



2026

21-DAY PRAYER AND FASTING GUIDE

THE JESUS WAY

MATTHEW 16:24

FLORIDA CHURCH OF GOD OF PROPHECY



A note from Bishop Trevor

Did you know that the Gospels record Jesus saying, “Follow me” to those considering to be His disciple 22 times (Matt. 7 times; Mark 4 times; Luke 4 times and John 7 times)? In Matthew 4:19 Jesus teaches that following Him would put them in the place where He could change their lives. Matthew 16:24 says following Him would pattern their lives after His. This is why we are starting our new year with 21 days of personal and corporate fasting and prayer. We want to go the “Jesus Way” because it is the only way that leads to transformation, purpose, peace, power, and union with God. As children, we used to sing a song in Children’s church entitled, ***I Have Decided to Follow Jesus***.

I have decided to follow Jesus
I have decided to follow Jesus
I have decided to follow Jesus
No turning back, no turning back
Though none go with me, still I will follow
Though none go with me, still I will follow
Though none go with me, still I will Follow
No turning back, no turning back

No matter what happens in the world in 2026, our call to follow Jesus still stands. Going His way, a way of self-denial, trust, love, and obedience leads to the life the Father desired of us from the beginning. We cannot go *the Jesus Way* without fasting and praying. Fasting and prayer as Jesus taught and modeled to His disciples prepares and empowers our hearts to live *His Way*. As we begin these 21 days of prayer and fasting, let us seek with all our hearts the *Jesus Way*!

This guide addresses the barriers we experience in fasting and prayer, the kinds of fasts to choose for yourself, and practical advice on doing them daily. Remember, the hope of our lives is that Jesus would dwell within us fully (Colossians 1:27)! In these next 21 days fix your heart on going Jesus’ Way!

With Love and Faith,

Bishop Trevor

FLCOGOP DEVOTION AND SCRIPTURE FOCUS

January 3-23, 2026

WEEK 1 — Luke 22:39-46 — *GETHSEMANE STREET*

Sunday — Corporate Worship, Prayer and Word

Mid-Week — Local church corporate prayer

WEEK 2 — Luke 18:1-8 — *PERSISTENT PLACE*

Sunday — Corporate Worship, Prayer and Word

Mid-Week — Local church corporate prayer

WEEK 3 — Matt. 9:35-10:4; Luke 6:12-16 — *HARVEST LANE*

Sunday — Corporate Worship, Prayer and Word

Mid-Week — Local church corporate prayer

STATE PRAYER CONFERENCE
“SOUND THE ALARM: IT’S TIME TO WAKE UP AND RISE”

JANUARY 24, 2026
CAMP SONSHINE
9 A.M.-3 P.M.

COGOP INTERNATIONAL
GLOBAL NIGHT OF PRAYER SIMULCAST
JANUARY 25, 2026
CONNECT ON THE CHURCH OF GOD OF PROPHECY (OFFICIAL)
FACEBOOK PAGE OR AT COGOP.ORG

Prayer and Fasting Guidelines

(This guideline has been adapted from the teachings of Dr. Bill Bright, Dave Clayton, Dr. Tim Keller, and Jentezen Franklin.)

FASTING IS BIBLICAL, HISTORICAL AND EFFECTIVE

Fasting in the Bible is the intentional practice of abstaining from food to focusing on seeking God's attention, will, mercy and intervention in a personal, corporate or national problem.

Consider some of the Old Testament examples of fasting:

- Moses miraculously fasted and prayed for forty days before receiving the commands of God. (Deuteronomy 9:9-18)
- David fasted and prayed for seven days as he prayed for his sick son.
- Ezra fasted and prayed as he mourned the sin of his Israel.
- Esther fasted and prayed for the safety of her Israelite people when they were threatened with extinction at the hands of political enemies.
- Daniel fasted and prayed for twenty-one days as he sought clarity on a vision from God.

