

EXPERIENCING
GOD
FAST



JANUARY 2026



EXPERIENCING GOD FAST 2026

We call our family at Mt. Olivet Baptist Church to an “EXPERIENCING GOD” fast, from Thursday, January 1 through Saturday, January 31.

“If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. By this My Father is glorified, that you bear much fruit and so prove to be My disciples.” — John 15:7–8

What if you could learn to recognize God’s voice? What if you could discern where God is actively working and join Him there? What if your relationship with God became so intimate that you naturally aligned your life with His purposes? These aren’t wishful thoughts—they are the very invitations God extends to every believer.

Henry Blackaby’s book *Experiencing God* reminds us of a central truth: God is always at work around us, and He invites us to join Him in that work. The Christian life is not about convincing God to bless our plans or programs. Rather, it’s about discovering what God is already doing and adjusting our lives to participate in His divine activity. This requires us to develop a love relationship with God that is real, personal, and constantly growing.

Throughout Scripture, we see this pattern repeated: God pursues relationship with His people. He speaks. He reveals His plans. He invites participation. From Abraham to Moses, from the prophets to the disciples, God has consistently worked through people who learned to recognize His voice, trust His character, and obey His commands—even when those commands seemed impossible or uncomfortable.



THE SEVEN REALITIES OF EXPERIENCING GOD

During this fast, we will ground ourselves in seven biblical realities that form the framework for experiencing God in profound and transformative ways:

- Reality 1: God is always at work around you. The Father is constantly active in the world, pursuing relationship with people and accomplishing His redemptive purposes. Your life is not random; you are strategically positioned where God is working.
- Reality 2: God pursues a continuing love relationship with you that is real and personal. God desires intimacy with you—not religious duty, but genuine, growing love. This relationship is the foundation for everything else.
- Reality 3: God invites you to become involved with Him in His work. When God reveals what He is doing, it is your invitation to join Him. God doesn't just want workers; He wants partners who share His heart and mission.
- Reality 4: God speaks by the Holy Spirit through the Bible, prayer, circumstances, and the church to reveal Himself, His purposes, and His ways. God still speaks today, and He uses multiple channels to communicate His will. Learning to recognize His voice is essential to following Him.
- Reality 5: God's invitation for you to work with Him always leads you to a crisis of belief that requires faith and action. Following God will always require you to trust Him beyond your own abilities, resources, and comfort zones. This crisis point is where faith becomes visible.



- Reality 6: You must make major adjustments in your life to join God in what He is doing. Obedience always costs something. God’s assignments require changes in your priorities, relationships, thinking, and lifestyle. These adjustments demonstrate that you truly trust Him.
- Reality 7: You come to know God by experience as you obey Him, and He accomplishes His work through you. Knowing God is more than intellectual understanding—it’s experiential. As you obey, you discover His faithfulness, power, and character in personal, undeniable ways.

This fast is not merely about abstaining from food or distractions—it’s about creating space to encounter the living God. It’s about positioning ourselves to hear clearly, see accurately, and respond obediently. During these 31 days, we will discover that knowing God’s will is not a mystery reserved for “super-saints”; it’s the inheritance of every believer who cultivates intimacy with Him.

As we fast together as the Mt. Olivet Baptist Church family, we anticipate fresh encounters with God. We expect Him to reveal where He is working and how we can join Him. We prepare our hearts for the adjustments He will require and the faith-building crises we will face. Most importantly, we hunger for a deeper, more authentic relationship with the God who loves us and has called us for His purposes.

HAPPY FASTING!

WHY FAST?

Countless believers do not even realize that fasting is biblical and very much a part of New Testament Christianity. Like any biblical truth, the enemy continually attempts to obscure or pervert the message and application of fasting and prayer to eliminate a powerful spiritual weapon from our arsenal. The Bible makes it clear that there are certain means by which Christ's people partner with God's almighty power through the application of fasting and prayer. The Word of God makes it clear that fasting is an instrument of spiritual power - a key in breaking spiritual bondage and receiving the mercy of God.

By His own word and example, Jesus taught fasting. Jesus was led by the Spirit into a season of fasting. Here is the result of Jesus' fast: He returned in the power of the Spirit (Luke 4:14). This is the first time that this was said of Jesus, and it happened at the conclusion of a time of fasting. He also performed no miracles until He spent time in fasting and prayer. This is a clear model of the way that revival is released in and through God's people.

He said that in the era following His earthly ministry (after His ascension), fasting would be a part of the lifestyle of His people. The disciples of John and of the Pharisees were fasting. And they came and said to Him, "Why do the disciples of John and of the Pharisees fast, but your disciples do not fast?" So, Jesus said to them, "Can the friends of the bridegroom fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. But the days will come when the bridegroom will be taken away from them, and then they will fast in those days." (Mark 2:18- 20) "Those days" are right now!

