

Mount Zion New ERA Youth Ministry Harvest Fast 2017

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 daily
- 5 mins of prayer time in your "Prayer Closet" daily
- 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) daily
- Minimum of 25 mins uninterrupted conversation with parents/guardian daily
- Sit down and write an action plan on how you hope to achieve your "harvest" during this fast. What necessary steps will you take **(1 page in length)**?

Youth Week 3

All of the above plus

- No Social Media

-No internet unless for school

- Minimum of 30 mins uninterrupted conversation with parents/guardian daily

- 15 mins of prayer for teachers, friends, and family in your "Prayer Closet" (Use Prayer Plan) daily

-Write a letter to God on how you want to improve your relationship with Him. Share and share and review it with your parents, and keep it in a secure place to visit at a later time **(1 paragraph minimum)**