The background features a central, bright yellow and orange explosion with radiating light rays and dark, debris-like particles scattered around it. The overall color palette is dark, with the explosion providing a high-contrast focal point.

**MISSION
POSSIBLE**

40
40
DAY
CORPORATE FAST

FAITH • FAMILY • FINANCE • FITNESS

Greetings Family!

Welcome to what I believe is the most powerful spiritual discipline of all Christian Disciplines:
Fasting!

I am convinced that when God's people Fast with the sole biblical purpose and motive to seek God's face and not His hand, with a broken, repentant and contrite spirit, God will hear our prayers and heal our lives. He will recharge our faith, restore our families, reset our finances and renew our fitness (health).

I ask you this question: Is there anything too hard for our God? Let's be encouraged for the next 40 days to fast, pray and seek the face of God in these four areas of our lives (*faith, family, finance and fitness*). At the end we will all be able to say according to Matthew 17:20, that nothing is impossible because with God all things are possible to those who believe. Continue to trust God because **THE MISSION, YOUR MISSION, GOD'S MISSION IS POSSIBLE!**

A handwritten signature in cursive script that reads "Bryan J. Plunk". The signature is written in dark ink and is positioned to the left of the "Senior Pastor" title.

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 Corporate Prayer**-5:00am in the Chapel
- **Wednesday Teleconference Prayer**-6:30am
336-663-6160, (No Access Code needed)
- **Word On Wednesday Bible Study**- 12 noon in the Chapel
7:00pm in the Sanctuary
- **Thursday Fitness Class**-6:30pm in the Chapel
****Please print fitness waiver and bring with you****

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.

40 DAY FAST

Week 1 (March 6-March 12)

7am-3pm: liquids, fruit smoothies, protein shakes, coffee, tea, juice and water ONLY; 3pm-7am: your choice of food.

Week 2 (March 13-March 19)

No bread, no sodas, no sweets. All other foods are permissible.

Week 3 (March 20-March 26)

No bread, no sodas, no sweets, no beef, no pork, no unnecessary spending/shopping (only needed purchases). All other foods are permissible.

Week 4 (March 27-April 2)

No bread, no sodas, no sweets, no beef, no pork, no fried foods, no pasta, no rice, no potatoes (except baked sweet potatoes), no unnecessary spending/shopping (only needed purchases). All other foods are permissible.

Week 5 (April 3-April 9)

No bread, no sodas, no sweets, no beef, no pork, no fried foods, no pasta, no rice, no potatoes (except baked sweet potatoes). All other foods are permissible. Implement at least 30 minutes of cardio even if it's walking each day.

40-Day Fast (Continued)

Week 6 (April 10-April 14)

Choose your own personal Fast from the options listed below.

FAST OPTIONS: Each Fast option covers 24 hours with the exception of the Partial Fast.

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

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

Fast Instructions for Youth

Week 1 (March 6-March 12)

No Sweets/Desserts

No TV for one hour between 6pm-10pm. (Parents will spend 15 minutes a day with their child going over fast scriptures and communicating why it is important to fast)

Social Media: No SnapChat, No Twitter; No Negative Conversations, No Displays of Anger;

Week 2 (March 13-March 19)

No Soda

No Secular Music or TV for One Hour between 6pm-10pm. (Parents will spend 30 min a day with their child going over fast Scriptures, and Discuss techniques for Open and Better Communication between Child and Parent)

