



ZION



THE AME ZION CHURCH
The Freedom Church

The KINGDOM AGENDA

From Church Mentality to
Kingdom Mentality

September 2nd-8th, 2025

Connectional Week

of Prayer, Fasting, & Repentance

THE RIGHT REVEREND
Brian R. Thompson, Sr.

President of the Board of Bishops



THE AME ZION CHURCH
The Freedom Church

The KINGDOM AGENDA

From Church Mentality to
Kingdom Mentality

PLANNING GUIDE

The fast will begin September 2nd at 12:01 AM and end September 8th at 11:59 PM, concluding with a virtual Wesley Covenant Service on Zion's digital platforms at 7 PM on the 8th.

DAY 1: THE HEART BEHIND THE FAST

Scripture: 1 Samuel 16:7 NIV

Focus: God sees the heart behind our fast.

Devotion: We begin this fast not to earn spiritual points or show off religious discipline, but to align our hearts with God. Everyone's reason for fasting may differ—protection, provision, repentance, deliverance—but all must stem from a sincere desire to seek God. When we fast, God is less impressed by our menu and more moved by our motives. Let's start with a heart check: Why are you fasting? We fast not to manipulate God, but to submit to Him. We fast to align ourselves with His will, to confront sin, to build spiritual strength, and to make room for His voice. Whether for 1 day or 21 days like Daniel, fasting is a holy invitation to go deeper in faith.

DAY 2: DANIEL'S RESOLVE

Scripture: Daniel 1:8 NIV

Focus: Fasting is a form of spiritual discipline.

Devotion: Daniel "resolved not to defile himself" with the king's food. His dietary choice was not just about health; it was about holiness. In a culture that worshipped idols, Daniel chose to set himself apart. Likewise, fasting is our way of resisting compromise and committing to righteousness, even in hostile environments. It reminds us who we belong to and who we live for. In a world where instant gratification, self-promotion, and indulgence are celebrated, fasting teaches the believer how to resist cultural pressure and live by God's higher standard. It is a spiritual act of resistance—a way to deny the appetites of the flesh and affirm the values of the Kingdom.

DAY 3: WHEN HEAVEN SEEMS SILENT

Scripture: Daniel 10:12-13 KJV

Focus: God hears you even in the delay.

Devotion: Daniel prayed and fasted for 21 days, but the answer didn't come right away. Unknown to him, his prayer had sparked a spiritual battle in the heavens. The delay wasn't God's denial—it was warfare. Sometimes, we get discouraged when we don't hear back from God immediately, but don't lose hope. Keep fasting. Keep praying. Help is on the way. Waiting on God isn't easy—but it's always worth it. While our culture rushes, God develops. When we wait on Him, we gain more than an answer—we gain spiritual maturity, deeper trust, and alignment with His perfect will.

DAY 4: A FAST FOR THE NATION

Scripture: Daniel 9:3-5 ESV

Focus: Fasting is a tool for intercession.

Devotion: Daniel fasted not just for himself but on behalf of Jerusalem. His people had sinned, and they were suffering under foreign oppression. Instead of judging them, Daniel stood in the gap and prayed for mercy. As Zionites, we, too, can fast and pray for healing in our families, churches, and nation. Fasting is a call to action in the spirit.

DAY 5: A BATTLE IN THE HEAVENS

Scripture: Ephesians 6:12 NKJV

Focus: Fasting prepares us for spiritual warfare.

Devotion: The angel who visited Daniel revealed a supernatural battle with the "Prince of Persia"—a demonic force. Daniel didn't even know it, but his fasting helped win that war. When we fast, we enter spiritual combat. We strip the flesh to strengthen the spirit. We may not always see the enemy, but we can always trust that our spiritual weapons are powerful through God. Fasting is one of the believer's most powerful tools in spiritual warfare. It aligns us with God's strength, sharpens our discernment, and weakens the flesh so the spirit can stand firm. The bible says, "For we wrestle not against flesh and blood, but against principalities...." (Ephesians 6:12 (KJV)).

DAY 6: FASTING IS NOT A DIET

Scripture: Isaiah 58:6-7 The Message

Focus: A true fast transforms lives.

Devotion: God asks: "Is this not the kind of fasting I have chosen—to loose the chains of injustice... to share your food with the hungry?" A fast doesn't just change our meals—it changes our mindset. It makes us more generous, more aware, more loving. This is a fast that pleases the Lord.

