IGNITE

7 DAYS OF

PRAYER & FASTING

IGNITE

THE WAY
CHURCH

PREPARING FOR FOR 7 DAYS PRAYER AND FASTING

If you call The Way Church home, we invite you to join us in our seven-day fast from January 5–11 (Monday through Sunday) from 6:00 AM to 6:00 PM. This annual fast is a vital part of how we prepare our hearts for the year ahead, and we are encouraged by the strong participation each year.

We encourage a water-only or liquid fast, and ask that you consult a healthcare professional if you have any health concerns. The following guide will help you prepare and stay focused throughout the seven days.

STEP 1: Know Your Purpose

We fast and pray together in order to:

- Increase our sensitivity to the Holy Spirit
- Grow in deeper dependence on God
- Re-prioritize prayer in our daily lives
- Challenge and quiet lower desires
- Hear God's voice more clearly
- Unite as one church family

STEP 2: Prepare Physically

Prepare your body wisely before beginning the fast. Avoid rushing in. Gradually reduce caffeine and sugar to help ease the transition. If you plan to abstain from food, consider eating raw or lighter foods for a day or two beforehand. If you have any health concerns, medical conditions, or take prescribed medications—such as diabetes, heart disease, pregnancy, or breastfeeding—please consult your doctor before fasting. If you have a history of eating disorders, we encourage you to work closely with a counselor. In many cases, a modified fast is still possible; discuss appropriate options with your healthcare provider in advance.

STEP 3: Make A Plan

Here are some questions to consider as you develop your plan:

1. When will you spend time with God?
2. How will your fast affect others? Coworkers? Family?Friends? How will you offset this?
3. What will you say when someone asks you to lunch or coffee?
4. Who can encourage you throughout your fast?

FASTING AS A NORMAL BIBLICALL PRACTICE

In recent years, fasting has often been viewed as extreme or unnecessary and, as a result, has been largely neglected. Yet when Jesus spoke about fasting, He assumed it would be a normal and regular practice for His followers, one that helps us grow in our relationship with Him.

As followers of Jesus, we are not interested in empty religious routines, but in deepening our connection with Him. Jesus Himself practiced prayer and fasting, and we embrace fasting as a spiritual discipline that draws us closer to God.

In Scripture, fasting refers to abstaining from food partially or completely for a set time in order to focus on prayer. When prayer and fasting are joined together, God uses them to increase spiritual sensitivity and release His power, allowing His Word and His presence to become our true source of sustenance.

DAY ONE
IGNITE HUMILITY

Whoever exalts himself shall be humbled; and whoever humbles himself shall be exalted.

-Matthew 23:12

There are many examples of humility in the Bible, but none paint a more vivid picture than that of Jesus washing His disciples' feet. Kneeling over the basin with a towel wrapped around his waist, Jesus demonstrated to us and his disciples the proper posture to take if we are to make an eternal difference in this world. Our human nature leads us to exalt our own needs and desires above those of others. We can be filled with pride believing that it is our own st engths, talents, and intelligence that are fueling our Kingdom work. Only when we understand that we can do no good thing apart from Christ are we well-positioned to see Jesus work through us. As we approach God with great humility, He chooses to entrust us with Kingdom assignments and exalt and empower us to accomplish them.

True spiritual fire begins when we lower ourselves before God. Like Jesus kneeling to wash feet, humility is not weakness—it's the spark that ignites divine empowerment. When we fast, we willingly quiet our appetites and acknowledge our need for God. This week begins by laying down pride, self-reliance, and the illusion that we can do life on our own.

Jesus, thank you for your example of humility in the way that you lived and in the way that you died for my sins on the cross. Lord, ignite humility in me. Strip away pride, ego, and self-dependence. Position my heart to receive Your fire. Please help me today to humble myself in your sight that you might lift me up to serve, honor, and glorify you as you deserve. In Jesus name I pray, Amen.

Reflection:

Where have I been relying on myself instead of God?

What areas of my heart need softening?

DAY TWO
Ignite Confession

If we say we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

-1 John 1:8-9

Yesterday, we looked at the importance of humility. There is nothing more humbling than allowing the mirror of God's Word and the convicting power of the Holy Spirit to show us our own sin. Confession is a difficult and often painful discipline. It requires us to deny our flesh and submit and surrender to the Lordship of Jesus. We are tempted to compare ourselves to others in this process, in which case, we may not see the sin hidden deep in our hearts. Only when we compare ourselves to the holiness and perfection of Jesus do we begin to see our selfishness, wrong thoughts and attitudes, and impure motives clearly. Even when we do recognize sins that need to be confessed, we are often hesitant to admit our wrongdoing. All the while, our merciful God is faithful and righteous to forgive us of our sins and to cleanse us from all unrighteousness. Oh, the glorious freedom that lies within that promise!

