

## 21 Prayer Services

This year, prayer services will be held every night during the fast, hosted by churches throughout the community. Everyone is encouraged to attend.

**Weeknight services from 7-8pm**

**Weekend services from 6-7pm**

**\* Services will be held in person and online.**

**Monday, Jan. 8** - First Armenian Presbyterian

**Tuesday, Jan. 9** - Westside Church of God

**Wednesday, Jan. 10** - New Covenant Church

**Thursday, Jan. 11** - University Vineyard

**Friday, Jan. 12** - Northpark Church

**Saturday, Jan. 13** - Northwest Church

**Sunday, Jan. 14** - Mountain View Church

**Monday, Jan. 15** - House of the Gospel

**Tuesday, Jan. 16** - New Joy Church

**Wednesday, Jan. 17** - Bethany Church

**Thursday, Jan. 18** - New Life Community

**Friday, Jan. 19** - Crosspoint Church

**Saturday, Jan. 20** - Family Christian Assembly

**Sunday, Jan. 21** - Valley Christian Center

**Monday, Jan. 22** - Campus Bible Church - Maple

**Tuesday, Jan. 23** - Covenant Worship Center

**Wednesday, Jan. 24** - Saint Rest Baptist Church

**Thursday, Jan. 25** - Clovis Christian Church

**Friday, Jan. 26** - First Presbyterian Church

**Saturday, Jan. 27** - Clovis Hills Church

**End of Fast Celebration Service**

**Sunday, Jan. 28** - 6-7pm - Cornerstone Church



## January 8-28, 2024



We are joining churches  
across Fresno & Clovis for  
21 Days of Prayer & Fasting

### The Quest Church

3643 E. Ashlan Ave. Fresno Ca 93726 (559)  
222-2467

[http://fresnoquest.com/wp-content/  
uploads/2023/12/quest-fast-2024.pdf](http://fresnoquest.com/wp-content/uploads/2023/12/quest-fast-2024.pdf)

# PRAYER & FASTING

## *Fasting*

Giving up food or something special for a spiritual purpose

## *Prayer*

Talking with God, asking him for help

## *Reasons for Fasting*

God desires relationship with us. He is chiefly interested in our trust and obedience. He is the object of our motivation. Fasting seems to be an expression of our desire to seek and please Him. Fasting displays to God that He is more important than even food.

Fasting works! Prayer and fasting seem to work in synergy. Once when the disciples failed to exorcise demons, Jesus explained that in such instances prayer and fasting were required. Fasting seems to move God to action. Of course, this does not mean that we can manipulate God by fasting, but for some reason there are times God desires us to underline our requests with fasting.

## *Prayer*

Communication is a vital component in every kind of relationship. The current texting and social media phenomena are illustrations of the importance of communication. God wants to be on an open line with us every moment of every day. We can communicate need, thanks, praise, and emotion, as well as receive warning, affirmation, and wisdom at any moment.

## *Types of Fasts*

There are several kinds of fasts, and there is no formula for determining which kind of fast, or duration is most appropriate for you. The following are three Biblical examples of fasting:

### **Absolute Fast**

Taking in nothing, including water. This is extreme and should NOT be attempted without first talking to your doctor.

### **Normal Fast**

Withholding food, but not liquids like water and juices to maintain strength and electrolytes.

### **Partial Fast**

In the Bible, Daniel and his companions ate vegetables and water, but not the king's meat and sweets. This type of fast may be more appropriate if you have certain health issues. For some people, giving up chocolate or coffee may be a real reminder to pray.

You can also fast from anything that means something special to you, like television, social media, sports, shopping, etc.

During a fast, always devote extra time to:

- Reading God's word (the Bible)
- Praying
- Focusing on God
- Worshiping
- and ALWAYS serving/helping others (this is not a time of selfishness)

## *History of Fasting*

The practices of praying and fasting can be found in both the Old and New Testaments. Before Jesus, our model, began his public ministry he fasted for 40 days in preparation. The scriptures listed in this brochure cite other instances of fasting found in the Bible.

## *Motives*

A particular danger in fasting is that our God-centered motives can be tainted by our motives to draw attention to our self and impress others. Jesus cautions us as much as possible to let our fast be between us and God. We all really know God sees our hearts and is never fooled.

## *Scriptures Related to Fasting*

- Matthew 4:1-4
- Matthew 6:17-18
- Joel 1:14
- Joel 2:12
- Exodus 34:28
- Acts 13:2-3
- Isaiah 58
- Psalm 51
- Psalm 139
- 2 Chronicles 7:14
- Jeremiah 29:10-14
- Matthew 5-7
- Luke 10:38-42
- Ecclesiastes 12:13-14
- Galatians 5:16-26