



FOCUS

21 Day Fast

Begins January 5, 2020, at 7am – Ends January 25, 2020, at 7pm

Week 1: January 5th- 11th

ONLY fruits, vegetables, juice, water, coffee, smoothies, protein shakes and tea. Water Only from 7pm to 7am. Pray 3 times a day. Complete 30 minutes of cardio.

Scripture: *Colossians 3:2 ESV*—"Set your minds on things that are above, not on things that are on earth."

Prayer: Father God, Today I thank You for Your amazing grace that You show to me. You are my light and my salvation. Whom shall I fear? For there is not one name above the name of the Lord. I focus my faith to leap over the walls I thought I had to climb. Through faith I believe that the dreams I allowed to die will be resurrected. I will seek Your face for clear instructions on carrying out Your will for my life. I am fully persuaded that this is my season to recover all that was lost because of fear. In Jesus' name, Amen.

Declaration: I DECREE and DECLARE that this is the season where I will see and experience a mighty move of God. This move will open my eyes to see things I have never seen before; to dream dreams that I've never dreamed. This is the season where God will push me into overflow. Doors that I thought were shut, will open. Family relationships that were damaged will be restored. Hopes, dreams and aspirations will come into fruition. This is the season where my faith will be manifested in every area of my life. My home, job and finances will be engulfed by the matchless power and authority of Jesus Christ.

Week 2: January 12th- 18th

No fried food, no beef, no pork, no rice, no pasta, no bread, no soda and no sweets. Water only from 7pm to 7am. Pray 3 times a day. Complete 30 minutes of cardio.

Scripture: *Philippians 4:8 NIV*—"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things."

Prayer: Heavenly Father, This is the day that You have made, and I will rejoice and be glad in it. You are the sustainer of my life and the lifter of my head. Take Your rightful place upon the throne of my heart. You are my King and my Savior. You are my source, and all sufficiency is within You. I focus my heart and my mind to receive vision from You. Though the vision tarry, I will wait for it because in the end, it will speak and not lie. In Jesus' name, Amen.

Declaration: I DECREE and DECLARE that my best is yet to come as I align myself with You; seeking Your face and not Your hand. I am prepared for the overflow and my treasure is in You. By faith, I am being guided by the Lord's hand and I have no reason to fear missteps. These hands build, this heart loves, this mind believes, this faith achieves, and no weapon formed against me shall prosper. As His servant, I am due God's protection all the days of my life and in Him will I increase daily. I am His vessel and He will never let me down. His strong arm is removing opposition and providing a path to victory. I will overcome!

Week 3: January 19th- 25th

No fried food, no beef, no pork, no rice, no pasta, no bread, no soda and no sweets. Water only from 7pm to 7am. Pray 3 times a day. Complete 30 minutes of cardio.

Scripture: *Isaiah 26:3ESV*—"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

Prayer: Gracious Father, By faith, I speak to my hands declaring you will not be slack, but will work to build the kingdom. By faith, I speak to my mind declaring you are alert and focused. I will press in to find the work designed just for me. By faith, I speak that which brings life to my God-given assignment to expand the kingdom. I have only complete faith that You will increase me in the land! Father, as I set my hands, thoughts, and intentions on building all that You say, I praise You in advance for watering my mustard seed. In Jesus' name, Amen.

Declaration: I DECREE and DECLARE that the manifested presence of God shall be revealed in my family helping us to overcome impossible odds. Sickness, disease, contention and malice have no room in my life. My God is greater than any diagnosis or prognosis. Despite what my situation looks like, in this season I win; my family wins. Right now, there is a supernatural shift occurring in my life and in the life of my family. This shift is turning situations, altering outcomes and moving in our favor. New business ideas, opportunities, and promotions are coming to my house. The devil has no power and satan does not win. This is the season of faith, power and prosperity in every area of my life as my mind will shift to being producers and not just consumers.

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.