



PRAYER MINISTRIES

CHURCH OF GOD OF PROPHECY

Fasting was an expectation of Christ for His disciples. In Matthew 6:16, He said, “When you fast” not “If you fast.” He modeled fasting as an effective and necessary part of His prayer life with the Father.

Although many Christians participate in fasting for dietary and physical reasons, there are benefits reserved for those participating in fasting as a spiritual discipline. All too often Christians approach fasting as a strength of determination, a sacrifice, or an overcoming of self-will. Fasting, however, is ultimately an emptying of one’s self to be filled with God achieved not by our own strength but from God’s work in us (Philippians 2:12, 13) through the strength he provides (1 Peter 4:11).

Fasting serves as a compliment to the prayers we pray. In many ways it adds an extra dimension of intensity and earnest desire than our routine, normal prayers. It also moves us beyond a simple tool for seeking those things we desire and moves us toward something greater than provision, protection, or guidance—God Himself.

As you empty yourself through fasting, God promises “open wide your mouth and I will fill it.” Through fasting, God promises to reward us by aligning our hearts with His purposes and desires, as “He satisfies the thirsty and fills the hungry with good things” (Psalm 107:9).

Prayer Directives

- Thank the Father that as you fast and earnestly seek after His purposes, He hears your prayers and responds (Ezra 8:23).
- Ask the Father to reveal His purposes to you, naming specific areas where your need His guidance (Judges 20:26).
- Tell the Father about situations in which you or your loved ones need deliverance or protection (2 Chronicles 20:3–4; Ezra 8:21–23).
- Ask the Father reveals areas of your life that are not pleasing to Him. “Pour out” your heart to Him and repent (1 Samuel 7:6; Jonah 3:5–8).
- Surrender yourself entirely to the Father’s will asking that He use you for His glory (Matthew 4:1–11).
- Spend time in worship, expressing your love and devotion to the Father (Luke 2:37, Psalm 107:9).

Download this prayer guide as a bulletin insert, access prayer guides on additional topics, or find resources for your local church prayer ministry online at www.COGOPprays.org. Let us know you are praying with us by using #COGOPprays on social media to share your requests, inspirations, and praise reports.



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