

Accountability is a powerful tool for success. You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy. During this period, as you continually place your flesh under submission to your spirit, you will find increasing opportunities to reflect the character of God in your daily walk.

REMINDER

Please note, if you are unable to attend church in person during prayer time, please join us by:

PRAYER LINE

(267) 807-9605

Access Code: 647793 #

Prayer Monday thru Friday 6:00 a.m., and 6:00 p.m. daily

www.facebook.com/mtzecorse Website: www.mtzecorse.org



Mount Zion Missionary Baptist Church

21 Days of Consecration

Living by the Word of God

Matthew 4:4

March 4th– March 24th 2024 6:00 am & 6:00 pm

21 DAYS OF CONSECRATION

Our longing is that Mt. Zion will be a place known for faith filled believers in Jesus Christ. Knowing and expecting that God can do more than we ask or imagine!

To consecrate means to make or declare something sacred; to set it apart for God's purposes and use. With this thought in mind, 2024 marks year eight of our corporate season of consecration here at Mt. Zion. Seven years ago the Lord led us to start a season of church-wide consecration. During that time, many experienced the move of God in profound ways, and sensed His mighty hand moving in their lives, as well as in the life of Mt. Zion. This special and extended time of commitment will serve as the foundation upon which we continue to grow in our love and devotion to Jesus Christ in light of his abundant provision of grace. Let's expect God to operate powerfully in the ministry of Mt. Zion as we put under subjection our flesh for a spiritual and natural purpose. Indeed, our spirits, souls, and bodies will be cleansed and renewed during this extraordinary time. So we take this sacred time of prayer and fasting seriously, looking forward to what God has in store for us collectively and individually this year.

Starting March 4th through March 24th, Mt. Zion will journey together in a time of consecration. We will fast & pray for strength, spiritual commitment and a deeper relationship with God. We will come together for prayer each Monday through Friday during this Consecration at 6:00 a.m., and 6:00 p.m. daily.

But you, when you fast, anoint your head, and wash your face; so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ~ Matthew 6:17-18

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DAY 21 - 6:00 AM - Revelation 11-16 Observation - _____ I am praying for the following: Myself -Friend/Family - _____ Church - _____ DAY 21 - 6:00 PM - Revelation 17-22 Observation - _____ I am praying for the following: Myself -Friend/Family - _____

Church - _____

The Consecrational Fast

This Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health needs.

Prepare for your Consecrational Fast

During this time of consecration you will not consume any artificial or processed sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms. You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period. Anytime you have a concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!

Scriptures About Fasting

For Victory in Spiritual Warfare - Mark 9:29 - And he said unto them, This Kind can come forth by nothing, but by prayer and fasting.

To Overcome the Flesh - 1 Corinthians 9:27 - But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

For Renewed Relationship with God - Joel 2:12 - Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

For Guidance - Ezra 8:21 - Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

To Hear from God - Acts 10:30-31 - And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.

To Bring Deliverance From Strongholds - Isaiah 58:6 - Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

To Seek Forgiveness - Daniel 9:3-5 - And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord my God, and made my confession, and said...We have sinned and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:

DAY 20 - 6:00 AM - Revelations 1-5

Observation
I am praying for the following: Myself -
Friend/Family
Church
DAY 20 - 6:00 PM - Revelations 6-10 Observation -
I am praying for the following: Myself -
Friend/Family

DAY 19 - 6:00 AM - James - Jude Observation - ____ I am praying for the following: Myself - _____ Friend/Family - _____ Church -DAY 19 - 6:00 PM - James - Jude Observation -I am praying for the following: Myself -Friend/Family - _____ Church -

Exercise

Exercise is an important part of a healthy lifestyle. It offers many health benefits - helps to control weight, lowers blood pressure, combats many health conditions and diseases, improves mood, boosts energy and more!

How Often to Exercise:

Exercise at least 3 times per week, for at least 30 minutes. You don't have to do the full 30 minutes all at once; you can break it up throughout your day. Remember to drink at least five (5) 8 oz. glasses of water very day!

You Can Do It!

