in You. In Jesus' most mighty name we pray, Amen!

## **SCRIPTURES**

# Ecclesiastes 11:1-6 New International Version (NIV)

## **Invest in Many Ventures**

Ship your grain across the sea;

after many days you may receive a return.

<sup>2</sup> Invest in seven ventures, yes, in eight;

you do not know what disaster may come upon the land.

<sup>3</sup> If clouds are full of water,

they pour rain on the earth.

- Whether a tree falls to the south or to the north, in the place where it falls, there it will lie.
- <sup>4</sup> Whoever watches the wind will not plant; whoever looks at the clouds will not reap.

<sup>5</sup> As you do not know the path of the wind, or how the body is formed in a mother's womb, so you cannot understand the work of God,

the Maker of all things.

<sup>6</sup> Sow your seed in the morning, and at evening let your hands not be idle, for you do not know which will succeed, whether this or that, or whether both will do equally well.

## Genesis 8:20-22 Amplified Version (AMP)

#### The Flood Abates

<sup>20</sup> And Noah built an altar to the LORD, and took of every [ceremonially] clean animal and of every clean bird and offered burnt offerings on the altar. <sup>21</sup> The LORD smelled the pleasing aroma [a soothing, satisfying scent] and the LORD said to Himself, "I will never again curse the ground because of man, for the intent (strong inclination, desire) of man's heart is wicked from his youth; and I will never again destroy every living thing, as I have done.

<sup>22</sup> "While the earth remains, Seedtime and harvest, Cold and heat, Winter and summer, And day and night Shall not cease."

## 2 Corinthians 9:6-12 Amplified Version (AMP)

## **God Gives Most**

<sup>6</sup> Now [remember] this: he who sows sparingly will also reap sparingly, and he who sows generously [that blessings may come to others] will also reap generously [and be blessed]. <sup>7</sup> Let each one give [thoughtfully and with purpose] just as he has decided in his heart, not grudgingly or under compulsion, for God loves a cheerful giver [and delights in the one whose heart is in his gift]. <sup>8</sup> And God is able to make all grace [every favor and earthly blessing] come in abundance to you, so that you may always [under all circumstances, regardless of the need] have complete sufficiency in everything [being completely self-sufficient in Him], and have an abundance for every good work *and* act of charity. <sup>9</sup> As it is written *and* forever remains written "He [the benevolent and generous person] scattered abroad, he gave to the poor,

His righteousness endures forever!" <sup>10</sup> Now He who provides seed for the sower and bread for food will provide and multiply your seed for sowing [that is, your resources] and increase the harvest of your righteousness [which shows itself in active goodness, kindness, and love]. <sup>11</sup> You will be enriched in every way so that you may be generous, and this [generosity, administered] through us is producing thanksgiving to God [from those who benefit]. <sup>12</sup> For the ministry of this service (offering) is not only supplying the needs of the saints (God's people), but is also overflowing through many expressions of thanksgiving to God.

# Leviticus 26:3-6 Message Version (MSG)

## **Blessings of Obedience**

**26** <sup>3</sup> If you walk in My statutes and keep My commandments and [obediently] do them, <sup>4</sup> then I will give you rain in its season, and the land will yield her produce and the trees of the field bear their fruit. <sup>5</sup> And your threshing season will last until grape gathering and the grape gathering [time] will last until planting, and you will eat your bread and be filled and live securely in your land. <sup>6</sup> I will also grant peace in the land, so that you may lie down and there will be no one to make you afraid.

## Jeremiah 5:24 New International Version (NIV)

They do not say to themselves, 'Let us fear the LORD our God, who gives autumn and spring rains in season, who assures us of the regular weeks of harvest.'

