



GREATER MT. ZION CHURCH

2022 SEEK WEEK & CHURCH-WIDE FASTING GUIDE

SEEK WEEK JANUARY 10 - 14, 2022

Church-Wide Prayer

Online church-wide prayer is 7 pm - 7:45 pm
Join us on Facebook, YouTube, the GMZ App, or the GMZ website at <https://www.gmzaustin.org>

Church-Wide Fast

The church-wide fast begins at 6 am, January 10, and ends at 6 pm, January 14.

Do you want to go deeper? Try the *21 Day Prayer and Fast Challenge* starting at 6 am, January 10 and ending at 6 pm, January 30



HAPPY NEW YEAR GREATER

A new year is upon us, and while we don't know what to expect in 2022, we know that God is in control. Before we start making our plans and finalizing our goals, join us for Seek Week, a week we intentionally set aside to seek God through fasting and praying as a church family.

If you've never fasted before, don't worry! Our Fasting Guide will give you all you need to know about how to fast and pray during Seek Week. We've attached the guide for your convenience, and you can also download it from the GMZ App under Resources.

Submit Prayer Requests

prayer@gmzaustin.org

<https://tiny.cc/l8smnz>





TIPS FOR BEGINNING A FAST

Most of the fasts mentioned in the Bible were public or corporate fasts initiated by the priests; Jesus gave us the model for private fasts in Matthew 6:16-18; 9:14-15. As you prepare to fast, you will find these tips helpful.

Preparing Spiritually

- Ask the Holy Spirit to reveal areas of weakness (1 John 1:8-9).
- Pursue transformation by the renewing of your mind (Romans 12:1-2).

Preparing Physically

- If you have health concerns, consult your doctor prior to beginning the fast and explain what you plan to do. This is especially important if you take prescription medications or have any chronic illnesses.

How to Begin

- Start with a clear goal. Why are you fasting? Do you need direction, healing, restoration of family relationships?
- Are you fasting for the salvation of loved ones? Are you in need of sinful habits to be broken from your life?
- Are you facing financial difficulties? Ask the Holy Spirit for guidance, as you pray daily and read your Bible.

Deciding What to Fast

- In addition to the modified eating plan, there are other things to refrain from during this time that will help you maintain a clear focus. For example, you could refrain from critical speaking, complaining, or gossiping.
- Also, consider limiting how much TV you watch and how much money you spend on things that are distracting. Remember, to replace that time with prayer and Bible study. Replacing these times with Jesus will produce a dramatic change in your life.

What to Expect

- When you fast, your body detoxifies, eliminating toxins from your physical system. This can cause some mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. Naturally, you will have hunger pangs as well.
- Expect great things from God and serve others as a way of expressing God's love and mercy. Also, expect good things to come to your life too.
- Take time to rest your body and mind. Fasting brings about miraculous results.

How to End

- Don't overeat when the time comes to end the fast. Eat soups and salads moderately to remind your body of digesting solid foods. Begin eating solid foods gradually and taking smaller portions.
- Always wrap up your time of fasting praising God for answering your prayers and helping you meet your goals.



DANIEL FAST FOODS LIST

The Daniel Fast Food List

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butter is also included.
- **All legumes** – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages**– distilled water, filtered water, and spring water.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

Foods to Avoid on the Daniel Fast

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

Daniel Fast Recipes Websites

<http://dish.allrecipes.com/recipes-kick-start-daniel-fast/>

<https://ultimatedanielfast.com/recipes/>



PRAYER

TIPS ON DEVELOPING YOUR PRAYER LIFE

- Remember that prayer does not have to be intimidating or overextended.
- Prayer is simply communicating with God.
- Prayer is a conversation, not a monologue. Through prayer, you can speak to God and allow Him to speak back to you.
- Prayer allows you to grow in friendship with God.
- In moments of prayer, you will receive wisdom for daily life; your heart will become sensitive to God's will for your life and you will gain peace to trust God's heart even when you cannot trace his hand.

THE A.C.T.S. METHOD OF PRAYER

Use the A.C.T.S. method of prayer during your daily time with God.

Adoration: Give God praise and honor for who He is as Lord over all.

Confession: Honestly deal with the sin in your life.

Thanksgiving: Verbalize what you are grateful for in your life and in the world around you.

Supplication: Pray for the needs of others and yourself.