



CHURCH CORPORATE

21-DAY FAST

EMZBC



www.emzbc.org



CHURCH CORPORATE

21-DAY FAST

The goal of this fast is to seek God for supernatural guidance, direction, and healing. We are praying in particular that during this month we will see Supernatural Healing in a Supernatural Way.

WED., SEPT. 7 - WED. SEPT 28

www.emzbc.org



Supernatural Fast Faith Statement

We know the enemy is gearing up for an attack as he sees what God is doing with us in our church so we must be prepared for the battle. We begin with this Supernatural Fast.



2022

East Mt. Zion Baptist Church

Rev. Dr. Brian A. Cash, Pastor

The Supernatural Fast Details

WED., SEPT. 7 - WED. SEPT 28

- **No Fried Food**
- **No sweets, (cakes, cookies, etc.)**
- **Minimizing television time to 2 hours daily to spend more time with God**
- **Minimizing phone conversations daily to spend more time with God**
- **Give up food on Wednesdays from 6 pm-6 am or alter your diet with light snacks so that our focus and meditation is on the word of God**
- **Designate time on Wednesdays From 7 pm-8 pm to read a chapter in the Old Testament,**
- **New Testament, Psalms, and/or Proverbs**
- **Designate a time each morning to read a chapter in the book of Joel, a devotional, or listen to inspirational music or sermon.**
- **Join us on Thursdays & Fridays for in-person Spiritual Immersion Morning Prayer in the**
- **Sanctuary between 5 am-6 am**

Faith Journey

21-DAY SUPERNATURAL FAST

We anticipate a supernatural move of God to happen during and after these 21 days of fasting. If we give time for God to speak, He will do more than Speak; God will move supernaturally.