

 MOUNT ZION

RE•PRESENT

**21 DAYS
FASTING & PRAYING**

January 3 - 23, 2022



MOUNT ZION

Re-Present 21 Day Fast

Begins January 3, 2022, at 7am - Ends January 23, 2022, at 12 noon

Week 1- January 3-January 9: Re-Commit to Prayer

Teleconference Prayer: Monday-Friday at 7am: 336-663-6160

ONLY fruits, vegetables, juice, water, tea, smoothies, and protein shakes. Water Only from 7pm to 7am.

Scriptures:

Isaiah 58:6-9 NKJV

⁶“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? ⁷Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? ⁸Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. ⁹Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk,

Matthew 6:5-8 NKJV

⁵“And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. ⁶But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ⁷And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. ⁸“Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

Matthew 17:19-21 NKJV

¹⁹ Then the disciples came to Jesus privately and said, "Why could we not cast it out?"

²⁰ So Jesus said to them, "Because of your [Ⓜ]unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. ²¹ [Ⓜ]However, this kind does not go out except by prayer and fasting."

Declaration:

I DECREE AND DECLARE that I am committed to living a life of prayer. The grace of John 14:13 empowers me so that whatsoever I ask in the name of Jesus, according to His will, He will do it. The power of God shall be glorified through the words I speak in prayer. God has given me the authority to pull down every stronghold and defeat every attack of the enemy when I pray. My life of prayer will serve the agenda of the Kingdom of Heaven, and I will intercede for the needs of others, including those who are against me. My prayers are anointed, and I will get results. Fear, worry, and anxiety have no place in my prayers as I represent Christ. I will pray without ceasing, and by faith, the Holy Spirit partners with me in prayer. Therefore, I will not fail, and I will not miss. This is my winning season!

Prayer:

Dear God- Thank You for the opportunity to commune with You through prayer. Thank You for ripping the veil that I might have direct communication with You. Father, give me the proper perspective of prayer. Remove distractions that keep me from prayer; remove expectations that silence my prayer language. Father, please give me the words to pray. Help me embrace my authentic prayer language. Posture my heart in prayer so that I am always aimed towards You. Speak to my heart this week and give me the wisdom of Heaven. I will forever give You the praise and the glory. In the name of Jesus, I pray, Amen.

Week 2 - January 10-January 16: Re-Focus Your Plans

ONLY fruits, vegetables, juice, water, tea, smoothies, and protein shakes. Water Only from 7pm to 7am.

Scriptures:

Jeremiah 29:11 NIV

¹¹ For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Proverbs 3:5-6 MSG

Trust GOD from the bottom of your heart; don't try to figure out everything on your own. Listen for GOD's voice in everything you do, everywhere you go; he's the one who will keep you on track.

Proverbs 19:21 NIV

Many are the plans in a person's heart, but it is the LORD's purpose that prevails.

Declaration:

I DECREE AND DECLARE that the Lord orders my steps, and He has established a plan for every part of my life. I submit and re-focus my thoughts and affections on the agenda of God. The Blood of Jesus Christ has set me free from the desire to control my life. I walk by faith and not by sight. My spiritual eyes will recognize God's purpose, path, and plans for me. The grace of Jeremiah 29:11 is on my life, and God's plans give me hope and a future. The Holy Spirit is showing me secret blueprints and hidden pathways. Nothing shall distract or detour me from accomplishing God's plans for me. Divine partnerships and sponsorships are coming to me because I walk in the abundance of His love. The enemy cannot stop what God has started in me. My focus on His Kingdom will reshape my steps as I represent Christ. I have the victory in Jesus' name.

Prayer:

Dear God- Thank You for having a plan, purpose, and provision for my life. Father, right now, I ask for forgiveness for the times I've interrupted Your plans for my life, and for the times I've tried to control my own life. Right now, I ask that You align every plan for my life with Your will and Your way. I re-focus my plans to You, knowing that Your plans prosper me and don't harm me; your plans give me hope and a future. Thank you, Lord, for your plans. Amen.