# 7 DECLARATIONS

- I DECREE and DECLARE that I honor the Lord with my wealth and the first fruits of all my produce. Then, my barns will be filled with plenty. My vats will overflow with new wine.
- I DECREE and DECLARE The LORD grants me plenty of goods, in the fruit of my body, in the increase of my livestock, and in the produce of my ground.
- I DECREE and DECLARE that the LORD opens to me His good treasure, the Heavens to give the rain to my land in its season and that what I plant I will Harvest.
- I DECREE and DECLARE that my nation will multiply, that my gladness will increase, that I shall be glad in Your presence as with the gladness of my Harvest.
- I DECREE and DECLARE that every favor and earthly blessing will come in abundance to me, so that under all circumstances, regardless of the need I have complete sufficiency in everything being completely self-sufficient in Him.
- I DECREE and DECLARE that I will walk in His statutes and keep His commandments, to do them obediently, and I will receive rain in this season, and my land will bear its fruit.
- I DECREE and DECLARE that blessings are in my storehouses and in all that I set my hand to do, and He blesses me in the land that He is giving me.

# **Harvest Fast**

21 Day Fast

Week 3

#### <u>PRAYER</u>

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 supernatural 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 footsteps, 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.

## **SCRIPTURES**

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

<sup>34</sup> Then Jesus explained: "My nourishment comes from doing the will of God, who sent me, and from finishing his work. <sup>35</sup> You know the saying, 'Four months between planting and harvest.' But I say, wake up and look around. The fields are already ripe<sup>[a]</sup> for harvest. <sup>36</sup> The harvesters are paid good wages, and the fruit they harvest is people brought to eternal life. What joy awaits both the planter and the harvester alike! <sup>37</sup> You know the saying, 'One plants and another harvests.' And it's true. <sup>38</sup> I sent you to harvest where you didn't plant; others had already done the work, and now you will get to gather the harvest."

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

<sup>7</sup> Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.<sup>8</sup> 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.<sup>9</sup> And let us not be weary in well doing: for in due season we shall reap, if we faint not.

## Joel 2:23-24 New Living Translation (NLT)

<sup>23</sup> Rejoice, you people of Jerusalem! Rejoice in the LORD your God! For the rain he sends demonstrates his faithfulness. Once more the autumn rains will come, as well as the rains of spring. <sup>24</sup> The threshing floors will again be piled high with grain, and the presses will overflow with new wine and olive oil.

## Psalm 107:35-38 New King James Version (NKJV)

<sup>35</sup> He turns a wilderness into pools of water, And dry land into watersprings. <sup>36</sup> There He makes the hungry dwell, that they may establish a city for a dwelling place, <sup>37</sup> And sow fields and plant vineyards, That they may yield a fruitful harvest. <sup>38</sup> He also blesses them, and they multiply greatly; And He does not let their cattle decrease.

## Numbers 18:12-13 (NIV)

<sup>12</sup> "I give you all the finest olive oil and all the finest new wine and grain they give the LORD as the firstfruits of their harvest. <sup>13</sup> All the land's firstfruits that they bring to the LORD will be yours. Everyone in your household who is ceremonially clean may eat it.

## 7 DECLARATIONS

- I DECREE and DECLARE that my family is walking and living in the favor of the Lord. We are strengthened by every circumstance, because the enemy cannot steal our joy. Our time for Harvest is now.
- I DECREE and DECLARE that during this season of fasting and praying, every unsaved family member in my family will find the life-changing, burden removing, chain breaking love of Jesus Christ. Their hearts will be converted, their lives will be transformed, and they will be filled with the Holy Spirit.
- I DECREE and DECLARE that every generational curse is broken and destroyed under the name of Jesus Christ. Every seed of Harvest will come to pass. Every hope shall be realized, because whom the Son has set free is free indeed.
- I DECREE and DECLARE that the Peace of God that surpasses all understanding shall guard our hearts and minds through Christ Jesus. My harvest will be full of God's power and provision.
- I DECREE and DECLARE that the manifested presence of God shall be revealed in my Harvest. New business ideas, opportunities, and promotions are coming. The Lord of the Harvest is my source and strength.
- I DECREE and DECLARE that a supernatural healing anointing will rest upon my family. The oil of the Holy Spirit shall change every negative report and crush every sickness and disease. Our bodies are whole because of the finished work of Calvary.
- I DECREE and DECLARE that the spirit of lack, poverty, and laziness will no longer be attached to my seed. The Lord God Almighty will show Himself strong as we boldly speak to every principality and power that exalts itself against the will of God. Devil, you are defeated.



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