

SUMMER 2026

PRAYER & FASTING

COVA CHURCH



Prayer and Fasting?

LIFE IS BUSY, NOISY, STRESSFUL, AND CONFUSING AT TIMES. WE ALL WANT TO DO OUR BEST, HELP OTHERS, AND BE GOOD PEOPLE, BUT LIFE HAS A WAY OF DISTRACTING US FROM WHAT MATTERS THE MOST. WE CAN EASILY FIND OURSELVES SAYING JESUS IS AT THE CENTER OF EVERYTHING WHILE LIVING IN PURSUIT OF EVERYTHING ELSE. PRAYER AND FASTING RECENTER US, CREATE SPACE TO LISTEN, AND REMINDS US THAT NOTHING IS MORE IMPORTANT THAN OUR FAITH IN JESUS. TAKE TIME THIS WEEK TO PRAY BIG PRAYERS, CREATE SPACE THROUGH FASTING, AND ASKING GOD TO SPEAK.

THE CENTRAL IDEA IN FASTING IS THE VOLUNTARY DENIAL OF AN OTHERWISE NORMAL FUNCTION FOR THE SAKE OF INTENSE SPIRITUAL ACTIVITY.

RICHARD FOSTER

OUR FATHER IN HEAVEN,
MAY YOUR NAME BE KEPT HOLY.
MAY YOUR KINGDOM COME SOON.
MAY YOUR WILL BE DONE ON
EARTH, AS IT IS IN HEAVEN.
GIVE US TODAY THE FOOD WE NEED,
AND FORGIVE US OUR SINS,
AS WE HAVE FORGIVEN THOSE
WHO SIN AGAINST US. AND DON'T
LET US YIELD TO TEMPTATION,
BUT RESCUE US FROM THE EVIL ONE.

MATTHEW 6:9-13

DAILY RHYTHM

We lean into God's presence and dwell with His Word. While we fast from food, screens, shopping, or other things we fill that space and time intentionally throughout the day.

Prayer & Fasting	
Scripture	Select a verse or phrase that stands out to you. Write it out, underline it, or highlight it.
Observation	Reflect on what the text says. Note key details, the context of who the passage was written to, what principle God is communicating, or the truth being revealed.
Application	Personalize the passage. Write down how you can apply these truths to your life today or live them out in community with others.
Prayer	Spend time praying out loud or writing a prayer about what you just read. Ask God to help you understand and apply the truth and grace of Scripture in your daily life.

Throughout this week of Prayer & Fasting we will be praying as a church for different needs, issues, and asking the Lord to speak to us.

MONDAY

Morning

Psalm 103

John 15:9-12

How can God's love shape the love we have for ourselves and for others today?

S.O.A.P.

Evening

Micah 6:6-8

Philippians 2:1-5

Where can you practice humility and compassion within your family, friend group, workplace, and community?

S.O.A.P.

TUESDAY

Morning

Isaiah 41:8-10

Romans 8:38-39

What fear, stress, or worry can you trust God with today?

S.O.A.P.

Evening

Ecclesiastes 4:9-12

Hebrews 10:23-25

How can you encourage someone in the faith this week?

S.O.A.P.

WEDNESDAY

Morning

Lamentations 3:22-26

Colossians 2:6-7

What does it look like for you to be “rooted” today?

S.O.A.P.

Evening

Proverbs 3:5-6

James 1:22-25

What does it look like to live out God’s word instead of simply hearing it?

S.O.A.P.

ALWAYS BE FULL OF JOY IN THE LORD. I SAY IT AGAIN—REJOICE! LET EVERYONE SEE THAT YOU ARE CONSIDERATE IN ALL YOU DO. REMEMBER, THE LORD IS COMING SOON. DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, AND THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD'S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS.

PHILIPPIANS 4:4-7

THURSDAY

Morning

Zephaniah 3:17-20

Ephesians 3:16-19

What qualities of God's love do you need to discover or remember today?

S.O.A.P.

Evening

Psalms 133:1-3

Acts 2:42-47

What happens create unity and reflect God's love in community?

S.O.A.P.

FRIDAY

Morning

Deuteronomy 6:4-9

Matthew 22:36-40

How does loving God change our relationships and interactions with other people?

S.O.A.P.

Evening

Joshua 1:7-9

2 Timothy 1:6-7

Where in your life do you need encouragement or courage to keep growing in your faith?

S.O.A.P.

“FOR THIS IS HOW GOD LOVED THE
WORLD: HE GAVE HIS ONE AND
ONLY SON, SO THAT EVERYONE
WHO BELIEVES IN HIM WILL NOT
PERISH BUT HAVE ETERNAL LIFE.
GOD SENT HIS SON INTO THE
WORLD NOT TO JUDGE THE WORLD,
BUT TO SAVE THE WORLD
THROUGH HIM.

JOHN 3:16-17

SATURDAY

Morning

Isaiah 40:28-31

2 Corinthians 4:16-18

What can help you renew your faith when you're feeling weary?

S.O.A.P.

Evening

Psalms 100:1-5

James 1:16-18

How can remembering God's goodness help you trust Him more?

S.O.A.P.

SUNDAY

Psalm 118:24

This is the day the Lord has made.
We will rejoice and be glad in it.

We can't wait to see you at CoVA Church this morning! At 10:00am we will gather together in worship, celebration, and exception. Take some time this morning to pray for service, those around you, and all that God has in store for us.

Ask God who you can invite to CoVA, how you can participate in what He's doing, or to prepare your heart for this morning's time together!



CoVA Church
Real People.
Real Relationships.
Real Faith.