Week 3 - January 17-January 23: Re-Claim Your Power to Produce

ONLY fruits, vegetables, juice, water, tea, smoothies, protein shakes, baked or grilled chicken and seafood. Water Only from 7pm to 7am.

Scriptures:

Deuteronomy 8:18 NLT

¹⁸ Remember the LORD your God. He is the one who gives you power to be successful, in order to fulfill the covenant he confirmed to your ancestors with an oath.

Ecclesiastes 9:10 NIV

¹⁰ Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom.

1 Corinthians 4:20 NIV

²⁰ For the kingdom of God is not a matter of talk but of power.

Declaration:

I DECREE AND DECLARE that I am a branch connected to the true vine, and I will bring forth fruit in my season. God is Jehovah Jireh, and He reigns over my life. Therefore, the spirit of lack and poverty are not connected to my branch. By faith, I reclaim my ability to produce in abundance. My leaves will not wither, and whatsoever I do will prosper. As a representative of Christ Jesus, I am an overflowing fountain that will never run dry. The Word of God flows through me; therefore, God is glorified in the fruit I produce. New strategies and opportunities will find me. The Spirit of God is shifting me, and I will produce more than I consume. God has prepared me to do the work required to produce and prosper. Generations to come will benefit from what God is producing in me. I am a life-giving spirit full of God's love and ability. No weapon formed against me shall prosper.

Prayer:

Dear God- Thank You for creating me to produce! You've given me the power to get wealth and the wisdom to operate in overflow. Establishing Your covenant, I shall have no need. I am walking in my God-given power to produce. I bind the spirit of lack. I give my all to my God-given assignments. This is my producing season; this is the season in which closed doors will open; dry places will be saturated, and a harvest will manifest! I reclaim my power to produce even now in the name of Jesus! 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.



MOUNT ZION



EXCITED RADICAL ANOINTED

New ERA CREED Student Fast (6th to 12th grade)

Begins January 3, 2022, at 7am - Ends January 23, 2022, at 12 noon

Teleconference Prayer: Monday-Friday at 7am: 336-663-6160

Week 1-January 3-January 9:

THIS NEW ERA doesn't "fit" into the pattern of this world. (Romans 12:2 NLT)

- Take time this week to reflect on this concept from our Creed.
- Share with your parent or guardian what it means to you.
- NO SOCIAL MEDIA from 7pm to 7am.

Prayer:

Hey God,

In a world where so many people my age are doing whatever it takes to fit in, give me the courage and the boldness to stand out, and stand firm in Your will, Your way, and Your purpose for my life. Help me to create patterns and habits that set me up for greatness and victory in Your name. In Jesus' name I pray, Amen.

Week 2-January 10-January 16:

THIS NEW ERA may be really "peculiar" to man, but a royal priesthood in the eyes of God. THIS NEW ERA is comfortable with being rejected by man but accepted by God. Being peculiar means to be a special possession of God.

- Reflect on what it means to be a child of God and a part of His plan.
- Take 15 mins to discuss with your parent or guardian three steps you will take this year to discover and live out of God's plan for your life.
- NO SOCIAL MEDIA AND NO SODA from 7pm to 7am

Prayer:

Hey God,

Help me to see myself through Your eyes. Please don't let me be defeated by the opinions of those who don't know You and understand all that You have created me to be. Show me how to see the blessings in being a special possession of Yours and help me not to be discouraged by the rejection of man when righteousness is what I seek after. In Jesus' name I pray, Amen.

Week 3-January 17-January 23:

THIS NEW ERA will take back their power and step into their rightful place as young people of God!

- Write out three power moves for the year! These are things that you will achieve by the assistance of God, which includes personal and academic goals.
- Pray over the three power moves with your parents or guardians.
- NO SOCIAL MEDIA, NO SODA AND NO SWEETS from 7pm to 7am.

Prayer:

Hey God,

I want it all back. I want the power to walk boldly in Your way, the confidence to be a representative of You, and the grace to do it in a world that may not understand me. I know that with You all things are possible, so give me the power to dream bigger, aim higher, and go further with You than ever before. I am expecting You to show up big in ALL areas of my life this year, and when You do, I won't hesitate to tell the world that You did it. In Jesus' name I pray, Amen.