When exercising, fasting and doing anything to make yourself better, there will be challenges, so remember:

- Stay Positive
- Be Consistent
- Don't Complain
- Don't Give Up!

DAY 1 - 6:00 AM - Matthew 1-5	DAY 18 - 6:00 AM - 1 Timothy - Hebrews
Observation	Observation -
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family -	Friend/Family
Church -	Church -
DAY 1 - 6:00 PM - Matthew 6-10 Observation -	DAY 18 - 6:00 PM - 1 Timothy - Hebrews Observation -
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family -	Friend/Family
Church	Church

DAY 17 - 6:00 AM - Ephesians DAY 2 - 6:00 AM - Matthew 11-15 - 2 Thessalonians Observation - _____ Observation - ____ I am praying for the following: I am praying for the following: Myself - _____ Myself - _____ Friend/Family - _____ Friend/Family - _____ Church -Church - _____ DAY 17 - 6:00 PM - Ephesians DAY 2 - 6:00 PM - Matthew 16-20 - 2 Thessalonians Observation - ____ Observation -I am praying for the following: I am praying for the following: Myself - _____ Myself - ______ Friend/Family - _____ Friend/Family - _____ Church - ____ Church - ___

DAY 16 - 6:00 AM - 2 Corinthians DAY 3 - 6:00 AM - Matthew 21-24 - Galatians Observation - _____ Observation - _____ I am praying for the following: I am praying for the following: Myself - _____ Myself - ______ Friend/Family - _____ Friend/Family - _____ Church -Church - ___ DAY 16 - 6:00 PM - 2 Corinthians DAY 3 - 6:00 PM - Matthew 25 - 28 - Galatians Observation - _____ Observation -I am praying for the following: I am praying for the following: Myself -Myself - _____ Friend/Family - _____ Friend/Family - _____ Church - ____ Church - _____

DAY 15 - 6:00 AM - 1 Corinthians	DAY 4 - 6:00 AM - Mark 1-4
Observation	Observation
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family	Friend/Family -
Church	Church
DAY 15 - 6:00 PM - 1 Corinthians	DAY 4 - 6:00 PM - Mark 5-8
Observation	Observation
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family	Friend/Family
Church	 Church

DAY 5 - 6:00 AM - Mark 9-12	DAY 14 - 6:00 AM - Romans
Observation	Observation -
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family -	Friend/Family -
Church	Church
DAY 5 - 6:00 PM - Mark 13-16	DAY 14 - 6:00 PM - Romans
Observation	Observation -
I am praying for the following: Myself	I am praying for the following: Myself
Friend/Family -	Friend/Family
Church	Church -

DAY 6 - 6:00 AM - Luke 1-4
Observation
I am praying for the following:
Myself
Friend/Family
Church -
DAY 6 - 6:00 PM - Luke 4-8
Observation
I am praying for the following:
Myself
Friend/Family
Church -

DAY 7 - 6:00 AM - Luke 9-12	DAY 12 - 6:00 AM - Acts 11-15
Observation	Observation
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family	Friend/Family -
Church -	Church -
DAY 7 - 6:00 PM - Luke 13-16	DAY 12 - 6:00 PM - Acts 16-20
Observation	Observation
I am praying for the following: Myself	I am praying for the following: Myself
Friend/Family -	Friend/Family -
Church -	Church -

DAY 11 - 6:00 AM - Acts 1-5 Observation -	DAY 8 - 6:00 AM - Luke 17-20 Observation
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family	Friend/Family -
Church -	Church -
DAY 11 - 6:00 PM - Acts 6-10	DAY 8 - 6:00 PM - Luke 21-24
Observation	Observation
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family	Friend/Family
Church	

DAY 9 - 6:00 AM - John 1-5	DAY 10 - 6:00 AM - John 11-16
Observation	Observation
I am praying for the following:	I am praying for the following:
Myself	Myself
Friend/Family	Friend/Family
Church	Church -
DAY 9 - 6:00 PM - John 6-10	DAY 10 - 6:00 PM - John 17-21
Observation	Observation
I am praying for the following: Myself	I am praying for the following: Myself -
Friend/Family	Friend/Family -
Church	Church -