Consider some of the New Testament examples of fasting:

- Jesus fasted and prayed before the start of His ministry in the wilderness.
 - The apostle Paul fasted and prayed after his radical conversion from Pharisee to a disciple of Jesus Christ.
 - The leaders of the church in Antioch fasted and prayed before sending out missionaries.
 - In Acts 14, the churches in Galatia fasted and prayed as they prepared to appoint new leaders.
 - Jesus taught that fasting was normative.
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The overwhelming testimony of fasting and prayer is that it is effective when done with humble and submitted hearts.

For example:

- The fast released people from the bondage of sin and addiction. (Matthew 17:21)
- The fast answered problems and gave Godly wisdom and direction. (Ezra 8:21-23)
- The fast prepared Nehemiah to rebuild the walls of Jerusalem after the exile. (Nehemiah 1:4-10)
- The fast broke negative mental and emotional habits. (1 Kings 19)
- The fast brought about healing and wholeness. (Daniel 1:1-21)
- The fast expanded and increased witness and testimony for Christ. (Isaiah 58:6,8; Matthew 5:14-16)
- The fast provided unusual power and protection from the evil one. (Esther 4:16)
- The fast brought revival for the saved and salvation for the unsaved. (1 Samuel 7:2-11)

What about in the broader society? Are there any examples of nations engaging in prayer and fasting before the Lord? If so, what were the results? Consider these examples of historical events bathed in prayer and fasting:

John Wesley in his journal tells England's national deliverance in 1756. The king of Britain called for a day of solemn prayer and fasting because of a threatened invasion of the French. Here is what he wrote:

The fast day was a glorious day, such as London has scarcely seen since the Restoration. Every church in the city was more than full, and a solemn seriousness sat on every face. Surely God heareth prayer, and there will yet be a lengthening of our tranquillity....Humility was turned into national rejoicing for the threatened invasion by the French was averted."

Abraham Lincoln in April of 1863 called for a national day of fasting to ask God's forgiveness for war, sin, and rebellion against God's will in hope that He would restore peace to the United Nations. Here were some of his words regarding the matter:

"And whereas it is the duty of nations as well as of men, to own their dependence upon the overruling power of God, to confess their sins and transgressions, in humble sorrow, yet with assured hope that genuine repentance will lead to mercy and pardon; and to recognize the sublime truth, announced in the Holy Scriptures and proven by all history, that those nations only are blessed whose God is the Lord...All this being done, in sincerity and truth, let us then rest humbly in the hope authorized by the Divine teachings, that the united cry of the Nation will be heard on high, and answered with blessings, no less than the pardon of our national sins, and the restoration of our now divided and suffering Country, to its former happy condition of unity and peace."

BARRIERS TO OUR BREAKTHROUGHS

If prayer and fasting are so effective, then why is it such a rare practice in our contemporary church culture? There are several reasons why fasting is still a struggle among God's people. Here are 5 Barriers that must be overcome if we are going to experience the spiritual blessing and breakthrough that fasting and prayer offers:

1. **OUR LOVE OF PLEASURE** One of the reasons why fasting and prayer are often avoided is because of the obvious: it is not pleasurable. Richard Foster in his book *Celebration of Discipline* gives a personal testimony of a barrier he encountered when he began fasting.

"The first thing I learned about myself in experiences of fasting was my passion for good feelings. I was hungry, and I did not feel good. All of a sudden, I began to realize that I would do almost anything to feel good. Now there is not a thing wrong with feeling good, but that has got to be brought to a place in our life where it does not control us."

There is no avoiding the reality that fasting is not fun. We live in a culture ruled by spirits that want us addicted to pleasure and sensuality. In such an environment our flesh naturally cries out against all that is holy, godly and spiritually beneficial. The psalmist had a similar experience:

My knees are weak through fasting, and my flesh is feeble from lack of fatness (Psalm 109:24). Jesus called us to self-denial (Mark 8:34) to experience the joy of His kingdom. Christ is not opposed to our pleasure; He is against the tyranny of it! If pleasure controls you, fasting is the answer to bringing it into an appropriate subjection.

