



20 Days of Prayer and Fasting | January 4-23, 2021

As we make plans for the new year and remain intentional throughout this season, we desire to make God our greatest priority through the spiritual disciplines of prayer and fasting from Monday, January 4 through Saturday, January 23, 2021.

THE VISION:

Seasons of fasting help us eliminate the noise and distractions from our lives in order for us to seek God with greater intentionality and intensity. We believe this intentional time of prayer and fasting will till the soil of our hearts, minds, and bodies for the transforming work of the Holy Spirit as we engage our 2021 theme: Withholding Nothing.

PRAYER:

As part of the fast this year, we will be sending out daily prayers written by Questers, the Quest Prayer Team, and the Quest pastors. These prayers will be coming to your inbox daily through the Quest eNews* and on our [Facebook](#) and [Instagram](#) pages. We would love for you to use these prayers to guide your fast. As we fast together as a church, let's also be unified in spirit through prayer. In moments of hunger (whether physical, spiritual, or otherwise), allow these prayers to center you and remind you that you are not alone, that there is a church that is praying alongside you.

**If you don't already receive the Quest eNews, [you can sign up here](#).*

FASTING:

Your fast should present a level of challenge, but it is vital to know your body, your options, and, most importantly, to seek God in prayer and follow where the Holy Spirit leads. Here are five options for ways to fast.

- **SELECTIVE FAST:** This fast involves removing certain elements from your diet. One example is the Daniel Fast, where you consume only water, juice, fruits, and vegetables.
- **PARTIAL FAST:** This fast involves abstaining from eating any food during specific times of the day, such as 6am to 3pm. You might also choose to fast just one meal each day.
- **COMPLETE FAST:** In this fast, you drink only liquids, typically water, with light juices as an option. *Only do this if this type of fasting is something you are familiar with and are physically able to undertake.*
- **PROGRESSIVE FAST:** This fast starts with one of the following fasts listed above and gradually removes or adds food throughout the 20-day journey.
- **SOUL FAST:** This fast is a great option if you do not have much experience fasting food, have health reasons, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.