SEVEN GENERAL OBJECTIVES FOR A FAST

A QUICK REFERENCE GUIDE

1 Release of Holy Spirit Power

“However, this kind does not go out except by prayer and fasting.”

Matthew 17:21, The release of more of the power of God in our lives works through this principle of fasting and prayer found in His Word.

2 Release of Divine Leadership

“Then I proclaimed a fast there...before our God, to seek of Him a right way for us and for our little ones....” **Ezra 8:21 (see also Isaiah 58:11; Daniel 9:2-21).** Our church is in a season of growth and reimagination. In all our plans, we are continually aware of our need for clear direction. This is true for our personal lives as well. **Sometimes we settle for what seems good when it is not God’s best for us.** There is always MORE!

3 Release of Repentance

Daniel 9:5, says *“We have sinned and have committed iniquity and have done wickedly, and have rebelled, even by departing from the precepts and from Thy judgments.”* Repentance is not a bad word. Repentance is a gift. God grants repentance. **When we fast, we are willingly humbling ourselves and asking God to show us who we really are.** The proud and arrogant see no need for repentance, but those who draw near to God will see that their hearts are in need of His

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4 Release from Bondage

Isaiah 58:6 *“Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?”* There are an overwhelming number of people in our region, in our city and in our church, who need to be free!

Even those of us who have walked with the Lord for a while may have areas of bondage that need the delivering power of God. **Through fasting and prayer, the chains that hold people in their bondage begin to loosen**, and those strongholds that seem to hide in the closets of our hearts are brought to light and dealt with.

5 Release of Healing

Isaiah 58:8 *“Then your light shall break forth like the morning; your healing shall spring forth speedily.”* If you study Isaiah 58 you will find several promises connected with unselfish fasting. One of those promises is health and healing. We also see that healing and deliverance often manifest in the same way. When Jesus was asked to heal people, He often took authority over a spirit of infirmity. This means that with a greater release of power in the church, more healing will take place! This level of breakthrough is oftentimes the result of prolonged seasons of fasting and prayer.

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Release of Kingdom Touch Points (Ministry)

Acts 13:2 “As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.”

There is something in the Kingdom for ALL of God’s sons and daughters. What is God calling you to do? What is your unique assignment? **Fasting produces an awareness of God’s Kingdom plans and God’s desire for our lives to be invested in His eternal plans.** When we are going after the call and destiny the Lord has for us, we will hear His voice and thoughts. Words of knowledge, prophetic words, clear direction, and time frames will begin to be revealed as we follow the Acts 13 pattern. It is not our responsibility to choose and send people into areas of ministry—that is the Holy Spirit’s work. Our part is to prepare and seek the Lord of the Harvest and ask Him to send laborers! So, let’s do our part!

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Release of Spiritual Awakening

Joel 2:28 *“And afterward, I will pour out My Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.”.*

The **“afterward”** in Joel 2:28 is referring to God’s response to a people who are serious enough about true revival to declare a fast and return to the Lord. Remember any revival starts with the one, “I am revival.” God wants to awaken our senses toward Him and the spiritual realm. He has much to say, but we need “eyes to see and ears to hear.” We can also expect an increase in Holy Spirit activity as we go after God during these days. The gifts of the Spirit listed in 1 Corinthians 12 & 14 will increase!

Those who have never prophesied or given a word of knowledge will begin to hear the word of the Lord for themselves and others. Visions and dreams will increase because Holy Spirit communication is part of revival.

Remember that a fast is not a “cure-all” or some formula that releases revival. To continually walk in the benefits of fasting we must live the lifestyle of fasting and prayer.



TYPES OF FASTS

There are two basic types of fasts

- total (water only) and
- partial (abstaining from specific items)

Breads, sweets, cakes, candy, TV, computer games, alcohol, cigarettes, etc.

I am not asking you to abstain from nourishment for such a long period. But I am asking you to do something! The benefits are great!

We present options. Give up something for the month and watch God Work.

OTHER WAYS TO FAST

Sunup to Sundown, One meal per day (no sweets), No Caffeine: coffee, soda, or tea (this may be a wonderful time to give up soda altogether since it is so bad for you). Fruits and vegetables only, no meat. No complex carbohydrates: bread, pasta, potatoes, sweets. No tobacco (if tobacco has you, this is a great time to kick it out of your life).



PRACTICAL FASTING TIPS

Drink lots of Water

Water transports nutrients, carries away wastes, and hydrates cells. So, drink up, and remember to **drink distilled water if you are not eating.**

Did You Know?

Drinking cold beverages makes your body work harder to stay at a normal temperature.

