

The Quest Church has made fasting an important part of our church life as we recognize that we need God's help in fulfilling our vision as a church. Fasting for 21 days in January has become an important part of beginning our year with a focus on God and what He wants to accomplish in our individual lives, and the life of our church.

Some things to consider:

- Consider having a partner on the journey (agree with one another what each will do) and encourage one another.
- Consider keeping a prayer journal with any Spirit prompts along the way.
- Pay Attention: the Holy Spirit will often speak in this season on days we fast, since this season resets your thinking throughout an entire week.

Relax: You do not make anything happen in fasting! The expectation is that we SEEK God and know that He attends to humble, sincere seeking. We do not need to compare experiences or elevate one type of experience over another.

What's the purpose:

- Humbling ourselves before the Lord and repenting for purity of heart pleases Him and frees us as candidates for His spiritual favor.
- Making God our pursuit as we begin the year.
- Heightened spiritual awareness and intensely deeper peace, confidence in the Lord and awareness of His presence often comes our way through these disciplines.
- Laying aside the earthly things that consume our appetites in order that the Spirit of God might awaken us to His burden for souls is often a result of fasting.
- Positioning our spirit to "hear" from the Holy Spirit is the open door to life in the early church and "life to the full" today. (John 10:10)



The Quest Church
"Doing Life Together"

"Creatively loving and leading people in a growing relationship with Jesus."

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January 5th - 25th 2026

Join The Quest and churches across Fresno and Clovis.


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Prayer and Fasting

Fasting

Giving up food or something special for a spiritual purpose and drawing close to God.

Prayer

Asking for something from God, talking with God

Reason 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.

For some mysterious reason, at times, God wants our requests before mobilizing His resources into action. Our prayers are effective.

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 anything that means something special to you: 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 to as much as possible let our fast be between us and God. We all really know God sees our heart and is never fooled.
(See Isaiah 58)

Scriptures related to fasting:

- Matthew 4:1-4
- Matthew 6:17-18
- Matthew 17:14-20
- Joel 1:14
- Joel 2:12
- Exodus 34:28
- Acts 13:2-3
- Acts 14:23
- 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