



IGNITE **2025**

FASTING GUIDE



IGNITE 2025: 31 DAYS OF PRAYER, POWER, AND PURPOSE

IGNITE the Future (Matthew 5:14)

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YOU ARE THE LIGHT OF THE WORLD. A CITY SET ON A HILL CANNOT
BE HIDDEN

-MATTHEW 5:14

A WORD FROM DR. COREY JOHNSON

Welcome to IGNITE 25.

Family, I want to begin by saying how grateful I am that you are stepping into this journey with us. I've been in a season of listening, believing, and seeking God's direction. And what He's made clear is this: when His people prepare themselves, He pours out His presence in powerful ways.

That's what this 31-day journey is about. It's not just about food choices or new habits. It's about vision. This year, Germantown is leaning into the strategic vision God has given us to see the future He has for our church and our city, and to walk boldly toward it. But this vision is not just for the church. God has a vision for your life, your family, and your future.

For 31 days, we are setting aside distractions, training our bodies, focusing our minds, and sharpening our spirits. We are fasting, praying, and walking together because vision is not just something you see, it's something you live. This is not just a program. It's a journey. And by the time we finish, I believe we'll be standing in the middle of answered prayers, deeper faith, and fresh fire.

So lean in. Seek God with all your heart. Carry expectation. Revival is not just coming; revival is here.

Let's walk this journey together.

Dr. Corey Johnson



HOW TO USE THIS GUIDE

This guide is designed to walk with you for 31 days. Think of it as your daily roadmap for prayer, fasting, and focus. Each day should take about 10–20 minutes. Here's how to use it:

Start with Scripture

Read the verse out loud. Let it set the tone for your heart and mind.

Read the Reflection

Slow down here. Don't skim—underline, highlight, or note what stands out.

Focus Thought

This is your one big takeaway for the day. Say it out loud. Write it somewhere you'll see it (phone wallpaper, sticky note, mirror).

Action Step

Each day includes a simple step you can do right away. Don't overcomplicate—small, consistent steps build momentum.

Prayer

Pray the written prayer, then add your own words. Make it personal.

Journal Prompt

Grab your notebook or the notes section in this guide. Write 3–5 bullet points or a short reflection. This helps you capture what God is showing you.

BEST PRACTICES

Pick a Time & Place: Choose a consistent spot (morning before your phone, during lunch, or evening wind-down).

Pair with Fasting: When hunger or cravings rise, pause and pray instead of just pushing through.

Join the Community:

- 6 AM Prayer on Zoom daily
- Revival services (Wed/Fri/Sat)
- Share your takeaway with a friend or small group

Give Yourself Grace: If you miss a day, don't try to "catch up." Simply jump back in with today's devotion. Progress is better than perfection.



HOW TO USE THIS GUIDE

Quick-Start Checklist *Your 31-Day Daily Rhythm*

-  **Bible + Journal Ready**
Bring your Bible, this guide (digital or print), and something to write with.
-  **Choose Your Time & Place**
Pick one consistent slot (morning, lunch, or evening) and stick with it.

DAILY FLOW (10–20 MINUTES)

 Scripture	Read the verse out loud.
 Reflection	Read the devotion slowly; underline what hits you.
 Focus Thought	Memorize today's big idea; repeat it throughout the day.
 Action Step	Take one simple step today. Small steps = big change
 Prayer	Pray the sample prayer and add your own words
 Journal	Answer the daily prompt in 3–5 bullets.

COMMUNITY PRACTICES

6 AM Prayer on Zoom (every morning)
Revival Services (Wed, Fri, Sat)
Share a takeaway with a friend or group each week

GRACE NOTE

Missed a day? Don't catch up—just start fresh today. Progress beats perfection.

Stick to this rhythm and watch God ignite clarity, faith, obedience, and impact in your life.

THE DANIEL FAST GUIDE

WHAT IT IS (SIMPLE & SACRED)

A 31-day period of consecration modeled on Daniel's choice to eat simply, seek God deeply, and keep a humble posture. We're choosing **whole, plant-forward foods**, eliminating stimulants and sweets, and letting hunger turn us toward **prayer, Scripture, and worship**.