During periods of fasting, this could consume lots of energy and make you tired.

To help preserve energy, consider drinking beverages at room temperature.



WHAT TO EXPECT

When you fast, your body eliminates toxins from your system.

This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars.

Naturally, you will have hunger pains. **When this happens, redirect your focus.**



PRACTICAL FASTING TIPS

Activities that can ease your discomfort and replace mealtime.

- Listening to Gospel and worship music
- Play games
- Family activities
- Read a book
- Visit friends or family members
- Learn a new craft or hobby
- Finish a project or home task
- Journal
- Read the Word
- Pray
- Rest

Scriptures about fasting

- II Chronicles 20:1-15
- Ezra 8:21-23
- Isaiah 58:1-9
- Joel 1:13-14
- Matthew 6:16-17
- Jonah 3:3-10
- Matthew 4:2
- Mark 2:19-20
- Acts 13:2-3
- Acts 14:23

PRACTICAL FASTING TIPS

Prayer During Fasting

During the fast, we will pray to communicate with God on a consistent basis. I trust that as you are denying your flesh, you are better able to hear the Voice of God. Here at the beginning of the year, there is no time like the present to focus on what the Lord is saying to you concerning your future.

Daily Prayer: During this year's Experiencing God Fast, I want you all, wherever you may be, to pray daily: **(Monday-Saturday)**.

Thank you for joining us in this year's Experiencing God Fast.

The information provided is given with the understanding that Mt. Olivet Baptist Church (MOBC) is not engaged in the practice of medicine or any other health-care profession. The information and opinions provided herein are believed to be accurate and sound.

DO NOT rely on information in this publication to replace the advice of health-care professionals, or fail to consult with health-care professionals, should the need for medical attention arise.

**Preparing to Experience God – January 2026
Prayer Calendar**

“If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit and so prove to be My disciples”
John 15:7-8

Jesus is Your Way

A relationship to Jesus Christ is a prerequisite. Trust Jesus Christ as Savior and Lord of your life. If you have not done this, ask God to speak to you as you read the following scriptures:

Romans 3:23 – All have sinned.

Romans 6:23 – Eternal life is a free gift of God.

Romans 5:8 – Because of love, Jesus paid the death penalty for your sins

Romans 10:9-10 – Confess Jesus as Lord and believe God raised Him from the dead.

Romans 10:13 – Ask God to save you and He will.

To place your faith in Jesus Christ and receive His gift of eternal life you must:

- Recognize that you are a sinner and that you need a saving relationship with Jesus Christ.
- Confess (agree with God about) your sins.
- Repent of your sins (turn from your sin to God).
- Ask Jesus to save you by His grace.
- Turn over the rule in your life to Jesus. Let Him be your Lord.

Week 1	January 1 – 3, 2026	Scriptures
Know God Trust His Character	Seek Him with all your heart	Jeremiah 29:13 I Thessalonians 5:17
	Trust His attributes	Joshua 1:8 John 14:27 I John 4:18 Psalm 23:1
	Choose His promise over fear	Joshua 1:9 Philippians 4:6-7 Isaiah 41:10 Psalm 23:4 Proverbs 3:5-6
	Remember and reflect on answered prayers.	
Week 2	January 4 – 10, 2026	
Love One Another	Love & forgive one another	John 13:34 Ephesians 4:32 Colossians 3:12 2 Corinthians 1:3-4
	Accept one another.	I John 4:20 Romans 2:11 Genesis 1:27

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John 15:7-8

	Edify & build up one another.	James 3:3-12 Proverbs 18:21 Matthew 12:36 Proverbs 15:4
Week 3	January 11 – 17, 2026	Scriptures
Give God access to all of you	Surrender	Luke 22:42 Romans 12:1 Luke 9:23
	Submit to God	James 4:7 Romans 12:1 1 Peter 5:6
	Put God first	Matthew 6:33 Matthew 22:37-40 Exodus 20:3 Psalm 27:4
	Let Jesus be LORD of our life.	Romans 10:9 I Corinthians 12:3 Philippians 2:10-11 Luke 22:42
Week 4	January 18 – 24, 2026	
Learn to recognize God’s Voice	Pray always; Listen to Holy Spirit. Develop intimacy with Him.	Jeremiah 33:3 Psalm 46:10 Romans 3:15 Isaiah 30:21
	Study bible daily and take classes.	Romans 10:17 John 10:27-28 Revelation 3:20 John 14:26
Week 5	January 25 – 31, 2026	
Obey God’s Commands	Be a doer of God’s Word	James 1:22; Luke 11:28
	Obedience is Better than Sacrifice	I Samuel 15:22; Isaiah 1:19-20
	Obedience is Love	John 14:15; John 15:10; Acts 5:29

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