



deeper

FAITH, FASTING &

FITNESS

FEBRUARY 15-MARCH 25

2016

Greetings Family!

Greetings Family,

Welcome to forty days of Prayer and Fasting! As we come together, I believe Prayer and Fasting can bring about revival, a change of direction of our nation and the fulfillment of the Great Commission.

Fasting is the most powerful spiritual discipline of the Bible. However, something awesome happens whenever we tap into the powerful weapons of combined prayer and fasting. It is only when these two activities are combined and dedicated to God's glory that they reach their full effectiveness. When we pray and fast together, God will pronounce blessings on us as we unite our hearts in common unity for the accomplishment of God's will being done in our lives. By faith, through prayer and fasting, the Holy Spirit can transform lives. Faith is a vital part of our fast. Hebrews 11:6 says that without faith it is impossible to please God. Faith is the assurance that God's promises will never fail. It's being sure of what we hope for and certain of what we do not see.

We must always remember that fasting should never be used to manipulate God into doing what we desire nor as a means to lose weight. Rather, it is simply forcing yourself to focus and rely on God for strength, provision, and wisdom, gaining a deeper fellowship with God.

Also, this year during our Fast we will focus in on our Fitness. Fitness, Health and Wellness are all a part of God's agenda concerning His people. Therefore, a balanced approach to exercise and health is what the Christian should pursue. However, in these pursuits we must not lose sight of God. The reason we should care for our bodies is not to prolong our own lives or gain popularity; but it is because we value and desire God's gift to us.

Beloved, I am convinced that as we journey together for these forty days, sacrificing unto God by giving up those things we thought we had to have, that our lives will never be the same again. According to Scripture, when the people of God fast with a proper biblical motive to seek the face of God and not His hand, fast with a broken and contrite spirit, God will hear from heaven and heal our land. That means that He will heal our lives, our churches, our communities, our nation and our world.

A handwritten signature in blue ink that reads "Pastor Bryan J. Plumb". The signature is written in a cursive style with a long, sweeping underline.

Senior Pastor

Fast Instructions

Everyone is encouraged to support our corporate gatherings:

- **Sunday Morning Worship Service** 7:30am and 10:00am in the Sanctuary

- **Tuesday Midday Prayer**-12 noon in the Chapel

- **Teleconference Prayer** 6:30am

Monday through Saturday

1-641-715-3670, Access Code 124641#

- **Word On Wednesday Bible Study** 12 noon in the Chapel

7:00pm in the Sanctuary

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

Weeks 1 and 2 (2/15-2/28)

No Pork, No Bread, No Soda;

No Negative Conversations, No Displays of Anger

Weeks 3 and 4 (2/29-3/13)

No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork, No Fried Foods;

No Negative Conversations, No Displays of Anger

Weeks 5 and 6 (3/14-3/25)

Fruits, Vegetables, Beans, Legumes, Peas, Lentils, Brown Rice, and Oats, Water;

Water only from 7pm-7am

No Internet or Social Media except work or ministry related

No Negative Conversations, No Displays of Anger

Suggested Snacks: Multi-grain Tortilla Chips and Salsa, Nuts/Seeds, Popcorn

Scriptures and Prayers

Week One

FAITH

Matthew 21:22 (NIV)

Romans 10:17 (NIV)

Hebrews 11:6 (ESV)

Mark 11:22-24 (ESV)

Luke 1:37 (KJV)

James 2:18 (ESV)

1 Timothy 6:12 (NIV)

Prayer: *Father, I come to Your throne knowing that whatever I ask shall be mine. Today I ask for peace on every side, answers for lingering questions and solutions to break the back of every ungodly thing that comes against my family. Your Word declares that no weapon formed against Your servant shall prosper. Today I call Your words to action on my behalf. Release Your power in us that our family will break out of generations of struggle and forever be free from_____ (name the generational curse or lingering issues) Lord it is my faith in You that allows me to boldly say that from this day forward mountains will be removed. Difficult things will become easy. My understanding increases daily and I respond to Your call to rise up and become the fullness of who You made me to be. In this season I will take leaps of faith to move my family ahead in You and enlarge the Kingdom. Thank You for revealing clear strategies to progress that vision You have given for our family, our community, and the Kingdom. Amen!*

Week One Declarations

I DECREE and DECLARE that every word I speak will pierce heaven and get a response from God.

I DECREE and DECLARE that I Hear the Word, Understand the Word, and Live the Word.

I DECREE and DECLARE that I am favored of God and my ways please Him.

I DECREE and DECLARE that this is the set time of promotion. The things that have been held up in the heavenly realm are released to me now. Nothing will stop blessings from pursuing me and overtaking me.

I DECREE and DECLARE that my sphere of influence is increasing in order to enlarge the Kingdom. I will work to plant souls in Christ and make sure they take root and grow.

