



Accountability

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**

Kevin B. Mack, Pastor

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 - _____

Church - _____

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

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 1 - 6:00 PM - Matthew 6-10

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

**DAY 18 - 6:00 AM - 1 Timothy
- Hebrews**

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

**DAY 18 - 6:00 PM - 1 Timothy
- Hebrews**

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 17 - 6:00 AM - Ephesians
- 2 Thessalonians

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 17 - 6:00 PM - Ephesians
- 2 Thessalonians

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 2 - 6:00 AM - Matthew 11– 15

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 2 - 6:00 PM - Matthew 16-20

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 3 - 6:00 AM - Matthew 21-24

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 3 - 6:00 PM - Matthew 25 - 28

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

**DAY 16 - 6:00 AM - 2 Corinthians
- Galatians**

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

**DAY 16 - 6:00 PM - 2 Corinthians
- Galatians**

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 15 - 6:00 AM - 1 Corinthians

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 15 - 6:00 PM - 1 Corinthians

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 4 - 6:00 AM - Mark 1-4

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 4 - 6:00 PM - Mark 5-8

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 5 - 6:00 AM - Mark 9-12

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 5 - 6:00 PM - Mark 13-16

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 14 - 6:00 AM - Romans

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 14 - 6:00 PM - Romans

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 13 - 6:00 AM - Acts 21-24

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 13 - 6:00 PM - Acts 25-28

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

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

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 7 - 6:00 PM - Luke 13-16

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 12 - 6:00 AM - Acts 11-15

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 12 - 6:00 PM - Acts 16-20

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 11 - 6:00 AM - Acts 1-5

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 11 - 6:00 PM - Acts 6-10

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 8 - 6:00 AM - Luke 17-20

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 8 - 6:00 PM - Luke 21-24

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 9 - 6:00 AM - John 1-5

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 9 - 6:00 PM - John 6-10

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 10 - 6:00 AM - John 11-16

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____

DAY 10 - 6:00 PM - John 17-21

Observation - _____

I am praying for the following:

Myself - _____

Friend/Family - _____

Church - _____