2. **WE WANT TO BE SELF-SUFFICIENT** The American culture celebrates independence and self-sufficiency. Culturally we are admonished to “pull ourselves up by our bootstraps.” However, to experience the restoring grace of God we must acknowledge the opposite. We are dependent upon God and not ourselves. Jesus spoke in clear terms when He said to the disciples, “apart from me you can do nothing (John 15:5.)” Fasting is at odds with our flesh’s desire to be its hero.

3. **WE BELIEVE WE ARE GOOD APART FROM GOD**
Humanism is the true religion of the world. Humanism teaches humanity is good innately and all the problems of the world can be solved by people doing what they think is best. This is ideologically at odds with our need for Christ’s lordship. Romans 7:18 says, “For I know that nothing good dwells in me, that is, in my flesh. I have the desire to do what is right, but not the ability to carry it out.” We need God to help us and transform our selfish and ungodly hearts. We fast to express that only God can truly solve our problems and the problems of the world. Until we reject this idealistic error, we will not be able to experience the restoring grace of God!

4. **WE LACK DISCIPLINE**

Practically, many of us have never given the effort to follow through on God’s word. It’s not that we don’t know what is good, but we have not committed to prioritizing the disciplines that allow grace to overtake us. Until we discipline ourselves to read God’s word like we are conditioned to eat, then we will not experience true restoration. “Man cannot live on bread alone but every word that proceeds from the mouth of God (Matt. 4:4).” Fasting takes discipline. Prayer takes discipline. The Apostle Paul admonished Timothy and we are called today to “exercise ourselves to be godly” (1 Tim. 4:7).

5. WE LACK A VISION OF GOD'S RESTORATION

Vision is the clarity to see God's will and plan. The King James Version of the Bible translates Proverbs 29:18, "Where there is no vision, the people perish". The NIV translates this passage "Where there is no revelation, people cast off restraint;". This proverb teaches that when people can not see God's plan for themselves, they give up hope and live out ways that destroy them. We fast because we see with faith what God wants to do. Fasting is an act of faith that says, "Lord what you want, is what I believe will happen!" The Lord wants to restore our soul and lives and we fast because we believe that's exactly what He will do! Sometimes what God wants seems impossible, but we know that nothing is impossible with God (Luke 1:37)! When we have a vision of God's will, we fast and overcome the barrier of spiritual blindness.

HOW DO I START?

1. **Set Your Objective.** Determine the areas that you sense God wants you to experience restoration. This is important because fasting and prayer do not guarantee that we will experience necessarily what we want, but it always leads to what the Lord desires for us to experience. Here are 7 examples that Pastor Dave Clayton gives in his book *Revival Starts Here*, of what the Lord may be leading you to experience:

- A deeper friendship with God (Psalm 42)
- A renewed hunger for Heavenly things (John 6:27)
- Soul training for self-denial (Mark 8:34)
- Intimacy, security, and strength (Luke 4:1-14)
- Clarity in Prayer (Daniel 10 and Isaiah 58)
- Humility for revival (2 Chronicles 7:14)
- Freedom from demonic strongholds (Mark 9:9)

These may be some of the areas, or they may not be. We discern where God is leading us best through prayer. So, as you prepare for your time of fasting, think about the top two or three things most pressing on your heart and focus on those things with God. Write these down in the space provided below, and be open to hearing what God wants to show you. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

2. Prepare yourself for the Fast

• Set Your Eyes on God's Promises

As you prepare for the next month, I encourage you to begin by focusing on the promises of God, and not simply the practicals of what you will be giving up. Here are a few verses helpful for tuning our hearts to the will of God in seasons like this:

- * James 4:8 -- draw near to God
- * Luke 11:9-10 -- ask, seek, knock
- * Matthew 5:6 -- hunger & thirst for righteousness

• Make Space for God Each Day

No matter where you are on your spiritual journey, make the decision that you will connect with God through prayer each day beginning Saturday, January 3rd. I encourage you to use this guide and the weekly prayer directives to help you focus your heart each morning in prayer. But don't stop there, commit yourself to make "more space than usual" for God during this month, and then take note of what God does.