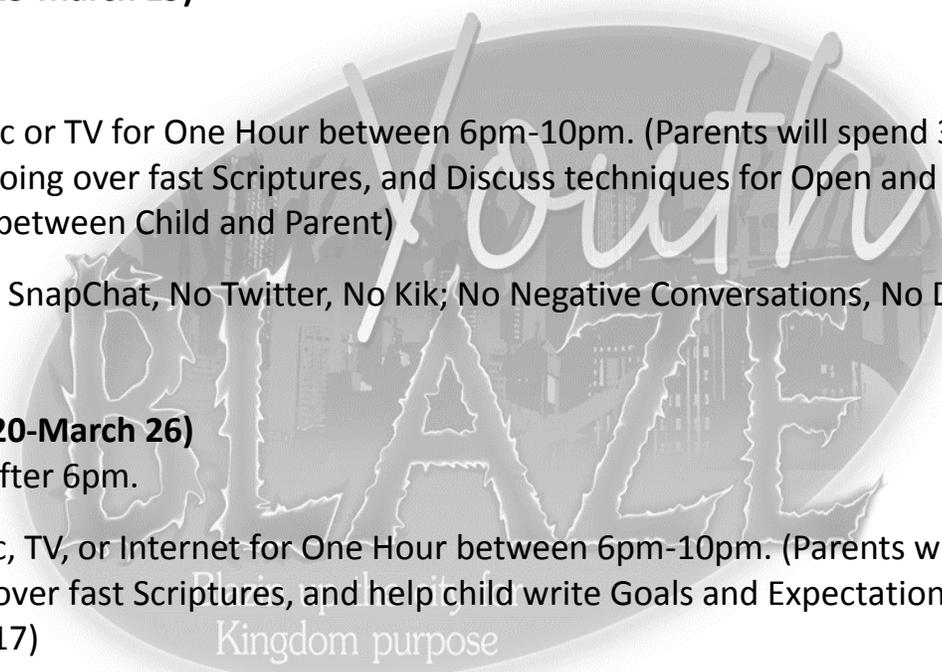
Social Media: No SnapChat, No Twitter, No Kik; No Negative Conversations, No Displays of Anger;

Week 3 (March 20-March 26)

No Fried Foods after 6pm.

No Secular Music, TV, or Internet for One Hour between 6pm-10pm. (Parents will spend 45 min a day going over fast Scriptures, and help child write Goals and Expectations for the remainder of 2017)

Social Media: No SnapChat, No Twitter, No Kik, No Instagram; No Negative Conversations, No Displays of Anger;



Fast Instructions for Youth

Week 4 (March 27-April 2)

No Fried Foods after 6pm, No Sweets/Desserts

No Secular Music, TV, Internet, Cell Phone, or Game Systems for Two Hours Hour between 6pm-10pm. (Parents will spend One Hour a day going over fast Scriptures, and discuss with child about their possible hindrances from going deeper and Intimate with God and how to overcome them)

Social Media: No SnapChat, No Twitter, No Kik, No Instagram, No Pinterest, No Tumblr, No Facebook; No Negative Conversations, No Displays of Anger;

Week 5 (April 3-April 9)

No Sweets/Desserts, No Soda, No Fried Foods after 5pm.

No Secular Music, TV, Internet, Cell Phone, or Games Systems for Three Hours between 6pm-11pm. (Parents will spend One Hour a day going over fast Scriptures, and will help child create prayer focus areas and prayers concerning area needed)

Social Media: No social Media at all; No Negative Conversations, No Displays of Anger, No Excessive Spending (needs not wants);

Week 6 (April 10-April 14)

No Sweets/Desserts, No Soda, No Fried Foods after 5pm.

NO Secular Music, TV, Internet, Cell Phone, or Games Systems between 6pm-11pm. (Parents will spend One Hour a day going over fast Scriptures, and will help child create vision boards to be presented at church and prayed over for their life.)

Social Media: No social Media at all; No Negative Conversations, No Displays of Anger, No Excessive Spending (needs not wants).

Scriptures and Prayers

Week One

Faith

Matthew 21:21-22 MSG

Romans 10:17 NIV

Hebrews 11:1-3 NIV

Ephesians 2:8-9 NIV

Proverbs 12:14 NIV

Mark 11:22-24 ESV

Luke 1:37 KJV

Prayer: *Father God, it is in the name of Jesus that I come in faith, knowing You are my light and my salvation. Whom shall I fear? For there is not one name above the name of the Lord. Through faith in the name of Jesus, I will leap over the walls I thought I had to climb. Through faith in the power of His blood, the dreams I allowed to die will be resurrected. I will seek Your face for clear instructions on carrying out these kingdom plans. I am fully persuaded that this is my season to recover and recoup all that was lost because of fear.*

