



One in Christ

MOUNT ZION
BAPTIST CHURCH OF GREENSBORO, INC

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Bryan J. Pierce, Sr. | Senior Pastor

deeper

**40 DAYS OF
FASTING AND PRAYING
FEBRUARY 23-APRIL 3
2015**

Week Six

IMPACT

Ephesians 6:10-13 New Living Translation (NLT)

Luke 10: 19-20 New Living Translation (NLT)

Matthew 18: 18-20 New Living Translation (NLT)

Matthew 25: 35-40 New Living Translation (NLT)

Prayer: *Dear Heavenly Father, there is none like You in all the heavens and the earth. Your love never fails. You have been faithful, and I am grateful for the love You show unto me. It is my desire to be a world changer for the Kingdom of God. Thank You for giving me the mind to share the truth of the Gospel. I want to increase my ability to impact and bring change to those around me for the Kingdom of God. Let me have the capacity to share the same love You freely give to me with others. It is my desire to see Your Glory in the earth. Give me words to speak, hands to give, and a heart to serve. Holy Spirit, I give You permission to invade my mind, and show me how to be obedient to the call upon my life. In Jesus Name, Amen.*

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
- **Wednesday Teleconference Prayer**-6:30am
Monday through Saturday
1-805-399-1000, 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

Week 1 (2/23-3/1)

No Sweets/Desserts, No Bread, No Soda;
No Negative Conversations, No Displays of Anger;

Week 2 (3/2-3/8)

No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork;
No Negative Conversations, No Displays of Anger;

Week 3 (3/9-3/15)

No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork, No Fried Foods; No Negative Conversations, No Displays of Anger;

Week 4 (3/16-3/22)

No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork, No Fried Foods, No Pasta, No Negative Conversations, No Displays of Anger; Grilled or Baked Chicken and Seafood are permitted.
Water Only (excluding flavored and sweetened) 7pm-7am;

Week 5 (3/23-3/29)

No Internet or Social Nets except work or ministry related;
No Negative Conversations, No Displays of Anger, No Excessive Spending (needs not wants); Permitted are: Fruit, Vegetables, Beans, Legumes, Peas, Lentils, Brown Rice, and Oats.
Water Only (excluding flavored and sweetened) 7pm-7am;

Week 6 (3/30-4/3)

No Internet or Social Nets except work or ministry related;
No Negative Conversations, No Displays of Anger, No Excessive Spending (needs not wants); Permitted are: Fruit, Vegetables, Beans, Legumes, Peas, Lentils, Brown Rice, and Oats.
Water Only (excluding flavored and sweetened) 7pm-7am.

*Suggested snacks: Salsa and Multi-grain Tortilla, Nuts/Seeds, Popcorn

Week Five

INCREASE

Deuteronomy 1:6-10 Amplified Bible (AMP)

3 John 1:2-4 New Living Translation (NLT)

2 Corinthians 9:8-11 Amplified Bible (AMP)

Deuteronomy 8:1-10 New Living Translation (NLT)

Prayer: *Heavenly Father, I thank You for humbling me that You might teach me that I do not live by bread alone; rather, I live by every word that comes from Your mouth, for You have multiplied me that I may prosper in every way even as my soul prospers. You have tested and proved my character and because of this You have multiplied my resources for sowing and increased my righteousness for Your Glory. Heavenly Father, help me to continue to walk in Your ways and to fear You. That I may enter into a good land flowing with streams and pools of water. I thank You that my land is plentiful and nothing is lacking. In Jesus' most mighty name I pray, Amen.*

Week Four

INFECTIOUS (CONTAGIOUS)

Matthew 5: 13-16 King James Version (KJV)

Matthew 28:18-20 King James Version (KJV)

2 Corinthians 5: 18-20 New Living Translation (NLT)

Philemon 1:6-7 New Living Translation (NLT)

Prayer: *Dear Most Gracious Heavenly Father, my soul magnifies Your Holy Name. You are good, and Your mercy endures forever. It is my desire to be an Ambassador for the Kingdom of God. I thank You for the grace that is made available unto me so that I can represent You everywhere I go. Give me divine anointing and favor so that I may influence the atmosphere with Your presence. It is my prayer that Your Kingdom come and your Will be done on earth. I willingly align my heart with the Heart of Christ. Let Your love become contagious in our church, our community, and our nation. Thank You for giving me the victory over the enemy in every area of my life. I love You and I praise You. In Jesus Name, Amen.*

Scriptures and Prayers

Week One

INTIMACY (CLOSENESS)

1 Corinthians 8:2-3 Amplified Bible (AMP)

Psalms 17:5-8 Amplified Bible (AMP)

Psalms 63:1-8 Amplified Bible (AMP)

James 4:7-9 New International Version (NIV)

Prayer: *Heavenly Father, come near to me as I come near to You so that You purify my heart. I ask that You keep my feet planted on Your paths and that Your right hand will uphold me, that my whole being shall be satisfied, for Your loving-kindness is better than life and my mouth shall praise You with joyful lips. I thank You that when I lay down I meditate on You, that my help lies in the shadow of Your wings. I have submitted myself to You, clinging closely to You so that You keep me. I thank you Father for I will lift up my hands in Your name. In Jesus' most mighty name I pray, Amen.*

Week Two

IMAGINATION

Philippians 4:4-8 King James Version (KJV)

James 1:5-8 King James Version (KJV)

Romans 12:1-3 King James Version (KJV)

Colossians 3:1-2 King James Version (KJV)

Prayer: *Dear Heavenly Father, I want to thank You for every good and perfect gift that comes from You. You are the source of all life and my life is in Your hands. It is my earnest prayer that the same mind that was in Christ Jesus; be found within me. I willingly lay aside all thoughts and imaginations that do not line up with Your Word. Today, I choose to renew my mind. Give me the wisdom that comes from above. I believe that I can do the impossible through Christ Jesus. Furthermore, I believe that nothing is too hard for me. Reveal Yourself unto me, and give me a mind to comprehend. My thoughts are covered in the Blood of Jesus Christ. I am a new creature. In Jesus Name, Amen.*

WEEK THREE

INTEGRITY

2 Corinthians 1:12-14 New International Version (NIV)

Proverbs 10:8-11 New Living Translation (NLT)

Titus 2:1-8 Amplified Bible (AMP)

Proverbs 11:1-3 New International Version (NIV)

Prayer: *Gracious Father, I thank You that no dishonesty lives in me but that I find favor in accurate weights. I thank You that integrity guides me, giving me the strength to model good deeds and works. For it is by integrity I walk safely and it is by Your grace I do not follow crooked paths, but with purity of motive I have sought Your face conducting myself in godly sincerity. Let my instruction be sound and fit and wise and wholesome, vigorous and irrefutable and above censure. I ask that You place Your words into my mouth that Your Spirit of Truth abounds in every aspect of my life. I thank You that it is by my actions that You are lifted up and by my words that You are glorified and that nothing discrediting or evil is said about me. In Jesus' most mighty name, Amen.*