DAY 7: TRUST GOD'S TIMING

Scripture: Matthew 25:13 KJV

Focus: Fasting prepares us for God's timing.

Devotion: Daniel didn't know when the angel would arrive. He just stayed ready. Likewise, we don't control when God moves, but we can control our readiness. The purpose of fasting is not to make God move—it's to make sure we are aligned when He does. Stay ready. Stay watchful.

Please note that each day is explained in the devotional.

Day 1: The Heart Behind the Fast

Scripture: 1 Samuel 16:7 NIV

Focus: God sees the heart behind our fast.

Devotion: We begin this fast not to earn spiritual points or show off religious discipline, but to align our hearts with God. Everyone's reason for fasting may differ—protection, provision, repentance, deliverance—but all must stem from a sincere desire to seek God. When we fast, God is less impressed by our menu and more moved by our motives. Let's start with a heart check: Why are you fasting? We fast not to manipulate God, but to submit to Him. We fast to align ourselves with His will, to confront sin, to build spiritual strength, and to make room for His voice. Whether for 1 day or 21 days like Daniel, fasting is a holy invitation to go deeper in faith.

Here are some reasons why one should fast:

1. To Deepen Our Relationship with God

Fasting clears away distractions and helps us focus on God more intentionally. Just like Daniel (Daniel 10), we fast to hear God clearly and draw closer to His presence.

"Come near to God and He will come near to you." – James 4:8

2. To Seek Divine Guidance

In Acts 13:2-3, the early church fasted and prayed before making major decisions. Fasting helps quiet the noise of life so we can hear God's direction more clearly.

"So after they had fasted and prayed, they placed their hands on them and sent them off." – Acts 13:3

3. For Repentance and Humility

Fasting is a way to humble ourselves before God, acknowledging our sin and asking for His mercy. The people of Nineveh fasted when Jonah preached, and God showed them compassion.

"Yet even now," says the Lord, "return to Me with all your heart, with fasting, with weeping, and with mourning." – Joel 2:12.

4. For Deliverance and Breakthrough

Fasting invites God into situations where we need spiritual breakthrough. In Mark 9:29, Jesus taught that some demonic strongholds are only broken through prayer and fasting.

“This kind can come out only by prayer and fasting.” – Mark 9:29

5. To Intercede for Others

Like Daniel, we can fast on behalf of our communities, churches, and nations (Daniel 9). Fasting is a form of standing in the gap when others need help, healing, or justice.

6. To Mourn or Grieve

In times of deep sorrow, fasting can be a physical expression of grief and dependence on God’s comfort. David and others fasted in mourning (2 Samuel 1:12).

7. To Worship with a Pure Heart

Ultimately, fasting isn’t about food—it’s about worship. It’s a way to offer ourselves fully to God, not just our lips, but our lives and our appetites.

“Is not this the kind of fasting I have chosen: to loose the chains of injustice...?” – Isaiah 58:6

Reflection:

What is the reason behind your fast?

Have you truly invited God into this moment with a sincere heart?

Prayer:

Praise Your Name! You alone are worthy! Lord, purify my motives. Let this fast be an offering that honors You. Search my heart, and if there be anything in me not pleasing to You, remove it. In Jesus’ name. Amen

Day 2: Daniel's Resolve

Scripture: Daniel 1:8 NIV

Focus: Fasting is a form of spiritual discipline.

Devotion: Daniel “resolved not to defile himself” with the king’s food. His dietary choice was not just about health; it was about holiness. In a culture that worshipped idols, Daniel chose to set himself apart. Likewise, fasting is our way of resisting compromise and committing to righteousness, even in hostile environments. It reminds us who we belong to and who we live for. In a world where instant gratification, self-promotion, and indulgence are celebrated, fasting teaches the believer how to resist cultural pressure and live by God's higher standard. It is a spiritual act of resistance—a way to deny the appetites of the flesh and affirm the values of the Kingdom.

When we fast, we intentionally say:

- No to what’s popular, but temporary
- No to fleshly desires and distractions.
- No to cultural norms that conflict with God’s truth...and instead, we say:
 - **Yes to holiness**
 - **Yes to self-control**
 - **Yes to hearing and obeying the voice of God**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2

Fasting is a reminder that we don’t live by bread alone—or by likes, trends, or public opinion—but by every word that proceeds from the mouth of God (Matthew 4:4). It resets our focus, sharpens our discernment, and empowers us to live counterculturally for Christ.