I DECREE and DECLARE that every seed I have sown in faith will produce a righteous harvest. No longer will I tolerate lack. God will remember every good deed done in His name. He will bless me and He has already prepared my heart to be a blessing.

I DECREE and DECLARE that my store houses are running over, to the full, and bursting with resources for every generation that is to come after me. As a family, we will plant for the Kingdom. Our seed will go where our hands cannot. No border will keep us from spreading the love of Jesus Christ.

Week Two

FAITH

Ephesians 2:8 (ESV)

1 Corinthians 2:5 (ESV)

Luke 17:5-6 (NIV)

Romans 5:1-2 (NIV)

Luke 18:27 (NIV)

James 2:26 (NIV)

Galatians 2:20 (ESV)

Prayer: *Dear Lord, Your works astound me. I thank You for the clear directions and insight into the steps I must take while leaping in faith. Your power will sustain me while Your Spirit guides me. Thank You for protecting all that concerns me. Thank You for making my eye sensitive to anything that seeks to invade what You are building in this family. Give me a heart for what's on Your mind and I will pray for it by faith.*

God, I am committed to faith that is active every day. Show me how to develop and follow a clear concise plan of action that grows my faith, increases my understanding and makes me sensitive to Your voice. Give me wisdom to manage all that You are holding me accountable for. Amen!

Week Two Declarations

I DECREE and DECLARE that I will see my words living, walking and breathing in the earth realm. My vision is clear; my faith is active and growing.

I DECREE and DECLARE that the mustard seed of faith inside of me grows daily, produces results and spread its branches to support others as they become rooted in Christ.

I DECREE and DECLARE that I will leap over walls, tear down barriers, and remove all hindrances standing between me and the plan of God for my life. My vision is renewed, made clear and firmly planted in my heart. This is the set time for progress. Not one thing can stand in the way of my goals because with God I cannot be defeated.

I DECREE and DECLARE that I cast out all unbelief and cling to the promises in the Word. God is for my success and not failure. He is invested in my journey and walks me through every decision. I hear You clearly and I understand Your direction. I will follow You perfectly.

I DECREE and DECLARE that I will put my hands to work with my faith and accomplish much in this season.

I DECREE and DECLARE that my flesh will constantly be beaten and defeated. I will walk in the spirit and obey the call of the Holy Ghost.

I DECREE and DECLARE that I am moving into a new dimension. I am standing and operating in the place of divine favor, perfect timing and assured success. God will bless the work of my hands and honor the words of my mouth. It is all possible because of my belief in Him.

Week Three

FASTING

Matthew 6:16-18 (NLT)

Joel 1:14 (NLT)

Isaiah 58:6-8 (NLT)

Matthew 4:1-4 (NIV)

Matthew 17:20- (NKJV)

Matthew 5:5-7 (NKJV)

Mark 2:18-20 (NLT)

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. It is my pleasure to serve You and to walk in forgiveness all the days 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!*

Week Three Declarations

I DECREE AND DECLARE that God is the Lord of my life. I willingly lay down and sacrifice the things of this world to attain God's perfect knowledge for my life.

I DECREE AND DECLARE that I will remain steadfast and unmovable in the Word of God. My steps are ordered by the Lord, and I am focused on attaining the promise.

I DECREE AND DECLARE that during this season of prayer and fasting, my spirit will be strengthened and I will experience a new dimension of faith.

I DECREE AND DECLARE that my hunger and thirst for the things of God shall be filled. My God will supply all my need according to His riches in Glory.

I DECREE AND DECLARE that I will walk in undeniable forgiveness. I will grow in my ability to forgive others in the same manner that Christ has pardoned me.

I DECREE AND DECLARE that my heart will grow more sensitive to the move of the Holy Spirit. God's holy presence resides within me; therefore I can do a things through Christ who gives me strength.

I DECREE AND DECLARE that I will hear the Voice of God concerning the vision for my life. God's plan for me continues to unfold, and it is marvelous in my eyes.

Week Four

FASTING

Ezra 8:23 (NLT)

Philippians 4:6-7 (NIV)

1 Thessalonians 5:16-18 (NIV)

Acts 13:2-3 (NLT)

1 Corinthians 9:26-27 (NLT)

2 Chronicles 7:14 (NIV)

1 Corinthians 10:31 (NIV)

Prayer: *Dear Most Gracious Heavenly Father. Thank You for Your loving kindness which is better than life. Your love found me and gave me another chance. My heart is filled with praise and gratitude. I do not know where I would be if not for Your grace. You are the Prince of Peace, and I acknowledge Your sovereignty. My life belongs to You. I deny the passions of my thoughts to acquire the purpose for my heart. Teach me Your ways, and lead me in a plain path. Dear God, remove the clutter of my life so that I may run after You. I speak against all manner of temptation, and I declare that no weapon formed against me shall be able to prosper. You, O God, are the focus of my fast; and I seek Your face. I love You and I praise You. In Jesus Name. Amen!*

Week Four Declarations

I DECREE AND DECLARE that obedience is better than sacrifice. God is taking me to a place that requires deeper discipline and as a result, my life will experience a new level of abundance.

