MOUNT ZION BAPTIST CHURCH OF GREENSBORO, INC.

SEPT. 17 - OCT. 8

One in Christ

MOUNT ZION
BAPTIST CHURCH OF GREENSBORO, INC

21 DAY

harvest fast

1301 ALAMANCE CHURCH ROAD, GREENSBORO NC 27406
BISHOP BRYAN J. PIERCE, SR.,SENIOR PASTOR // MTZBC.COM

Fast Instructions

Fast Starts: September 17, 2018 @ 12:01 am
Fast Ends: October 7, 2018 @ 12:00 pm

Week 1: September 17-September 23:
12:01am-3:00pm: water, juice, green tea, and protein shakes

Week 2: September 24-September 30:
No bread, no pork, no beef, no fried foods, no soda, no sweets

Week 3: October 1– October 7:
Something of your choice

Everyone is encouraged to support our corporate gatherings:

Sunday Morning Worship: 7:30am and 10am in the Sanctuary

Word on Wednesday Bible Study: 12 noon and 7pm in the Chapel

Every Wednesday during the fast, 6:30 am Teleconference Prayer Call
Conference call 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 – *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.

Week 1: Scriptures, Prayer and Declarations

John 4:34-38 (NLT)
Galatians 6:7-9 (KJV)
Joel 2:23-24 (NLT)
Psalm 107:35-38 (NKJV

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. 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. In Jesus' name I pray. Amen.

Declarations

- I DECREE and DECLARE that the seed of the Word of God is within me. My body will bring Glory to the name of Jesus. My mind will remain steadfast on the Kingdom, and my spirit is in total alignment with my Heavenly Father. Nothing shall be impossible for me.

- I DECREE and DECLARE that the Lord of the Harvest is watching carefully over me. Even though I walk through the valley of the shadow of death, I will fear no evil. God is doing a great work in me and I will see my Harvest in my lifetime.

- I DECREE and DECLARE that my name is on multiple streams of income that are flowing into my house. The spirit of poverty, lack, and laziness have no place in my Harvest season. I will be a life giving resource to the nations of the world, and show forth the power and love of Jesus Christ.

- I DECREE and DECLARE that I will not lose heart in doing good, for in due time I will reap if I do not grow weary. Just like a good farmer, I will remain diligent in my seeking and I will not let go of God's hand. My praise is my weapon, and I will win.

- I DECREE and DECLARE that I will give and receive. Good measure, pressed down, shaken together, running over, will it be put into my lap. This season of Harvest will change my life. I will no longer be the same.

- I DECREE and DECLARE that a supernatural release of hungry souls are coming from the north, south, east, and west. I arrest and speak boldly to every spirit that seeks to exalt itself against the knowledge of God. For I am not ashamed of the Gospel of Jesus Christ. Devil, release your hold, and let God's people go.

- I DECREE and DECLARE that I will accomplish everything God has placed in my heart. I have not missed my window of opportunity. The Lord of the Harvest has been preparing me for this season. This is my time. This is my moment. I will receive it today.

Week 2: Scriptures, Prayers and Declarations

Matthew 9:36–38 (ESV)

Psalm 126: 5-6 (NIV)

Proverbs 18:20-21 (NIV)

Isaiah 18:4-6 (NIV)

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 have 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.

Declarations

- I DECREE and DECLARE the Lord of the Harvest is my source and my strength. His thoughts concerning me bring life to the seeds I have sown. In this season, I will see what I have been expecting. Souls will be saved and the Glory of God will fall like fresh rain.

- I DECREE and DECLARE that in this season the manifested power of God shall impact my Harvest. The work of my hands will bring favor to my house. I will remain focused during dark moments because the Lord is my light. Favor is on my life, therefore I will not fear.

- I DECREE and DECLARE that my Harvest will prove that God's principles are eternally at work. I will reap what I have sown. God is accelerating the process, and He will make good on every promise He has made.