Reflection:

What are you saying “no” to in this fast, and why?

How can you use this time to reset your habits?

Prayer:

Holy Father, I extol and magnify your name. There is none like You. I celebrate your majesty and authority. God, give me the same resolve that Daniel had. Help me reject what corrupts and pursue what cleanses. In Jesus’ name, Amen.

Day 3: When Heaven Seems Silent

Scripture: Daniel 10:12-13 KJV

Focus: God hears you even in the delay.

Devotion: Daniel prayed and fasted for 21 days, but the answer didn't come right away. Unknown to him, his prayer had sparked a spiritual battle in the heavens. The delay wasn't God's denial—it was warfare. Sometimes, we get discouraged when we don't hear back from God immediately, but don't lose hope. Keep fasting. Keep praying. Help is on the way. Waiting on God isn't easy—but it's always worth it. While our culture rushes, God takes His time and develops us. When we wait on Him, we gain more than an answer—we gain spiritual maturity, deeper trust, and alignment with His perfect will. The bible says, "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." (Isaiah 40:31). Waiting gives our weary souls time to be recharged by the Holy Spirit. As we trust God's timing, He strengthens us—mentally, emotionally, physically, and spiritually. Waiting deepens our faith in Him. The bible says, "For we walk by faith, not by sight." (2 Corinthians 5:7).

Faith isn't built in moments of clarity but in seasons of uncertainty. Waiting on God stretches our trust and shows us how to believe even when we don't see results. Waiting develops our character. The bible says, "Let patience have her perfect work, that ye may be perfect and entire, wanting nothing." (James 1:4). Waiting develops spiritual fruit—especially patience, humility, and perseverance. These qualities prepare us for the blessing we're praying for.

Reflection:

Are you frustrated by unanswered prayers?

Could God be working behind the scenes in ways you can't see?

Prayer:

Dear Heavenly Father, I acknowledge your sovereignty and omnipotence. Please strengthen me to wait in faith. I trust that my prayers are heard and that You are moving, even when I don't see results right away. In Jesus' name, Amen.

Day 4: A Fast for the Nation

Scripture: Daniel 9:3-5 ESV

Focus: Fasting is a tool for intercession.

Devotion: Daniel fasted not just for himself but on behalf of Jerusalem. His people had sinned, and they were suffering under foreign oppression. Instead of judging them, Daniel stood in the gap and prayed for mercy. As Zionites, we, too, can fast and pray for healing in our families, churches, and nation.

Fasting is a call to action in the Spirit! Corporate fasts yield benefits. For example, Jehosaphat and the inhabitants of Judah fasted together when three armies confronted them. The result was that they were saved and were blessed with the treasure left by the enemy after they destroyed each other (2 Chronicles 20). Another example is when Esther asked the nation to fast with her before she went to the king. Esther was a Jewish queen in the Persian Empire, and her people were under threat of genocide due to a royal edict orchestrated by Haman. Esther was in a unique position to advocate for her people, but approaching the king without an invitation could cost her life. Before making her move, Esther asked for spiritual backing: “Fast for me.” She understood that before there is favor in the palace, there must be prayer and fasting among the people. For Esther, fasting invited divine favor, united the people, granted her courage and shifted the destiny of Jews.

Too many of our churches are struggling financially, physically, and spiritually. Pastors are underpaid and burned out, and buildings are significantly in need of repair. Many lay persons have lost their zeal and exuberance for ministry. As federal employees lose their jobs due to governmental cuts in what is yet to be the United States of America, our churches are adversely impacted. As Diversity, Equity, and Inclusion (DEI) policies are threatened, undermined, and dismantled, our people are negatively affected.

The “Big Beautiful Bill” is ugly inside and out because it cuts health care and benefits for the poor and grants tax cuts for the wealthy. These executive decisions hurt black and brown communities. Every black church in America is coping with the aftermath of these decisions.

Moreover, our brothers and sisters throughout the world are impacted by the tariffs imposed by the President of the United States. If there was ever a time to fast as a denomination, it is now! This is our time to come together as a people of faith and intercede for one another.

Reflection:

Who or what needs your intercession today?

