



MT. ZION MISSIONARY BAPTIST CHURCH
ELDER LANCE E. HUMPHREY, SENIOR PASTOR

21 DAY

PERIOD OF CONSECRATION

Church Wide Fast

MARCH 31 THROUGH APRIL 20
RESURRECTION SUNDAY

*And he said unto them, This kind can come forth by
nothing, but by prayer and fasting.*
Mark 9:29

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PERIOD OF CONSECRATION

Daniel 10:1-21

Beginning Monday, March 31, 2025 – Ending Sunday, April 20, 2025

ITEMS THAT ARE OFF LIMIT:

- No pork or red meat
- No fried foods
- No caffeine (Soda, Coffee, Tea, etc.)
- No sweets (Chocolate, Cake, Cookies, etc.)
- No Soap Operas or Non-Christian TV Shows from 6am-6pm (Except News)
- No Secular music
- No Gossip or Meaningless conversation
- No Social Media

WHAT'S WITHIN THE LIMITS:

- Spend more time reading the Bible
- No Social Media
- Spend more time in prayer & meditation
- Fish, chicken, turkey (baked, broiled, blackened, etc)
- Milk & 100 Percent Juice Only (read the label)
- Baked Chips Only (Lays, Doritos, Cheetos, etc)
- Christian TV 6am - 6pm
- Partake in wholesome and healthy conversation
- Dialogue with your Covenant Partners once a week

SCRIPTURES FOR MEDITATION:

LEVITICUS 23:26-32, DEUTERONOMY 9:7-29, 2 CHRONICLES 20:1-30, EZRA 8:21-23 ESTHER 4:15-17, PSALMS 35:13, PSALMS 69:10, DANIEL 10, JOEL 2:15 ZECHARIAH 7:4-7, ZECHARIAH 8:19, MATTHEW.4:1-11 MATTHEW 6:16-18, MATTHEW 9:14-17, LUKE 2:36-39, LUKE 4:1-13, LUKE 18:12, ACTS 9:1-19, ACTS 13:2-3, 1 CORINTHIANS 6:12, 1 CORINTHIANS 9:27 2 CORINTHIANS 6:3-13, GALATIANS 5:13

DIABETICS:

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have succeeded in the fast. One of the benefits of fasting is the regular intake of nutrient-dense foods, which keeps your blood sugar stable. However, you're certainly free to modify the fast if you need to according to your body's specific needs. I would recommend focusing on low-glycemic foods (Daniel Fast-friendly ones, of course) and avoiding foods that are problematic. Read More Here (<https://ultimatedanielfast.com/the-daniel-fast-and-diabetes/>)

If you have concerns about specific foods, consult a nutritionist or doctor.