EAT FREELY



- **Produce:** all fruits & vegetables (fresh/frozen)
- **Whole Grains:** brown rice, oats, quinoa, barley, farro, 100% whole-wheat pasta/bread (minimal ingredients)
- **Legumes:** beans, lentils, chickpeas, peas, edamame
- **Nuts & Seeds:** almonds, cashews, walnuts, peanuts, pistachios, chia, flax, sunflower, pumpkin (unsweetened)
- **Liquids:** water, sparkling water (unsweetened), herbal teas, 100% fruit/vegetable juices (limit; no added sugar)
- **Fats:** olive/avocado/coconut oil (use lightly)

AVOID



- **Animal products:** meat, poultry, fish, eggs
- **Dairy:** milk, cheese, butter, yogurt
- **Sweeteners:** sugar, honey, syrups, candy, desserts
- **Refined/processed foods:** white bread, pastries, fried fast foods, artificial additives
- **Stimulants & alcohol:** coffee, energy drinks, caffeinated sodas, alcohol



THE DANIEL FAST GUIDE

SAMPLE 7-DAY MEAL PLAN (REPEAT/ROTATE)

(Portions to fullness, not excess. Season boldly with herbs/spices; avoid sugar. Adjust for allergies.)

B: BREAKFAST | **L:** LUNCH | **D:** DINNER | **S:** SNACK

DAY 1

B: Oats cooked in water + sliced banana + walnuts + cinnamon
L: Quinoa salad (black beans, corn, tomato, avocado, lime)
D: Veggie stir-fry (broccoli, peppers, snap peas) over brown rice
S: Apple + peanut butter; carrot sticks

DAY 2

B: Chia pudding (unsweetened almond milk) + berries
L: Lentil soup + side salad (olive oil/lemon)
D: Baked sweet potato + sautéed greens + chickpeas
S: Grapes; mixed nuts

DAY 3

B: Green smoothie (spinach, pineapple, mango, water)
L: Whole-wheat pasta + tomato-veg sauce + olives
D: Sheet-pan veggies (cauliflower, carrots, onions) + farro
S: Cucumbers + hummus

DAY 4

B: Warm quinoa porridge + pear + almonds
L: Brown-rice bowl (edamame, shredded cabbage, carrots, sesame)
D: Three-bean chili (tomato base)
S: Orange; pumpkin seeds

DAY 5

B: Oats + diced apples + raisins + nutmeg
L: Chickpea “tuna” salad in romaine leaves
D: Stuffed peppers (quinoa, black beans, corn)
S: Celery + almond butter

DAY 6

B: Fruit salad + handful of cashews
L: Mediterranean bowl (cucumber, tomato, chickpeas, brown rice, tahini-lemon)
D: Potato & kale stew
S: Banana; sunflower seeds

DAY 7

B: Smoothie bowl (frozen berries, water) topped with sliced kiwi + chia
L: Whole-wheat pita with roasted veg + hummus
D: Zucchini “noodles” + tomato-mushroom sauce + side salad
S: Pear; walnuts

THE DANIEL FAST GUIDE

GROCERY SHOPPING LIST



PRODUCE

- bananas
- apples
- pears
- oranges
- berries
- grapes
- pineapple
- mango
- kiwi
- lemons/limes
- spinach
- kale, mixed greens
- cabbage
- broccoli
- cauliflower
- peppers
- onions
- carrots
- celery
- cucumbers
- tomatoes
- sweet potatoes
- zucchini
- snap peas
- garlic
- herbs

GRAINS:

- old-fashioned oats
- brown rice
- quinoa
- farro/barley
- whole-wheat pasta
- 100% whole-grain bread/pita

LEGUMES:

- black beans
- chickpeas
- lentils
- kidney beans
- edamame

NUTS/SEEDS:

- almonds
- walnuts
- cashews
- peanuts
- pumpkin/sunflower
- chia
- flax

PANTRY:

- no-salt diced tomatoes
- tomato sauce
- low-sodium veggie broth
- olives
- tahini
- olive oil
- spices
 - cumin
 - chili powder
 - paprika
 - garlic/onion powder
 - Italian blend
 - cinnamon

BEVERAGES:

- herbal teas
- 100% juice (no added sugar)
- water/sparkling water

TIPS, SAFETY NOTES & FAQs

- **Hydrate:** aim for half your bodyweight (lbs) in ounces of water daily (adjust as needed).
- **Electrolytes:** a pinch of mineral salt in water or homemade veggie broth can help.
- **Activity:** light daily movement (walk/stretch) supports clarity.
- **Medications/Health:** if pregnant, nursing, diabetic, or under medical care, adapt or consult your clinician before fasting. God honors the heart; choose a safe version.
- **Eating Out:** look for veggie bowls, salads (oil/lemon), steamed sides, plain baked potatoes, tomato-based sauces.
- **If you slip:** don't spiral or "restart." Pray, note the trigger, and resume now.