How can you become a spiritual advocate like Daniel?

Prayer:

Gracious Lord, I humbly beseech Thee. I give you thanks. Lord, I stand in the gap for my people. Heal our land. Forgive our sins. Restore Your righteousness in our communities. In Jesus' name, Amen.

Day 5: A Battle in the Heavens

Scripture: Ephesians 6:12 NKJV

Focus: Fasting prepares us for spiritual warfare.

Devotion: The angel who visited Daniel revealed a supernatural battle with the “Prince of Persia”—a demonic force. Daniel didn’t even know it, but his fasting helped win that war. When we fast, we enter spiritual combat. We strip the flesh to strengthen the Spirit working through us. We may not always see the enemy, but we can always trust that our spiritual weapons are powerful through God. Fasting is one of the believer's most powerful tools in spiritual warfare. It aligns us with God’s strength, sharpens our discernment, and weakens the flesh so the spirit can stand firm. The bible says, “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” (Ephesians 6:12 (KJV)).

Here are four ways that fasting prepares us for spiritual warfare:

1. Fasting Strengthens the Spirit for Battle

Fasting trains the believer to resist temptation, crucify the flesh, and become more sensitive to the Holy Spirit’s voice. You cannot win a spiritual war with a carnal mindset. Fasting sharpens your spiritual edge.

2. Fasting Gives You Clarity About the Real Enemy

Sometimes the enemy disguises himself in conflict, delay, or confusion. But as you fast, you begin to see beyond the surface. You realize that the battle isn’t with people—it’s with unseen powers and spiritual forces. Just like Daniel (Daniel 10) didn’t know a demonic prince was delaying the angel, we don’t know what is delaying our answer. However, as fasting worked for Daniel, it will work for us and bring forth a breakthrough!

3. Fasting Invites Angelic and Divine Intervention

When Daniel fasted for 21 days, his prayer was heard on the first day, but a demonic principality resisted the answer. The angel told him that Michael, the archangel, had to fight on his behalf. Fasting doesn’t just affect earth—it activates help from heaven. As the hymn writer said,

*“All night, all day,
angels watching over me, my Lord.
All night, all day,
angels watching over me
(McCoy, Otis Leon., 1897).*

4. Fasting Declares Dependence on God, Not Self

In spiritual warfare, it's not your talent, education, or energy that wins the battle—it's God's power. Fasting says, "I can't do this on my own." It humbles us and invites God's strength.

Reflection:

In what area do you feel under spiritual attack?

Are you fighting with flesh or spirit?

Prayer:

God, train my hands for battle and my heart for worship. Clothe me with spiritual armor as I fast and fight in faith. In Jesus' name, Amen.

Day 6: Fasting Is Not a Diet

Scripture: Isaiah 58:6-7 The Message

Focus: A true fast transforms lives.

Devotion: God asks: “Is this not the kind of fasting I have chosen—to loose the chains of injustice... to share your food with the hungry?” A fast doesn’t just change our meals—it changes our mindset. It makes us more generous, more aware, more loving. This is a fast that pleases the Lord.

Fasting is not just about subtracting food from our day—it’s about adding purpose to our lives. True fasting confronts injustice, stirs compassion, and deepens love. It’s not only about what we give up, but also about what we give away—time, kindness, advocacy, food, and mercy (Isaiah 58).

God calls out empty religious rituals and declares what kind of fast honors Him:

One that sets people free
One that feeds the hungry
One that breaks oppression
One that clothes the naked and shelters the poor

This kind of fast doesn’t just cleanse the body—it transforms the heart. When our fast leads us to love better, serve more, and reflect Christ, we are walking in the kind of fast that pleases the Lord.

Reflection:

Are you using your fast to draw closer to God and people?
Has your awareness of others’ pain and needs increased?
Are you more generous, just, and tenderhearted?

Prayer:

Heavenly Father, hallowed be thy Name. Lord, don’t let this be a private religious ritual. Let this fast lead me to public righteousness. Teach me to love better. Help me to love You. Show me how to serve You. Open my eyes and heart that I may see and follow the example of Christ. In Jesus’ name, Amen.

Day 7: Trust God's Timing

Scripture: Matthew 25:13 KJV

Focus: Fasting prepares us for God's timing.