• Be Expectant

Finally, let's come into this season expectant for God to move. Hebrews 11 reminds us that God delights in rewarding those that come to him in faith. Let's believe God for great things not just in our life, but also in our church during this month. Together let's believe God's promises for our church family over the next 21 days.

3. Choose your type of fast.

We are all at different places in our walk with God. Likewise, our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are.

Your fast should present a level of challenge to it, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

What Kind of Fast Will You Do?

Complete Fast

This fast calls for drinking only liquids, typically water with light juices as an option. This kind of fast requires a certain level of physical health, and it is recommended that you check with your doctor if you're doing a complete fast for more than 3 days in a row each week. Some examples from Scripture of a complete fast can be found in Matthew 4:2; Acts 9:9; Esther 4:15–16.

Selective Fast

This type of fast involves removing certain elements from a diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Media Fast *(We advise everyone to integrate this into their fast)*

This fast is common for those who have health issues that prevent the fasting of food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast—and then choosing how to carefully bring that element back into their life in an orderly fashion.

How to Fast Safely

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But I assure you, if done properly, fasting will not only prove to be a spiritual blessing but physical blessing as well. By all means, consult your doctor before you begin your fast. But, be aware that many doctors have not been trained in this area and so their understanding is limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

When you are assured that you are in good health, you are ready to begin your fast.

In spite of the absolute safety and benefits of fasting, certain persons should **NEVER** fast without professional supervision.

For example:

- **Persons who are physically too thin or emaciated.**
- **Persons who are prone to anorexia, bulimia, or other behavioral disorders.**
- **Those who suffer weakness or anemia.**
- **Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.**
- **Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.**
- **Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.**
- **Women who are pregnant or nursing.**

4. Make a Plan for Prayer and the Word.

You need to make a plan to use the times usually given to eating and media intake as times of prayer, worship, and Bible meditation. For those with children, consider using these times as an opportunity to share what God is doing in your heart as the rest of the family eats.

Once again, as with prayer, choose the time and the place where you are going to read your Bible and devotional every single day and come prepared to hear what He wants to tell you.

Here are six quick things we'd like to share with you about how to get the most out of your devotional time with God.

1. Read Consistently

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a few days, pick up at the next reading, but stay with it and don't give up.

The key is to keep this simple and make it sustainable. We recommend a reading plan such as the YouVersion "21 Day Fast" or a similar devotional.

2. Read Prayerfully

Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment and ask God about it. Reading prayerfully is making space and time to talk to God and giving Him time and space to talk to you. Taking time to meditate on God's Word is just as important as reading it.

3. Read Expectantly

You are about to partake of the bread of life, so foster an attitude of expectancy. Believe that God is going to speak to you through His Word. With meditation on the ideas and thoughts recorded in your journal, be prepared to do something with what He shows you.

4. **SOAP Method**

Scripture. **O**bservation. **A**pplication. **P**rayer

You can also apply the **SOAP** method to your prayer life during this time. The **SOAP** method works like this:

S for Scripture. Read prayerfully. Take notice of which Scripture(s) catches your attention and mark it in your Bible or write it in your journal.

O for Observation. Focusing on that Scripture, tune in and listen to what God is saying to you through His Word. Ask the Holy Spirit to be your guide and show you what God is saying.

A for Application. Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise or correction for a particular area of your life.

P for Prayer. Talk to God about what you've just read. Prayer is all about relationships. It's a two-way conversation, so be sure to listen to what God is telling you.

That's it! **S.O.A.P.** It's as simple or deep as you want it to be.

**"COMMIT EVERYTHING YOU DO TO THE LORD.
TAKE DELIGHT IN THE LORD, AND HE WILL GIVE YOU YOUR
HEART'S DESIRES. TRUST HIM, AND HE WILL HELP YOU."
Psalm 37:4-5 NLT**

5. **Start it and Stick with it.**

Quite simply you will need to start your fast and stick with it if you're going to make any progress in this discipline. Chances are, especially if this is your first fast, you might not make it as long as you had intended. That's okay. When you're hungry, pray. If you break down and give in to hunger, pray. Either way, get back up and keep moving forward toward God! Fasting is an exercise in grace—so make sure you give yourself some.

