



THE PUSH 7 Days of Fasting and Prayer

POSITION • PURIFY • PRESS • PRAY • PREPARE • PUSH • PRODUCE

WHAT IS THE PUSH?

As we enter the final months of the year, we are setting aside seven days to intentionally seek God through prayer and fasting.

We are calling this fast THE PUSH because sometimes we do not need a new plan or another Word. Sometimes we simply need the strength to keep moving in the direction God has already shown us.

This fast is not just about abstaining from food. This is a sacred time of consecration, sharpening, and obedience. We are coming before the Lord as a community who desires to see better, hear better, discern at a deeper level, unite more powerfully, and to be activated.

At the beginning of the year, many of us started with prayers, goals, expectations, and things we believed God for. Since then, life has happened. Some things worked out. Some things changed. Some things took longer than expected. Some prayers are still waiting on an answer.

But the year is not over.

There is still time to respond to what God is saying. There is still time to finish what He placed in our hands. There is still time to make the adjustment we know we need to make. There is still time to get back in position.

THE PUSH is our opportunity to refocus and strengthen ourselves spiritually for the final stretch of the year.

For seven days, we will intentionally turn our attention toward God and allow Him to POSITION us, PURIFY us, teach us to PRESS, deepen our PRAYER, help us PREPARE, give us the strength to PUSH, and ultimately PRODUCE what He desires in our lives.

We do not want to simply make it to December.

**We want to finish this year well.
Sometimes all you need is one more PUSH.**

WHY ARE WE FASTING?

This fast is designed to help us consecrate ourselves before the Lord and come into greater supernatural alignment with our assignment.

The purpose of this fast is to:

- Quiet the flesh so the spirit can hear more clearly
- Sharpen our discernment and sensitivity to the Holy Spirit
- Prepare our hearts to carry the burden of the Lord properly
- Strengthen us to stand in the gap for the land
- Help us move from only praying about needs to praying from assignment
- Activate us beyond prayer into practical regional intercession
- Awaken us to what God is saying about our neighborhoods, cities, counties, regions, and spheres of influence
- Align us with God's Kingdom purposes in the earth

NOTE: We are not fasting to force God into anything. We are fasting to bring ourselves into alignment with Him. Fasting does not manipulate God. Fasting disciplines the flesh, humbles the soul, sharpens the spirit, and positions the heart to hear and obey.

UNDERSTANDING FASTING/CONSECRATION

Fasting is the voluntary setting aside of food, comfort, pleasure, or natural appetite for a spiritual purpose. It is an act of humility before God. It is a way of saying, "Lord, I need You more than I need what satisfies my flesh."

True fasting is not a religious performance. It is not a diet. It is not a way to impress people. It is not a way to bargain with God.

TRUE FASTING MOVES US CLOSER TO GOD AND PRODUCES:

- Humility
- Repentance
- Compassion
- Obedience
- Spiritual clarity
- Sensitivity to God
- Greater discipline
- Greater surrender
- Greater alignment with God's heart

Isaiah 58

This chapter provides power insight and gives us a powerful picture of the fast God chooses.

Isaiah 58 teaches us that fasting must be connected to righteousness, mercy, deliverance, justice, compassion, and obedience. **God is not impressed with our setting aside of food, if the heart remains full of pride, bitterness, rebellion, or indifference.** During this fast, we are asking God to make us vessels that can stand in the gap with clean hands, pure hearts, sharpened ears, and obedient spirits.

Spiritual Guidelines for the Seven Days

During this fast, each participant is encouraged to create intentional space for God each day.

As much as possible, limit:

- Unnecessary scrolling
- Excessive entertainment
- Gossip
- Complaining
- Arguments
- Distractions
- Unfruitful conversations
- Anything that dulls spiritual sensitivity

Each day, set aside time for:

- Worship
- Scripture reading
- Prayer
- Listening
- Journaling
- Completing the daily activation

Each day will include:

- **Prayer Focus** — what we are praying into.
- **Scripture Reference** — the Word anchoring the day.
- **Prayer Points** — specific areas to cover.
- **Activation** — a small practical action connected to regional intercession.

