

Fasting: A Call to Prayer and Humility

Fasting is a gracious gift from God. It reminds us that we do not live by bread alone, but by every word that proceeds from the mouth of God (Matt. 4:4). During His earthly ministry, our Lord Jesus taught that we are to fast as we await His return (Matt. 9:15). When done with medical wisdom, fasting is a spiritual discipline that directs our dependence away from physical sustenance and toward God's Word and prayer. In moments of hunger, we turn to the comfort of the Holy Spirit through prayer, feeding our souls with His presence and word.

The most important aspect of fasting is the posture of our hearts. Jesus emphasized that fasting should not be done for public recognition or praise. Instead, our hearts are to be humbled before God, clothed with humility and full dependence on our Heavenly Father (Matt. 6:16–18).

With this in mind, the Session of Covenant Church has called for a **Day of Fasting and Prayer on June 8, 2025**. The purpose of this fast is to humble ourselves before the God of Heaven and to seek His blessing on our upcoming General Assembly, taking place June 23–27. Jesus Christ is the sole Head of the Church. He has ordained that His Church gather to advance the gospel and glorify His name (Acts 15; Heb. 10:25). It is our prayer that this year's General Assembly of the Presbyterian Church in America will exalt the name of Christ and be marked by peace, unity, and brotherly encouragement.

We invite you to join us in prayer for the following:

- That Christ will be exalted as the Head of the Church and honored through loving, respectful dialogue at the Assembly.
- That peace and unity will prevail among the elders during all deliberations.
- That the elders will humbly submit their hearts and decisions to the authority of God's Word.
- That the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—will be evident in the lives of all participants.
- That contentious issues will be addressed with honesty and godliness, grounded in biblical truth rather than personal preference or ambition.
- That the times of worship will truly honor the Lord Jesus.
- That those nominated to serve on various committees and agencies will do so with humility and integrity.
- That as new leadership are raised up across the denomination, the men God desires to lead His church will fill those offices.
- That the committees of commissioners for the boards and agencies will carry out their responsibilities diligently.

We look forward to this corporate fast and time of prayer, culminating in the breaking of the fast with the Lord's Supper and a fellowship meal following evening worship on **June 8th**. Please join us as we humble our hearts before the Lord and seek His favor upon the work of our denomination.

If you would like to study further on the theology and practice of fasting and prayer, we encourage you to read this helpful guide:

[**A Short Practical Guide for Prayer and Fasting by Richard Pratt**](#)