

Wilson Community Church

# Ignite

challenge

**Week 4**

28 days to Revival

[wccnc.org/ignite](http://wccnc.org/ignite)  [#ignitechallenge](https://twitter.com/ignitechallenge)

## Tips for Fasting

### Why do we fast?

- To follow Christ's example (Matthew 4:2)
- To heighten our sensitivity to the Holy Spirit
- As a demonstration of our commitment to Christ

### Preparing to fast

- Determine what you will fast from and how long. If you are new to fasting, don't rush out and try a 24 hour fast. Try skipping lunch, or giving up sweets or coffee.
- Make a commitment to complete the fast.
- Pray and ask God to reveal himself to you during the fast.

### During the fast

- During your scheduled meal time, don't simply skip that time and continue on as you otherwise would. Take that time to read the Bible and pray.
- While you are fasting, whenever you feel hungry, say a prayer to God. This will build a habit of praying continuously. Pray about whatever you are doing right then, that God would give you wisdom, strength, etc.
- Do not make a public show and be obvious about the fact you are fasting. This is between you and God. See Matthew 6:16-18.

## Day 1

### 1. Prayer

Pray that the Holy Spirit would open your heart to hear and understand God's word as you read.

### 2. Scripture

Read Colossians 1:9-14. We have it provided it to you in bulleted format to make the main points easier to see.

- For this reason, since the day we heard about you, **we have not stopped praying for you.**
- We continually **ask God to fill you:**
  - with the **knowledge of his will** through all the wisdom and understanding that the Spirit gives,
  - so that you may **live a life worthy of the Lord** and please him in every way:
  - **bearing fruit in every good work,**
  - **growing in the knowledge of God,**
  - **being strengthened with all power** according to his glorious might
  - so that you may have **great endurance and patience,**
  - and **giving joyful thanks to the Father,** who has qualified you to share in the inheritance of his holy people in the kingdom of light.
    - For **he has rescued us** from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.

### 3. Reflection

Does the bulleted format help you see the main points? How could you apply this method to your own Bible study?

How often does Paul pray for the Colossians? Who are you praying for continuously?

Which of these things that Paul is praying for have you never thought to pray for someone else?

### 4. Prayer

Pick a few of these bullets that speak to you and pray them over someone.

## Day 2

### 1. Prayer

Pray that the Holy Spirit would open your heart to hear and understand God's word as you read.

### 2. Scripture

Yesterday we gave you Colossians 1 in bulleted format.

Today, try your hand at it with Ephesians 3:14-21.

### 3. Reflection

In what posture does Paul pray? How often do you think Paul prayed this way and how often do you pray this way?

Paul's prayer yesterday and today were both for the spiritual growth of other believers. How can you work this into your daily prayer life?

Notice how Paul ends his prayer with praise of God. How do you end your prayer?

### 4. Prayer

Go through the bullets you made for Ephesians. Pick a few that speak to you and pray them over someone else. Consider praying on your knees as Paul does when he prays these prayers.

## Day 3

### 1. Prayer

Pray that the Holy Spirit would open your heart to hear and understand God's word as you read.

### 2. Scripture

Read Matthew 6:9-13

### 3. Reflection

How is Jesus' model prayer different from your prayers? What parts of your prayer life should you change to line up with Jesus' model?

This prayer starts with the words "Our Father". This was a change from the ways Jews were used to praying. It was much more intimate. Do you view God as a Father who listens to you, or a distant King on a throne who is inaccessible?

When you pray, do you pray that God's will be done, or do you pray that your will be done? How hard is it to trust God with the things we hold closest to us?

### 4. Prayer

Memorize the Lord's prayer and pray it during your prayer time today. If you have known it for a while, try not to rush through it, but pray it "prayerfully", meditating on the words and their meanings.

## Day 4

### 1. Prayer

Pray that the Holy Spirit would open your heart to hear and understand God's word as you read.

### 2. Scripture

Read John 17

### 3. Reflection

This is Jesus' High Priestly prayer. For what reasons did He come here?

In this prayer, Jesus prays for believers. He prays that we would not be taken out of the world. Why do you think He prays this?

Look at verse 11. What does he pray for believers in this verse? Is there another believer you are not "one" with (in unity with) today? What should you do about it?

Look at verse 20. Who does Jesus pray for here? What does that mean to you.

### 4. Prayer

Focus on the meaning of verse 20, and why Jesus wants us in the world. Make this your prayer today.

## Day 5

### 1. Prayer

Pray that the Holy Spirit would open your heart to hear and understand God's word as you read.

### 2. Scripture

Read Psalm 139

### 3. Reflection

The Psalmist starts by acknowledging that God knows him better than he knows himself. David is talking to God and declaring His greatness to Him. Do you ever pray like this?

Read vs. 13 and 14. How long has God known you? What does this mean to you?

David ends his prayer by asking God to expose sin in his life and lead him in the ways of God, how do you end your prayers?

### 4. Prayer

Follow David's pattern. Begin your prayer today by simply glorifying God for what he has done in your life. Then, ask Him to reveal any hidden sin and lead you to a Godly lifestyle.

## Day 6

### 1. Prayer

Pray that the Holy Spirit would open your heart to hear and understand God's word as you read.

### 2. Scripture

Read Nehemiah 2:4-6

### 3. Reflection

Nehemiah prayed while he was having a conversation with the King. How long do you think this prayer was?

What do you think Nehemiah's prayer was?

Was Nehemiah's prayer successful? Did God hear him and answer his prayer even though it was short and silent?

### 4. Prayer

Look for opportunities today to pray like Nehemiah did. Even though the prayer may be short and silent, remember that God still hears and answers prayer.

## Day 7

### 1. Prayer

Pray that the Holy Spirit would open your heart to hear and understand God's word as you read.

### 2. Scripture

Read Luke 22:39-46

### 3. Reflection

The Bible says he came to the Mount of Olives "as was his custom". Do you have a custom or habit of prayer?

In what posture does Jesus pray? How often do you pray like that?

What does He pray in vs. 42? How often are you willing to put aside what you want in favor of God's will?

### 4. Prayer

Pray that you would live a life of a follower of Jesus: that you would develop a custom of praying, that you would assume the posture appropriate to your prayer time, and that you would trust God to do His will instead of asking for your own will to be done.

## What's Next?

### **Congratulations on completing the Ignite Challenge!**

Here are some options to continue building a habit of daily prayer and Bible reading:

#### **5x5x5 Bible Reading Plan**

If you are just beginning to build a habit of daily Bible reading, this is a great plan. 5 minutes per day, 5 days per week, and 5 ways to dig deeper as you read. You can read the entire New Testament in a year.

More info:

[http://www.navpress.com/uploadedFiles/5x5x5\\_BRP.pdf](http://www.navpress.com/uploadedFiles/5x5x5_BRP.pdf)

#### **Read the Gospels in 40 Days**

Are you ready to step it up a bit and read through Matthew, Mark, Luke, and John quickly? This reading plan will lead you through all 4 Gospels in 40 days, reading about a chapter or two per day.

More info:

[http://www.wccnc.org/files/9813/7847/5971/Gospels\\_in\\_40\\_days.pdf](http://www.wccnc.org/files/9813/7847/5971/Gospels_in_40_days.pdf)

#### **One Year Bible**

If you are ready for a deeper commitment and to really get to know God's Word, read through the entire Bible in a year. Depending on your reading speed, plan on spending about 30 minutes a day reading the Bible. There is a Facebook group for WCC'ers where you can discuss each day's reading

More info:

<http://www.oneyearbibleonline.com>

<https://www.facebook.com/groups/66999586179/>