



BELIEVE TO SEE
21 DAYS FASTING & PRAYING

MOUNT ZION CORPORATE FAST
JANUARY 4 - JANUARY 24



MOUNT ZION

New Era Believe to See 21 Day Fast

Specified Instructions:

5-5-5 Principle

- Read the Bible for 5 Mins
- Meditate on what you read for 5mins
- Pray for 5 Mins

Share your reflections weekly with Pastor Jay via email johnsonj@mtzbc.com

Each youth will participate in the corporate scripture, prayer and declarations weekly.

Week 1- January 4-January 10: Don't Fear

NO Sweets, NO soda

Water Only and NO Social Media from 8PM to 8AM

(Modify this time if involved in organized sports that include late practices)

Week 2- January 11-January 17: Seek God's Face

NO Sweets, NO soda

Water Only and NO Social Media from 8PM to 8AM

(Modify this time if involved in organized sports that include late practices)

Week 3 - January 18-January 24: Wait in Faith

NO Sweets, NO soda

Water Only and NO Social Media from 8PM to 8AM

(Modify this time if involved in organized sports that include late practices)

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.