WHOLENESS

3 JOHN 1:2



FASTING AND PRAYER

MOUNT ZION CORPORATE FAST

SEPTEMBER 21-OCTOBER 11

MOUNT ZION

WHOLENESS

21 Day Fast

Begins Monday, September 21, 2020, at 6am – Ends Sunday, October 11, 2020, at noon

Corporate Activities: Monday- Friday each week: 7:21am Teleconference Prayer – 336-663-6160
7:21 pm Word and Worship – Facebook Live

Week 1: Wholeness in Spirit (September 21st-September 27th)
No meats (including seafood), no fried foods, no sweets, no bread, no pasta, no rice, no soda

SCRIPTURES

Romans 8:15-17 NIV

15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you
received brought about your adoption to sonship. And by him we cry, *"Abba* Father." 16 The Spirit himself
testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God
and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

2 Timothy 1:6-7 NKJV

6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God
has not given us a spirit of fear, but of power and of love and of a sound mind.

Galatians 5:22-24 NKJV

22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness,
self-control. Against such there is no law. 24 And those *who are* Christ's have crucified the flesh with its
passions and desires.

PRAYER

Dear Heavenly Father, You are my God and my King and I thank You for the unmerited grace and favor You have bestowed upon my life. There is none like You in all the earth. My purpose is within You. It is my desire to hear Your voice and know Your ways. I want to be a living sacrifice, holy and acceptable in Your sight. I deny myself to be completely devoted to You. Fill me with Your Spirit and overshadow me with Your Power. I declare Your perfect will over my life as I walk in spiritual wholeness. Remove the clutter so that I may be found worthy of Your fullness. Teach me how to walk in wholeness every day of my life. As I deny my flesh, I know You will strengthen my spirit. Use me for Your glory and as an instrument of love in the earth. It is in Your most Holy name I pray. Amen.

DECLARATION

I DECREE AND DECLARE that the Spirit of the ever-existing, Omni-present God is alive in me. The same Spirit that raised Jesus Christ from the dead resides in me, and He is performing a good work in my life. I am eternally connected to God by His Spirit according to 1 Corinthians 6:17. He is my creator and my source of strength. Therefore, I am an eternal being that possesses a mind that is housed in a body. The wholeness of

God creates wholeness within me. The fullness of God destroys the lack in me. My spiritual wholeness is removing the clutter and the noise. I have no need to seek fulfillment from earthly possessions or worldly gains. I have everything I need. Furthermore, the wholeness in my spirit creates a new level of faith, hope, and expectation. My spirit knows that something big is coming. The fields of my life smell like harvest, and by faith I am ready to reap. In this new season of wholeness, I am coming out with more anointing and power to help others see the love, justice, and grace of my Heavenly Father. As things are shifting around me, the wholeness of Heaven guards my heart and my mind. No weapon formed against me shall prosper. Amen.

Week 2: Wholeness in Soul (September 28th-October 4th)
No meats (including seafood), no fried foods, no sweets, no bread, no pasta, no rice, no soda

SCRIPTURES

Genesis 2:7 NLT
"Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person."

Psalms 139:23 NLT
"Search me, O God, and know my heart; test me and know my anxious thoughts."

Romans 12:1-2 MSG
"So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you."

PRAYER

Father God, I cherish this day and ask that You continue to remind me of who You've made me to be. That I have a purpose and a calling to fulfill on earth. May the breath I breathe in daily remind me that it's because of You that I live. May my plans be filtered through the wisdom that You ignite. May Your hands pull me away from compromising and dysfunctional behavior. My life is worth fighting for and has meaning. You've always had a plan for my life that requires my soul to endure the test. My soul is being refined and being purified by the blood of Jesus through the finished work of Calvary. I ask that You help me to finish the race never defeated, but always disciplined. In Jesus' name, I pray, Amen.

DECLARATION

I DECREE AND I DECLARE, that I am whole in mind, will, and emotions. That each day I am taking captive every negative thought and bringing it under submission to the power of the living God. My mind is intact and set on the kingdom of Heaven. I am grounded in my ability to communicate without deceit, manipulation, and confusion. There is nothing that stands between my joy and living in good cheer! Everything that I do for God will last! God, You are honoring my salvation, and I am rectifying every curse that gives birth to severances or lack in the bloodline of my family. I am WHOLE and through the authority given to me by You, healthier outcomes are my portion! Amen.

***Week 3: Wholeness in Body (October 5th-October 11th)**
6am-6pm: No meats (including seafood), no fried foods, no sweets, no bread, no pasta, no rice, no soda
** This week we have a change in our fasting times. Therefore, you should make a careful transition before returning to eating meats, fried foods, fats or normal foods. All of the experts agree that "breaking the fast" is a critical phase of returning to regular eating. Start slowly, no fried or fats as you allow your body to readjust to its usual regimen.*

SCRIPTURES

Ezekiel 37:14 AMP
14 I will put My [a]Spirit in you and you will come to life, and I will place you in your own land. Then you will know that I the LORD have spoken, and fulfilled it," says the LORD.'"

Jeremiah 30:17 AMP
17 'For I will restore health to you And I will heal your wounds,' says the LORD, 'Because they have called you an outcast, saying: "This is Zion; no one seeks her *and* no one cares for her."'

Joel 2:25 AMP
25 "And I will compensate you for the years That the swarming locust has eaten, The creeping locust, the stripping locust, and the gnawing locust—My great army which I sent among you.

Psalm 91:16 AMP
16 "With a long life I will satisfy him And I will let him see My salvation."

PRAYER

HEAVENLY FATHER, You said that "The thief comes only to steal, kill and destroy; but You have come that I may have life and have it more abundantly." I thank You now for restoring my body back to wholeness in You. Gracious Father, You are the vine and we are the branches and I thank You that my body shall prosper just as my soul. This day, I thank You that Your Word is a lamp unto my feet and health to my body and refreshment to my bones. I thank You now that every place in my body is being made complete in You and I have confidence that what You have begun in me, You will perfect it until completion. In Jesus' most mighty name we pray, Amen.

DECLARATION

I DECREE AND DECLARE that every area in my body will come to life and be restored to wholeness. You are placing me in wide open spaces of peace and truth to flow into my life. I am a city set in its rightful place and the years that the locust has eaten are being restored to me now in Jesus' name. By faith, I will call on Him and He will answer me, satisfying me with long life, nothing missing nor lacking. My body is the temple of the Holy Spirit and health, healing and wholeness are my portion and they are being multiplied back to me and my family now in fullness. In Jesus name! Amen.

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.