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

SPIRIT, SOUL, & BODY

March 9th – March 29th 2026
6:00 am & 6:00 pm

Kevin B. Mack, Pastor

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, 2026 marks year ten of our corporate season of consecration here at Mt. Zion. Nine 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 9th through March 29th, 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

MY HAIR IS GROWING

DAY 21 - 11 am

Judges 16:22

IS GOD CALLING YOU?

DAY 20 - 6 am

John 1:43 -45

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DAY 20 - 6 pm WHY THE CAGED BIRD SINGS?

Acts: 16:25

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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. 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:

THE ADVENT OF CHRIST

DAY 19 - 6 am

Luke 2:8-14

DAY 19 - 6 pm HOPE IN TIMES OF CHANGE

Romans 15:13

AUTHORITY

DAY 18 - 6 am

Mathew 28:18

DAY 18 - 6 pm OBSERVE WHAT I HAVE COMMANDED YOU

Matthew 28:20

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!

LET'S GO!

FINDING PEACE

DAY 17 - 6 am

Philippians 4:7

DAY 17 - 6 pm MEDITATE ON THESE THINGS

Philippians 4:8

REJOICE!

DAY 16 - 6 am

Philippians 4:4-5

DAY 16 - 6 pm

DON'T BE ANXIOUS

Philippians 4:6

PRAY ABOUT IT!

DAY 1 - 6 am

Philippians 4:6

DAY 1 - 6 pm

BIBLE STUDY

2 Timothy 2:15

MISSIONS

DAY 2 - 6 am

Matthew 28:19-20

MINISTRY

DAY 2 - 6 pm

2 Corinthians 4:1-2

THE BLESSINGS OF GOD

DAY 15 - 6 am

Matthew 5:3-12

SEEKING PEACE

DAY 15 - 6 pm

Philippians 4:1-3

BE SALTY

DAY 14- 6 am

Matthew 5:13

SHINE

DAY 14 - 6 pm

Matthew 5:16

STEWARDSHIP

DAY 3 - 6 am

Acts 4:32

WHAT IS LOVE?

DAY 3 - 6 pm

John 15:12

THE EVIDENCE

DAY 4 - 6 am

John 15:12

THE LOVE CHALLENGE

DAY 4 - 6 pm

John 15:14 -15

HE SEES YOU

DAY 13 - 6 am

Revelation 2:2-3

TRUE LOVE

DAY 13 - 6 pm

Revelation 2:4 -5

THE GREAT INTERCESSOR

DAY 12 - 6 am

Luke 23:46

DAY 12 - 6 pm

KEEP YOUR LOVE ALIVE

Revelation 2: 1

FRIENDS THROUGH HARDSHIP

DAY 5 - 6 am

John 19:25

DAY 5 - 6 pm

THE GIFT OF RELATIONSHIP

John 19:26

THE MINISTRY OF GIVING

DAY 6 - 6 am

John 19:27

DAY 6 - 6 pm

IS IT FINISHED?

John 19:30

INTO YOUR HANDS

DAY 11 - 6 am

Luke 23:46

DAY 11 - 6 pm

KEEPING SCRIPTURE ON YOUR MIND

Luke 23:46

PRAYING FOR POWER IN THE MINISTRY

DAY 10 - 6 am

Acts 4:23 -30

DAY 10 - 6 pm PRAYING FOR THE ENEMY

Luke 23:34

SEEKING THE KINGDOM

DAY 7 - 6 am

Matthew 6:33

DAY 7 - 6 pm SERVING THE LEAST OF THESE

Acts 3:1-2

LOOK AT US

DAY 8 - 6 am

Acts 3:2-4

DAY 8- 6 pm

WOULD YOU LIKE TO WALK?

Acts 3:5-10

THE LORD'S PROMISE

DAY 9 - 6 am

2 Chronicles 7:11-15

DAY 9 - 6 pm

THE POWER OF PRAYER

Mark 11:25-26