My heart is open, and my mind is ready to receive vision. By faith, I speak to my hands declaring you will not be slack, but will work to build kingdom. By faith, I speak to my mind declaring you are alert and focused. I will press in to find the work designed just for me. By faith, I speak that which brings life to my God-given assignment to expand the kingdom. I have only complete faith that You will increase me in the land! Father, as I set my hands, thoughts, and intentions on building all that You say, I praise You in advance for watering my mustard seed. Amen

Declarations

- I DECREE and DECLARE that by faith every word I speak will be life giving and mountain moving.
- I DECREE and DECLARE that I am a force for the kingdom. These hands build, this heart loves, this mind believes, this faith achieves.
- I DECREE and DECLARE no weapon formed against me shall prosper. As His servant, I am due God's protection all the days of my life.
- I DECREE and DECLARE that my faith in Jesus will increase daily. I am His vessel; I know that the Lord will never let me down.
- I DECREE and DECLARE by faith that I am being guided by the Lord's hand. I have no reason to fear missteps. He will make my ways to prosper, producing overflow.
- I DECREE and DECLARE by faith that the Lord's strong arm is removing opposition and providing a path to victory. I will overcome!
- I DECREE and DECLARE that by faith I will have what I say. My words are living and they will create what my faith believes.

Week Two

Family

Joshua 24:15 NLT

Psalm 128:3 NLT

Mark 3:25 NKJV

Proverbs 22:6 NKJV

1 Timothy 5:8 NKJV

Psalm 103:17-18 NKJV

I Kings 8:57 NIV

Prayer: *Dear Most Gracious Heavenly Father, This is the Day that You have made, and I will rejoice and be glad in it. You are the sustainer of my life and the lifter of my head. Take Your rightful place upon the throne of my heart. You are my King and my Savior. You are my source, and all sufficiency is within You. Lord, I am asking You to wrap Your arms around my family. Anoint us, revive us, and stand with us. When moments of darkness creep into this home, let the light of Your Glory shine within us. Let Your favor rest upon this home. A thousand shall fall at our side, and ten thousand shall fall at our right hand; but none shall come nigh us. You have already given us the victory by the Blood of Jesus. Save my unsaved family members. My family belongs to You. We are Your instruments, use us for Your glory. This is the year that the Mission is Possible for our family. And by the grace of God, and our committed hands; my family will fulfill the promise of God. It is in the name of Jesus I pray. Amen.*

Declarations

- I DECREE AND DECLARE that my family is walking and living in the favor of the Lord. We are strengthened by every circumstance, because the enemy cannot steal our joy. Our testimony is creating new rivers in the desert.
- I DECREE and DECLARE that during this season of fasting and praying, every unsaved family member in my family will find the life-changing, burden removing, chain breaking Love of Jesus Christ. Their hearts will be converted, their lives will be transformed, and they will be filled with the Holy Spirit.
- I DECREE and DECLARE that every generational curse is broken and destroyed under the name of Jesus Christ. Every promise shall come to pass. Every hope shall be realized, because whom the Son has set free is free indeed.
- I DECREE and DECLARE that the Peace of God that surpass all understand shall guard our heart and mind through Christ Jesus. My family and my home shall be a place of refuge and strength. God is a present help in the time of trouble.
- I DECREE and DECLARE that the manifested presence of God shall be revealed in my family. New business ideas, opportunities, and promotions are coming to my house. This is the season our minds will shift to being producers and not just consumers.
- I DECREE and DECLARE that a supernatural healing anointing will rest upon my family. The oil of the Holy Spirit shall change every negative report and crush every sickness and disease. Our bodies are whole because of the finished work of Calvary.
- I DECREE and DECLARE that the spirit of lack, poverty, and laziness will no longer have dominion in my family. The Lord God Almighty will show Himself strong as we boldly speak to every principality and power that exalts itself against the will of God. Devil, you are defeated.