- 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 my Harvest is healthy and full of life. Each vine is strong because I am eternally planted in Jesus Christ. He has taught me to prune carefully, water generously, and to remain in the light of His glory. I know my time for great Harvest is now.

- I DECREE and DECLARE that I will be a good steward over this Harvest. From this Harvest I will generously give my time and my first fruits to God. I will take great joy in the opportunity to be a good manager over this Harvest because I know that greater is still coming.

- I DECREE and DECLARE that my thoughts and my habits belong to God. They will fertilize the ground from which I will receive my Harvest. Nothing shall be able to stop what God has started in me. By faith, I believe my best days are still in front of me; and God's best is still within me.

Week 3: Scriptures, Prayer and Declarations

Ecclesiastes 11:1-6 (NIV)
2 Corinthians 9:6-12 (AMP)
Jeremiah 5:24 (NIV)
Leviticus 26:3-6 (MSG)

Heavenly Father, I thank You that You have granted peace in my land. I thank You that this is the right time for my Harvest, and 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. 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. Gracious Father, I thank You that I lack nothing. Regardless of my needs, You have completely supplied everything. I am complete and I am whole in You. In Jesus' I pray, Amen.

Declarations

- I DECREE and DECLARE that during this season of Harvest, God is rewarding the faithful. He will cause me to run and not be weary; walk and not faint. Every gift within me will be revived and my strength will be renewed. I am going to another level in my worship.

- I DECREE and DECLARE that everything standing against my Harvest shall fall. My season of reaping will never, ever, be disrupted again. Doubt, worry, and frustration will be destroyed by the anointing of the Holy Spirit. God will get the glory.

- I DECREE and DECLARE that this season of Harvest will cause men and women to hear the heart of God and experience the fullness of His Love. They shall be totally delivered and totally set free. This is their coming out season, because whom the Son has set free; is free indeed.

- 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. My body is healed and full of God's mercy and strength.

- 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. God's presence is with me, therefore; I will rejoice and be glad.

- I DECREE and DECLARE the abundant rain of God is bringing life to every dry place. The ground of my heart is producing a Harvest that will eternally redirect my family and this generation. New branches full of life are springing forth, and the Joy of the Lord is my strength.

- 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 never-ending provisions of the Father will sufficiently supply all of my needs. I will lack nothing. This is my time for overflow.

New ERA Youth Fast Instructions

Daily- New ERA Creed:

THIS NEW ERA doesn't "fit" into the pattern of this world. (Romans 12:2 NLT)

THIS NEW ERA may be real "peculiar" to man, but a royal priesthood in the eyes of God.

THIS NEW ERA is comfortable with being rejected by man , but accepted by God.

THIS NEW ERA will take back their power and step into their rightful place as young people of God!

Youth Week 1

-No Sweets
-No Snap Chat
-No Texting after 8pm
-No Secular Music after 7pm
-Minimum of 15 mins uninterrupted conversation with parents/guardian
- 5 mins of prayer time in your "Prayer Closet"
-Create a prayer plan, listing areas that you would like to pray about (Family members by name, school, friends by name, negative habits, etc). Use this listing to guide your prayer during the fast.

Youth Week 2

All of the above plus
-No Instagram
-No Periscope
-No Twitter
-No Texting after 8pm
-No TV after 9pm
-10 mins of Prayer Time (Use Prayer Plan)
-Minimum of 25 mins uninterrupted conversation with parents
-Sit down and write an action plan on how you hope to achieve your "Harvest" during this fast. What necessary steps will you take.

Youth Week 3

All of the above plus
- No Social Media
-No Internet unless for school
- Minimum of 30 mins uninterrupted conversation with parents daily
- 15 mins of prayer for teachers, friends, and family in your "Prayer Closet" (Use Prayer Plan)
-Write a letter to God on how you want to improve your relationship with Him. Share and review it with your parents, and keep it in a secure place to visit at a later time.

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