Important Health Note

Please use wisdom. If you have a medical condition, are pregnant, nursing, diabetic, taking medication, or have any health concerns, consult a medical professional and modify the fast as needed.

Daily Prayer Pattern

Use this simple pattern each day:

1. **Worship**
Begin by honoring and magnifying the Lord. *(Possibly play worship music in the background)*
 2. **Repentance**
Ask God to cleanse your heart, motives, mouth, and thoughts.
 3. **Scripture**
Read the daily Scripture aloud.
 4. **Prayer Points**
Pray through the focus of the day.
 5. **Listening**
Sit quietly and ask, "Lord, what are You saying?"
 6. **Activation**
Complete the aligned action for the day.
 7. **Journaling**
Write what you saw, heard, sensed, prayed, or obeyed.
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DAY 1

POSITION

Get in Position

Scripture

Habakkuk 2:1 NIV

Read Habakkuk 2:1. Habakkuk makes the decision to take his place, pay attention, and listen for what God will say.

Today's Focus

The fast has begun.

Today is about making sure we are in a place spiritually where we can hear God clearly.

There may be things He wants to show us during these seven days. There may be something He wants us to stop doing. There may be something He wants us to start. There may be an area where we already know what to do, but we have been slow to respond.

Today we simply say: God, I am here. I am listening. Show me where I need to be.

Prayer Focus

Lord, position me for what You want to do in my life during THE PUSH.

Prayer Points

- Lord, bring my heart into agreement with Your will.
- Help me recognize Your voice.
- Show me any area where I am out of position.
- Give me wisdom for the decisions in front of me.
- Help me respond when You speak.
- Show me what deserves my attention in this season.

Activation

Ask God: Lord, where do I need to get in position?

Think about your prayer life, family, relationships, finances, career, ministry, attitude, or obedience.

Write down one area God brings to your attention. Then write one action you know you need to take.

Declaration

I am listening. I am available. I am willing to move when God speaks. I will not miss what He is showing me in this season.

DAY 2

PURIFY

Clean My Heart

Scripture

Psalm 51:10 through 12 NIV

Read Psalm 51:10 through 12. David asks God for a clean heart and a renewed spirit.

Today's Focus

Once we are in position, we have to be willing to let God deal with what is inside of us.

There are things we can hide from people that we cannot hide from God. An attitude. Unforgiveness. Pride. Jealousy. Anger. A habit we know needs to change.

Today is not about condemnation. It is about being willing to say: Lord, if there is something in me that should not be there, show me.

God does not reveal things to shame us. He reveals them because He wants to free us from them.

Prayer Focus

Lord, show me what needs to change in me.

Prayer Points

- Create in me a clean heart.
- Help me forgive where I have held on to hurt.
- Reveal attitudes that do not reflect You.
- Help me release anger, bitterness, jealousy, and pride.
- Renew my mind.
- Help me become more like You.

Activation

Take a few quiet minutes and ask: What have I been carrying that God is asking me to release?

Write it down.

Then pray: Lord, I give this to You. Help me not to pick it back up.

Declaration

My heart belongs to You, God. I am willing to let You correct me, heal me, and change me.

DAY 3

PRESS

Keep Going

Scripture

Philippians 3:13 and 14 NIV

Read Philippians 3:13 and 14. Paul makes the decision not to remain stuck in what is behind him. He keeps moving toward what God has ahead.

Today's Focus

By Day 3, the fast may begin to feel a little different.

The excitement of starting has settled. Your normal routine has been interrupted. You may even begin thinking about what you gave up.

This is where commitment matters.

Do not stop because it became inconvenient. Do not stop because you are having a difficult day. You made a decision to seek God for seven days. