

# Jumpstart Your Year in 2019 with “No Excuses”

Join Us at Zion Landover Campus for our Corporate Fast

What is your “excuse”? Is it busyness? Not enough money? No help or support? A family situation? Whatever your case may be...God still has an assignment especially for you in 2019!

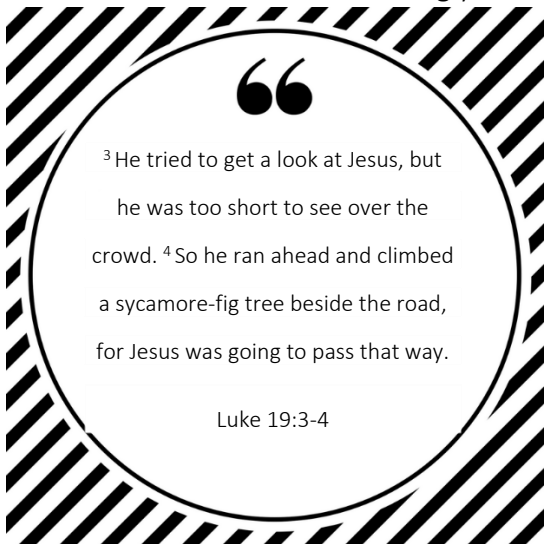
The corporate “week-long” fast is not primarily about the elimination of food but an opportunity for you to eliminate any distractions of what’s been holding you back from deepening your connection with God and yourself. We’re trusting God for a stronger and healthier relationship with Him and to bring forth the clarity you need for the assignment you must complete in 2019. Your “No Excuses” sacrifice during your fast just may yield the results you have always needed.

We want you to get the most out of your fast. We encourage you to make your fast as personal as you wish. That’s why we’ve provided a quick guide to help you with some basic steps below to follow that can help support you on your personal journey in discovering what God has purposed for you this year!

## “N.O. E.X.C.U.S.E.S.” Steps You Can Follow

What is the one God inspired assignment that you’ve said “Yes” to that enables you to say “No” to other good things?

- N** Practice saying “No” to what is no longer imperative to what you believe God is saying you must stop doing.
- O** “Offer” to God what He is asking you to say “No More Excuses” to. What must you give up during this time?



- E** “Exercise” daily and spend time with God with a walk, talk or meditation. This is also a great time to consume plenty of water.
- X** “X” off your check list! What specific step towards your goals can you place an “x” to? Go ahead and check it off as done!!!
- C** “Cleanse” cleansing can take place physically or spiritually. Take time to connect with your emotions to confess sin, cry or laugh if you have to. **Read Matthew 11:28-30** God will carry all your burdens for you!
- U** “Unplug” set aside a specific time to put down your phone, the remote control and/or social media and make an intentional effort to engage in connection with a family member, spouse, or a friend.
- S** “Scripture Reading” reflect on **Luke 18:35-43** and **Luke 19:1-5**.
- E** “Eliminate” choose to eliminate solid foods, meats, sweets or any of your favorite indulgences to connect intimately with God for the next 7 days.

- S** “Set” your intentions on keeping the vision God has revealed to you. Write it down. Put it into practice.

So, when do I begin my “No Excuses” Fast? We begin the corporate week-long fast on Monday, February 4<sup>th</sup> at 5:00 am and end on Sunday, February 10<sup>th</sup> at 3:00 pm. Your church family is here for your support and success!

Connect with us via social media using the hashtag **#ZionNoExcuses**

Invite your friends, family, and co-workers to join you on your 2019 “No Excuses” Fast

*Disclaimer: Please consult with your physician if you have any dietary restrictions before beginning this fast.*