Confession is not shame—it's alignment. Nothing suffocates spiritual fire faster than unconfessed sin. Today is about holding up the mirror of God's Word and allowing the Holy Spirit to reveal what must be surrendered. God never exposes to condemn—He exposes to heal. As we experience God through prayer and fasting today, let us ask Him to show us every sin that we need to confess to Him. May we never deceive ourselves, but be filled with His truth and covered with His cleansing forgiveness.

Father, apart from the righteousness imparted to me through Christ, I am a filthy rag. Ignite purity within me. Reveal anything that has dimmed my flame. Wash me completely. Help me to see my sin just as you see it and willingly confess it with a humble heart. You are Holy, Holy, Holy and my only standard of righteousness. Thank you for your willingness and ability to forgive me and cleanse me. In Jesus' name I pray, Amen.

Reflection:

What sin have I tolerated or minimized?

What truth is God inviting me to face today?

DAY THREE
Ignite Repentance

Remember then how far you have fallen; repent, and do the works you did at first. Otherwise, I will come to you and remove your lampstand from its place, unless you repent.

-Revelation 2:5

As a Christian, you were likely led to Christ by someone who told you that you need to repent of your sins – to turn away from them with the intent of never sinning again. While this does not mean that we will not fall away again, it does mean that our hearts' desire is to align our actions, thoughts, and words with all that God has designed for us.

Because our repentance is not permanent while we live in this fallen world, we must continue to repent. Yesterday, we studied confession. Confession is an important step in remembering and acknowledging our sins. It frees us to accept God's grace, but we cannot stop there. We must repent – turn away from those sins – and return to God to do the works that we did as new Christians, freshly on fire for God. Repentance is not just feeling sorry. Repentance restores passion. When we realign our steps with God, the fire that once flickered begins to burn again.

A part of our fasting this week is to learn greater purity before God. We can use the focus that fasting brings to deeply examine our hearts and make sure that we have turned away from the sin that can hinder our communion with God.

Lord, please bring to mind all that I have done that is against your will and your instruction. Create in me a clean heart and give me a desire to seek first your kingdom. Give me the strength to turn away from my sins and the temptation that may cause me to stray from you. Ignite transformation in me. Turn my heart in the direction of Your will. Restore my first love.

Reflection:

Where have I drifted?

What “first works” do I sense God calling me back to?

DAY FOUR
Ignite Forgiveness

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone, just at the Lord forgave you, so also should you.

-Colossian 3:13

Part of our goal for this week is to remove all barriers to intimacy with God. Fasting affords us a mechanism to focus all our energy on Him. However, that focus is broken when we are holding something against someone else. There is no way that we can receive all that God has for us if a corner of our mind is saved for storing a grudge, no matter how small.

In this passage of Colossians, Paul is in the middle of an exhortation to Christians at Colossae to lead a holy life. He is pleading with them to not focus on earthly things but the things of God. An important part of our Christian life is how we walk with our fellow humans. Given that we are all sinners, we will all do things to others that are not Christ-like. Therefore, the corollary will likely be true: there is always going to be someone who has done something to upset us. Our charge from the Word of God is to be in a mode of active forgiveness. The word for "forgiving" is a present tense, middle voice participle. It means that we are responsible for the action, and the action is happening immediately, continuously, and permanently. Otherwise, our resentment will build and become a barrier to our relationship with God.
Practice complete and permanent forgiveness, just like the forgiveness that we receive through Jesus. Unforgiveness clogs the pipeline of spiritual power. Forgiveness is fuel. Holding grudges drains energy, clarity, and spiritual vitality. Today is about releasing offenses—past, present, and internal. Fire cannot fall on a hardened heart.

Lord, Ignite freedom in me. I release every person who hurt me. Heal the places that still ache. Create in me a self-awareness so that I can recognize my need to forgive and give me the strength and grace that I need to be able to follow through on my need to forgive others. Thank you for your grace to me. Help me to extend that to all of those I interact with.

Reflection:

Who do I need to forgive?

What offense still sits in my heart?

DAY FIVE
Ignite the Word

This book of law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it, for then you will make your way prosperous, and then you will have success.

-Joshua 1:8

This verse is the charge by God to Joshua as he is taking over leadership of the Israelites from Moses. God is very specific about the importance of knowing His word. In the statement before this, he instructs Joshua to follow the law, but interestingly, AFTER that, he tells Joshua to know and use the law. This is because, as the leader of God's chosen people, Joshua is going to need the law as the wisdom of God.