I DECREE AND DECLARE that God has given me the same power that raised Jesus Christ from the dead. Through this season of fasting, I will see the daily manifestation of this power.

I DECREE AND DECLARE that there is no sorrow that Heaven does not hear. God will respond with all power and will heal our land.

I DECREE AND DECLARE that I am a disciplined soldier in the army of the Most High. With my prayers, I declare war on every principality and power that wants to steal, kill or destroy my family.

I DECREE AND DECLARE that my fasting and praying is getting me ready for the next dimension of power and purpose.

I DECREE AND DECLARE that God is a present help in the time of trouble. My heart will not grow weary because the joy of the Lord is my strength.

I DECREE AND DECLARE that my faithfulness to the ways of God has open doors of opportunities. God has enabled me to be a blessing because I am His chosen instrument of love.

Week Five

FITNESS

1 Corinthians 9:26-27 (AMP)

Isaiah 40:29-31 (NIV)

1 Corinthians 10:31 (ESV)

Philippians 4:13 (AMP)

1 Corinthians 6:19-20 (AMP)

1 Corinthians 9:25 (AMP)

Proverbs 31:17 (AMP)

Prayer: *Heavenly Father, I do not run without a definite goal but like a boxer I strictly discipline my body in fitness and make it my slave, I thank You that You give me strength when I am weary and might when I have no power. Gracious Father, I thank You that I can do all things through You, who strengthens me, that I am made self-sufficient in Christ's sufficiency. You have said that my body is the temple of the Holy Spirit who lives in me and that I was brought with a price. Therefore, I honor and glorify You with my body, for it is by fitness I equip myself with strength: spiritual, mental and physical fitness in order that I may complete my task. I thank You Father that like an athlete I am disciplined and exercise self-control in all things, so that whether I eat or drink or whatever I do, I do all to the Glory of our Great God. In Jesus most mighty name I pray, Amen!*

Week 5 Declarations

I DECREE and DECLARE that in every way I will succeed and prosper and be in good health physically just as my soul prospers.

I DECREE and DECLARE that I will be steadfast, immoveable always excelling in the work of the Lord because the Spirit who lives in me is greater than the spirit who lives in the world.

I DECREE and DECLARE that I can do all things which He has called me to do through Him who strengthens and empowers me and I am self-sufficient in Christ's sufficiency.

I DECREE and DECLARE that whatever I do, whatever task it may be, that I will work from my soul putting forth my very best effort as doing it for the Lord and not for men.

I DECREE and DECLARE that just like an athlete competes in the games, I will be disciplined and exercise self-control in all things making me fit both today and forever.

I DECREE and DECLARE that my whole spirit, soul and body will be kept blameless until our Lord Jesus Christ comes again; that I am a living sacrifice, holy and well-pleasing to God, which is my act of worship.

I DECREE and DECLARE that my body is a temple of the Holy Spirit who is within me; that I will gain new strength and renewed power so that my arms will be strong for my task.

Week Six

FITNESS

Hebrews 12:11-12 (AMP)

1 Timothy 4:6-10 (MSG)

1 Corinthians 15:58 (AMP)

1 John 4:4 (NLT)

Romans 12:1 (AMP)

1 Thessalonians 5:23 (NLT)

Colossians 3:23 (AMP)

Prayer: *Merciful Father, may the God of peace make me holy in every way, that my whole spirit, soul and body may be kept blameless until the Lord Jesus Christ comes again, that I am steadfast, immoveable, always excelling in the work of the Lord. You have said that I must present my body as a living sacrifice, holy and well-pleasing to God. So I thank You that I belong to You and have already won the victory in fitness because the Spirit that lives in me is greater than the spirit who lives in the world. I thank You for a disciplined life in God is far more so, making me fit both today and forever. In Jesus' name I pray, Amen!*

Week Six Declarations

I DECREE and DECLARE that I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.

I DECREE and DECLARE that I have a peaceful heart leading to a healthy body; that I will fly high on wings like eagles; I will run and not grow weary and I will walk and not faint.

I DECREE and DECLARE that I am guided continually by God allowing Him to water my life when I am dry and keeping me healthy, too. I will be like a well-watered garden and like an ever-flowing spring.

I DECREE and DECLARE that I will never forget Your commandments for You have used them to restore my joy and health.

I DECREE and DECLARE that I will not be impressed with my wisdom. Instead, I will fear the Lord and turn my back on evil, gaining renewed health and vitality.

I DECREE and DECLARE that the Lord is my strength and my shield; that my heart trusts in Him, and I am helped.

I DECREE and DECLARE that I will have healing for my body and strength for my bones and that I will be protected from all illness.



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