

Ignite Half-Day of Prayer

**A Four-Hour Reset with the Father
No Good Things Starts Apart From Prayer**

Why We Do This

Jesus often withdrew to lonely places to pray. Before major decisions, after seasons of ministry, and during times of pressure, He intentionally created space to be with His Father.

The Ignite Half-Day of Prayer is designed to help us do the same.

This is not simply four hours of praying. It is an extended appointment with your Father to slow down, listen, worship, repent, dream, intercede, and receive fresh direction.

Think of it as a staff meeting with the Father.

Many people discover that the day before their prayer retreat is often their most stressful and distracting day of the month, while the day afterward is marked by unusual peace, clarity, and confidence.

Don't treat this as a religious exercise or a rigid schedule. The movements that follow are simply a guide. Feel free to linger where the Holy Spirit is speaking, skip sections, go for a prayer walk, sit in silence, journal longer than expected, or even take a short holy nap if you sense your body needs rest. The goal isn't to complete an agenda—it's to spend unhurried time with your Father.

“Apart from Me you can do nothing.” — John 15:5

Preparing for Your Retreat

- Silence your phone.
- Find a quiet place where you won't be interrupted.
- Bring your Bible and a journal.
- Bring water or coffee if you'd like.
- Invite the Holy Spirit to lead your time.

Movement 1 – The Worry List

Before you begin, open your journal and write down everything that is weighing on your mind.

Include worries, decisions, deadlines, finances, ministry challenges, family concerns, relationships, unresolved conversations, and anything competing for your attention.

Then pray through the entire list, deliberately handing all of these concerns to Jesus.

This simple exercise clears your mind and prepares your heart to be fully present with your Father.

“Cast all your anxiety on Him because He cares for you.” — 1 Peter 5:7

Movement 2 – Abide

Slow your heart. (This is a good place to use the One Hour of Prayer Wheel)

- Worship
- Thank God
- Read Scripture slowly
- Practice silence
- Listen more than you speak

Ask:

- Father, what do You want me to know today?
- Is there anything You want to say to me?

Movement 3 – Surrender

Invite God to search your heart.

Pray through confession, repentance, forgiveness, and surrender.

Consider your marriage, family, character, ministry, finances, and relationships.

Ask:

- What are You inviting me to surrender?
- Where am I relying on myself instead of You?

Movement 4 – Intercede

Pray intentionally for others.

Pray for family, friends, lost people by name, disciple-makers, churches, your city, your nation, missionaries, and the harvest.

Pray Luke 10:2 and ask the Lord of the harvest to send workers.

Movement 5 – Listen & Plan

Journal what you sense God saying.

Review your calling, current assignments, relationships, upcoming decisions, and ministry opportunities.

Ask:

- What should I focus on this month?
- What should I stop doing?
- Who should I invest in?
- What conversations need to happen?
- What fear do I need to surrender?

Write down any next steps while they are fresh.

Helpful Reminders

If your mind wanders, gently return your attention to Jesus.

Take a prayer walk. Sit quietly. Read another passage of Scripture. Take a “Holy Nap”

The goal is not to fill every minute with words.

The goal is to remain with Jesus.

Finish Well

Record:

- What I heard from God
- Commitments I am making
- People I will pray for
- Next steps

Healthy disciple-makers don't merely work for Jesus.

They regularly stop working to be with Jesus.

The Ignite Half-Day of Prayer is a monthly reset and an opportunity to abide, listen, and align your heart with the Father before returning to His mission.

“Prayer isn't preparation for the work. Prayer is the work.”