6. Share with Others.

Finally, share both the burden and the blessings of fasting with a small community. Keep in mind how the Bible is clear that fasting is not something we do for the attention of other people. So be careful not to let everyone around you know that you're fasting because that can allow pride to creep in.

WHAT DOES A NORMAL FAST DAY LOOK LIKE?

A common question asked about fasting is, "Besides abstaining from food, what else should I do during the day (or days) that I fast?"

Below are a few suggestions that might help you connect more deeply with the Lord as you pray and fast.

SUGGESTIONS FOR YOUR MORNINGS

- Begin your day in praise and worship. Set aside a few songs and hymns to sing to the Lord each day. Remember, it's not your sound, but your heartfelt communion before and with the Lord.
- Read and meditate on God's Word.
- Invite the Holy Spirit to search your heart and life.
- Invite God to use you to influence your family, workplace, neighborhood, and world.
- Ask God to give you His vision for your day and your life.
- Ask God to empower you to do His will.

SUGGESTIONS FOR YOUR MIDDAY

For many, lunchtimes will be the most significant time of day with the Lord. Trust the Lord that you will do more than "survive" this time and instead you will thrive! Here are some suggestions for this special time:

- Returning to God in prayer and Scripture.
 - Taking a short prayer walk.
 - Spending a few moments in silence reflecting on God's goodness.
 - Using your lunch hour to meet up with others with whom you are fasting to pray, worship, and set your hearts on God together.
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SUGGESTIONS FOR YOUR EVENINGS

- Spend some unhurried time with God without the pressures or constraints of work or school.
- Meet up or video chat with others who are fasting for a time of prayer and encouragement.
- Avoid or limit outside distractions such as television or social media.
- Spend some time on your knees in prayer with your spouse, children, or roommates.

HOW DO I FAST IF I HAVE CHILDREN?

Here are some suggestions for engaging in a fast while your children are still home with you:

START BY TALKING ABOUT IT

Explain to your children what fasting is, why you are doing it, and for how long you'll be doing it. Use your mealtimes to share what God is doing in your hearts. Make sure you share the blessings you're experiencing and not simply the burdens you might be feeling.

PREPARE AHEAD

Because the parent will be abstaining from food while children are still eating, it may be helpful to eliminate some of the struggles of food prep by planning, or at the very least sharing the load as a couple to avoid both the temptation of eating and the time constraints that come with preparing a meal for others.

INVITE THEM IN

Invite your children to pray about whether or not they would like to fast with you. It is not abnormal for them to want to do it if they see their parents experiencing the blessing of the Lord. When you are doing an extended fast, due to the age of your children, you will limit their fast to abstain from only one meal instead of all of their meals. And it is wise to only let them fast one day a week. This way they get to participate and they ease into learning how to engage in a fast.

START SMALL

If your children want to join you, have them commit to fasting one meal or snack time as a starting point. For that time (perhaps designate an hour) let them focus on singing, reading the Word, and prayer for things that are on their hearts.

CHANGE SCENERY

When your children are fasting with you, it is a good idea to get out of the house during meal times. Go for a walk. Play at the park. Pray for your friends and family together. Whatever you do, try to change the setting during key mealtimes. It will be especially helpful for your kids to remember that you're doing something different as a family.

GIVE THEM GRACE

If your kids are hungry and struggling to keep their fast—stop right there and pray with them that God would satisfy their hunger. If they need to eat, give them grace and let them eat. Remember, you don't want them to forfeit a lifelong discipline because of a legalistic experience when they are young.

CELEBRATE TOGETHER

Take time to share the joys of what God is doing in your life as a family. Celebrating where God is at work is a wonderful reward and motivator for kids who are learning to fast.