Devotion: Daniel didn't know when the angel would arrive. He just stayed ready. Likewise, we don't control when God moves, but we can control our readiness. The purpose of fasting is not to make God move—it's to make sure we are aligned when He does. Stay ready. Stay watchful. Stay faithful.

Let us never forget that God does not tell time like us, for the bible says that 1000 years is only a day to God (Psalm 90:4). His thoughts are not our thoughts, nor are His ways our ways (Isaiah 55:8). Time belongs to God. It's His business. In light of this truth, we are encouraged to reflect upon the words of E. Benjamin Mayes, "Life Is Just a Minute:"

*I've only just a minute, only sixty seconds in it.
Forced upon me, can't
refuse it, Didn't seek it, didn't choose it,
But it's up to me to use it. I
must suffer if I lose it, give an account if I abuse it,
just a tiny little minute, but eternity is in it.*

What shall we do with the time that the Lord has given us? How shall we make the best of it? Daniel teaches us to stay ready. He did not know when God was going to move, but he believed that God would move. He waited with expectation. He waited with faith. He trusted the process, and when the answer came, he was ready to receive it.

Here are some recommendations for waiting on God:

1. Worship While You Wait

Don't let frustration silence your praise. Worship keeps your heart aligned with God and shifts your focus from the problem to the Promise-Keeper.

"I will bless the Lord at all times; His praise shall continually be in my mouth." – Psalm 34:1

2. Keep Praying and Listening

Waiting is not the time to stop praying—it's the time to press in deeper. Prayer is your lifeline, and listening is how you receive divine instruction.

"Be still, and know that I am God." – Psalm 46:10

"Pray without ceasing." – 1 Thessalonians 5:17

3. Obey What You Already Know

While you wait for new direction, be faithful with the last thing God told you to do. Obedience opens the door for the next step.

"If you are faithful in little things, you will be faithful in large ones..." – Luke 16:10 (NLT)

4. Serve Others

Sometimes the best way to get through your own waiting season is to help someone else in theirs. Serving brings joy and keeps you active in God's kingdom.

"Whoever refreshes others will be refreshed." – Proverbs 11:25

5. Guard Your Heart and Mind

The enemy loves to sow doubt, discouragement, and comparison in waiting seasons. Stay rooted in the Word, speak life over yourself, and surround yourself with people of faith.

"Take captive every thought to make it obedient to Christ." – 2 Corinthians 10:5

6. Prepare for What You're Praying For

Use the waiting season to grow, learn, heal, and get ready. Waiting isn't just a delay—it's development.

"Those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles..." – Isaiah 40:31

7. Trust God's Timing

God's delay is not His denial. He's not just preparing the blessing for you—He's preparing you for the blessing. Trust that His plan is still working even when you can't see it.

"He has made everything beautiful in its time." – Ecclesiastes 3:11

Reflection:

Are you prepared for God's response to your fast?
What will change after this fast ends?

Prayer:

Gracious and ever-loving Father, I don't know when or how You will answer, but I trust You. Help me to stay faithful and focused until You move. Lord, I don't want a fast that only changes my diet—I want a fast that changes my heart. Make me more aware of injustice. Teach me to love like You. Let this fast awaken compassion, action, and a hunger for righteousness. In Jesus' name, Amen

References

Book of Discipline. (2021). The Book of Discipline of the African Methodist Episcopal Zion Church. The A.M.E. Zion Publishing House, Charlotte, NC

Chandler, R.J. (2024). The Power of Intentional Intimacy: 21 Days of Prayer & Fasting will make a Difference. Amazon.

Jeremiah, David A. (2013) The Jeremiah Study Bible, NKJV: Jacketed Hardcover: What It Says. What It Means. What It Means For You.

McCoy, Otis Leon. (Ninety-Six, South Carolina, February 17, 1897--?). Church of God. Minister, music editor, and songwriter. Graduate of James D. Vaughan Conservatory. Organized the music department of the Church of God Publishing House as Tennessee Music and Printing Company in 1931. Retrieved from https://hymnary.org/text/now_i_lay_me_down_to_sleep_angels_watchi

Shurr, Tim. (n.d.). The Value of One Minute. Benjamin E. Mays. Retrived from <https://timshurr.com/value-1-minute/>

Wesley, John (2022) English clergyman.
<https://www.britannica.com/biography/John-Wesley>
<https://www.oneforisrael.org/bible-based-teaching-from-israel/why-does-fastingwork>