THE DANIEL FAST GUIDE

FASTING + PRAYER PAIRINGS

When cravings or challenges rise during the fast, don't just push through—turn the moment into prayer. Each common craving or struggle is paired with a Scripture and a simple prayer to help you refocus on God instead of food.

CRAVING CAFFEINE

Scripture:

"How sweet are Your words to my taste..." Psalm 119:103

Prayer:

Lord, satisfy me with Your Word today.

SUGAR OR SWEETS URGE

Scripture:

"Taste and see that the Lord is good." Psalm 34:8

Prayer:

Reshape my appetites, Lord, let me crave You above all.

HUNGER PANGS

Scripture:

"Blessed are those who hunger and thirst for righteousness..." Matthew 5:6

Prayer:

Feed me with Your presence, God.

FEELING WEAK OR TIRED

Scripture:

"...those who hope in the Lord will renew their strength." Isaiah 40:31

Prayer:

Lord, be my strength and renew my energy.

IRRITABLE / SHORT FUSE

Scripture:

"The fruit of the Spirit is love, joy, peace, patience..." Galatians 5:22–23

Prayer:

Holy Spirit, grow patience and peace in me.

LONELY OR DISCOURAGED

Scripture:

"You are with me; Your rod and staff comfort me."

Prayer:

Remind me I'm not alone—You are with me.

LIFESTYLE COMMITMENTS (WHY THEY MATTER)

These practices are simple but powerful rhythms to keep you aligned during the 31 days. Think of them as anchors, daily and weekly habits that fuel your spirit, strengthen your body, and keep us united as a church family. Each commitment is designed to help you create space for God, build consistency, and carry the revival beyond just a moment.

READ THE DEVOTIONAL EVERY DAY

Daily Scripture, reflection, and journaling keep you rooted in God's Word and aligned with the vision. Each page is designed to help you hear His voice more clearly.

JOIN 6 AM PRAYER ON ZOOM (DAILY)

Starting your day with corporate prayer builds unity, expectation, and spiritual strength. Together, we believe God for a breakthrough.

ATTEND REVIVAL SERVICES (WED • FRI • SAT)

These gatherings are fuel stations for your faith—places where worship, teaching, and fellowship fan the flame of revival.

EXERCISE DAILY (WALK, STRETCH, OR WORKOUT)

Caring for your body honors God and sharpens your mind. Even 10–20 minutes of movement a day helps you sustain focus and energy.

LIMIT SOCIAL MEDIA (ENGAGE WITH PURPOSE ONLY)

Reducing distractions creates room for God's voice. Choose connection over consumption and use your platforms to encourage others.

PRIORITIZE REST (7–8 HOURS OF SLEEP AS WORSHIP)

Sleep is spiritual. Rest restores your body, resets your mind, and reminds you that God is in control while you trust Him.

JOURNAL DAILY (USE PROMPTS PROVIDED)

Writing captures what God is showing you so you don't forget. Journaling turns passing thoughts into lasting testimony.



WEEKLY VISION FOCUS OVERVIEW

Every week of the 31-day journey has a theme that connects with our devotional guide: See It. Believe It. Build It. Carry It. These weekly focuses give us practical ways to live out the vision together. Think of them as your spiritual training plan, one layer at a time, building strength and momentum as you move through the month.

- **Week 1: SEE IT (Clarity):** Fast from distractions. Limit social media, television, streaming, and unnecessary entertainment. Clear the clutter so you can see and hear God clearly.
- **Week 2: BELIEVE IT (Faith):** Focus on self-care. Exercise daily, prioritize sleep, and care for your body. This week is about believing God by strengthening both body and spirit.
- **Week 3: BUILD IT (Obedience):** Take action. Work on personal goals, spiritual disciplines, or projects you've delayed. Replace procrastination with progress. Use this week to start building in faith.
- **Week 4: CARRY IT (Impact):** Pour into others. Perform daily acts of kindness, service, or encouragement. Share what God is showing you and carry His vision into your relationships and community.

These focuses aren't just themes; they are weekly challenges that shape how you pray, fast, and act. By the end of 31 days, you'll not only have caught the vision—you'll be living it.

HOW TO BEGIN

Start this journey by writing down what you are believing God for in these 31 days. Pray over it daily. Carry that vision in your heart and expect God to move. Together, we will see it, believe it, build it, and carry it into the future God has prepared.