Though most of us are not going out to lead God's people in a conquest of the Promised Land, we are going out to fulfill the purpose that He has appointed for our lives. Whether that is school, work, parenting, caring for family members, teaching, or serving in some other way, we all have a purpose and God has a plan both for our lives and how we live it. For us to make every moment count in our short lives (in comparison to eternity), we need to bring the wisdom and word of God to bear in every situation. Knowing the Bible helps us to understand that God's plan is bigger than us, our success, or our comfort. It can guide and direct us through difficulty and help us stay humble in our successes, knowing that any victory we have comes from above. Today's focus is on re-centering life around Scripture. Fire burns brightest where the Word is stored. God's Word is oxygen for the soul—it corrects, empowers, and illuminates. A life without Scripture drifts; a life saturated in Scripture ignites.

God, give me a great desire to know you better through your Word. Help me to consistently and passionately read, understand, and memorize the Bible so that it can truly be a lamp for my feet and a light to my path. Ignite passion for Your Word. Make Scripture come alive in me.

Reflection:

Who do I need to forgive?

What offense still sits in my heart?

DAY SIX
Ignite Daily Prayer

Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.

-1 Thessalonians 5:17

Just as reading the Bible is a daily discipline that is an absolute necessity in the life of a believer, praying is the very lifeline between us and our Lord. In the same way that we must breathe without ceasing to survive and thrive, unceasing prayer fills us with the spiritual vitality required to live for Christ. Praying without ceasing looks different throughout the day. In the morning, it could be a dedicated time of praying through God's Word as we seek His will for our day. On the way to work or school, we might sing praises to Jesus in our cars. As we pass lost friends and coworkers in the halls, we whisper a silent prayer from our hearts that the Holy Spirit will convict and save. When we look out the window and see the reflection of our Creator in nature, we can lift a praise for His splendor and majesty. Everything that we see can lead us to pray as we recognize the presence of God and realize that He is right next to us in every moment. It is this constant presence of the Lord that allows us to rejoice and give thanks in good times and in bad. As we sense the nearness of God, the natural response is prayer. Prayer is the lifeline of the believer. Today is about elevating prayer from an event to a lifestyle. Real fire does not burn occasionally—it burns continuously. Prayer is how we breathe spiritually. When fasting weakens the flesh, prayer strengthens the spirit. As we fast and pray today, may God open our eyes to the unceasing opportunities we have to commune with Him, and may our daily dialogue with Him become as natural as breathing.

God, ignite intercession in me. Make prayer my first response, not my last resort. Thank you for walking by my side through each part of my day. Help me to sense your presence and include you in all my thoughts. Give me the desire to spend time with you in the morning and in the evening. Teach me to talk to you all throughout the day. Holy Spirit, help me to notice all that is going on around me and turn everything back to you in prayer. Allow me to rejoice always, pray without ceasing, and give thanks in all things according to your will for me in Christ Jesus. Amen.

Reflection:

How can I weave prayer into more moments of my day?

What is God inviting me to pray boldly about?

DAY SEVEN
Ignite Purpose

Jesus said to them, "Go into the world and preach the gospel to all creation."

-Mark 16:15

After we are saved, what is the purpose for us remaining on earth? We have already settled our final destination – we get to spend eternity praising God. Why should we have to remain in this fallen world with all of its suffering? The answer is very simple: God is giving us the privilege of joining in the work that He is doing. We get to take part in helping to build the eternal kingdom by introducing others to the joy that we have in Christ.

The challenge to you is to not only know that you need to share the gospel, but to become specifically intentional about doing so. As you wake up every morning and get alone with God, ask Him to provide divine appointments with people with whom you can share. Boldly ask how you can pray for people you meet. Count it all joy when everything doesn't go well in your daily life. Shine the love of Jesus wherever you go. Share openly your love for Jesus. Coming alongside the Holy Spirit in the work of God will bring you closer every time you share.

As you fast today, write down the names that come to mind with whom you need to share. As an additional challenge, write down the names of those you intend to share with AND the names of those with whom you share the gospel. Fire is never meant to stay in the fireplace—it spreads. As God ignites you this week, the flame is meant to move outward. Today is a commissioning: to love, to serve, to share Jesus boldly. Revival is not just personal—it is missional.

Lord, Ignite my purpose. Open doors to share Your love. Use my life as a torch in dark places. Thank you for allowing me to work with you to change the world. I ask that you order my steps and place me in situations where I can share your love and the joy that you can bring to someone's life. Your goodness is amazing. I pray that you prepare my fields and give me the boldness to continually work with you in the harvest of souls.

Reflection:

Who is God placing on my heart to reach?

What step of boldness is God calling me to take?

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