WEEK THREE

Finances

Matthew 6:19-21 NIV

Romans 13:8 NIV

Hebrews 13:5 NIV

1 Timothy 6:10 NIV

Matthew 21:12-13 KJV

2 Chronicles 1:11-12 KJV

Luke 14:28 NIV

Prayer: *Father God, I bless Your holy and righteous name. You are great and greatly to be praised. You are my undisputed source; the one that provides, protects and promotes. There is nothing that catches You by surprise for You are all knowing and a very present help in my time of need. I acknowledge the fact that it is You that gives me the power, the intellect and favor to attain wealth. May I continually seek Your face and not just Your hand! In fact my portfolios should permeate love, so that my heart will not be focused on accumulating treasures instead of growing more intimate with You. Give me the boldness, the assurance and discipline to be a skillful manager of my God given resources. Teach me to give freely without coercion, so that Your store house may overflow. Change my perspective towards accumulating debt. Free me from this burden so I may honor You first. In Jesus name, Amen*

Declarations

- I DECREE and DECLARE that I shall take the proper perspective when it comes to receiving and distributing God's Finances. I can speak to my mountain and it shall be removed.
- I DECREE and DECLARE that wealth will not cause me to take advantage of others but to take advantage of the opportunity to bless others in love.
- I DECREE and DECLARE that I am the head and not the tail, above only and not beneath. My finances are blessed of the Lord. The weeds of despair are a thing of the past.
- I DECREE and DECLARE that my giving would be reflective of my faith and trust in God who gives me the power to attain wealth.
- I DECREE and DECLARE that my mind and body is functioning at optimum levels to place God in first position in all my decisions (spiritual, financial, relational).
- I DECREE and DECLARE that my best is yet to come as I align myself with You; seeking Your face and not Your hand. I am prepared for the overflow.
- I DECREE and DECLARE that my treasure shall be in You, oh God and not my resources for my value is my relationship with You and not in what I have in storage.

Week Four

Finances

Matthew 6:1-4 NIV

Mark 12:41-44 NIV

Proverbs 10:4 NIV

Ecclesiastes 7:12 NIV

Matthew 13:22 NIV

1 Timothy 6:17-19 NIV

Deuteronomy 28:12 KJV

Prayer: *Dear Lord, there is none like You. It is in You that I live move and have my being. You are sovereign in all Your ways. You offer life changing results and specialize in working things out for my good. Thank You for the finances You have entrusted to me. I understand to whom much is given, much is required. Afford me another opportunity to embrace Your commands concerning finances and giving. May I look for opportunities to bless the kingdom even when it stretches my faith. Give me the strategies to participate in and fund Your mandates continually. Help me to develop a financial stewardship plan that puts You first rather than on the back burner. May I seek out opportunities to both witness of Your goodness and be a Good Samaritan to others in need. Forgive me if I have used the abundance of resources to lord over others. Give me a measure of faith to fully understand the breadth and depth of Your giving. Bless the works of my hands. In Jesus name, Amen.*

Declarations

- I DECREE and DECLARE that my earnest desire is that wisdom will preserve my God given resources in such a manner to leave an inheritance for future generations.
- I DECREE and DECLARE that my latter shall be greater than my former as I give and receive to honor God for I am not forsaken nor lacking any good thing.
- I DECREE and DECLARE that I am the righteousness of God; I am blessed in the city, in the field, in my coming and in my going.
- I DECREE and DECLARE that God's perfect will shall not lie dormant in me when it comes to my giving and sharing the blessings accumulated with others in the kingdom.
- I DECREE and DECLARE that my finances are blessed from seeds sown, and I am grateful for all that I have now and will receive in the future.
- I DECREE and DECLARE that I will use wisdom when it comes to God's money that He has shared with me.
- I DECLARE and DECREE that my resources shall multiply exponentially as a result of aligning myself with God's word.

Week Five

Fitness

3 John 2:2 NLT

Proverbs 17:22 MSG

Ephesians 5:18-20 MSG

Jeremiah 33:6-9 MSG

Acts 27:34 AMP

Revelation 14:12 AMP

Deuteronomy 7:12-15 NIV

Prayer: *Heavenly Father, I thank You for a cheerful disposition, for it brings good health to my body. I thank You Father, that above all things my body prospers just as my soul. It is You that is doing a full renovation in me, bringing forth true healing inside and out. I thank You that it is Your Spirit that gives me life, allowing blessings to overtake me! Gracious Father, I remain steadfast in endurance and not a hair on my head should perish as I keep Your commandments for my life. I thank You that I am kept from every disease and that I am consistent in what I allow in my body. This day Father, 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. Heavenly Father, I thank You that old habits are falling off of me and that Your Spirit prompts new habits of eating, exercise and health within me. Where I am no longer conformed to the ways of this world but being transformed by the renewal of my mind. In Jesus most mighty name I pray, Amen!*

Declarations

- I DECREE and DECLARE that every sickness and disease must bow down to the mighty name of Jesus Christ, and the Holy Spirit that raised Jesus Christ from the dead dwells in me and quickens my body with the life and wisdom of God, which guards the life and health of my body.
- I DECREE and DECLARE that I will attend to God's words and incline my ear unto His sayings. I will not let them depart from my eyes but keep them in the midst of my heart. For they are life unto me; and they are health, healing and medicine to all my flesh.
- I DECREE and DECLARE that I experience life on God's terms, and His abundant life manifesting in me, making me whole: body, soul, and spirit.
- I DECREE and DECLARE that divine health is mine. You said it and I believe it! I will see Your promise of good health manifested in my body.
- I DECREE and DECLARE I am fearfully and wonderfully made for marvelous are Your works, and my body and mind reflect Your original intent and perform its job marvelously. I will be disciplined *and* exercise self-control in all things, making me fit both today and forever.
- I DECREE and DECLARE that by His stripes I am healed and my body releases the right chemicals through proper eating and physical fitness habits that I may honor *and* glorify God with my body.
- I DECREE and DECLARE that my body is a temple of the Holy Spirit who is within me. I will gain new strength *and* renewed power so that my arms will be strong for my task.

Week Six

Faith

2 Corinthians 5:7 AMP

Psalm 46:10 NIV

Galatians 2:16 NIV

James 2:18 NIV

Romans 5:1-2 NIV

Luke 18:27 NIV

James 2:26 NIV

Prayer: *Father, I come to You in the name of Jesus, entering by faith in the power of the blood! I am washed by the blood and no man can stain my testimony. Lord, I will look for opportunities to grow in faith. I am committed to a life of belief in Your Word. It is only by faith that I work while I await Your return. Everything I set my hands to do will prosper. I believe that You have appointed me for success. I will recognize Your guidance and accept Your correction. Thank You for the plan for my life. I accept the responsibility of walking out that good plan.*

Lord, it is by faith that the anointing on my life destroy the yoke of generational curses and unlock blessings. As I set my face to understanding, You will grant wisdom and grace. Thank You for giving me the courage to stand against that which has plagued my family. Thank You for the boldness to witness to my neighbors that they might know the results of a life of faith in the blood of Jesus. Amen.

Declarations

- I DECREE and DECLARE that the blood of Jesus is my choice weapon. My faith is my defense and my shield.
- I DECREE and DECLARE that nothing and no one will stop me from completing my assignment. By faith I will fulfill the complete will of God for my life.
- I DECREE and DECLARE that God is on my side. On my hardest days, my faith will not waiver. I believe He is still for me and I have no reason to ever lose hope.
- I DECREE and DECLARE that my life is steadily getting better. My faith will produce Favor in every area of my life. I am lavished with good. The blessings He bestows upon me far exceed what I can think, dream or imagine.
- I DECREE and DECLARE that God's hand is upon me, my faith opens doors, His wisdom pours out of me, and I am standing under an open heaven.
- I DECREE and DECLARE that the Lord is standing up for me! By faith, I know that He is always working on my behalf to protect and promote, everything He has placed inside of me.
- I DECREE and DECLARE that no matter what I see, my faith will not be interrupted! God is bigger! He shall perform all he Has promised me!



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Bryan J. Pierce, Sr. | Senior Pastor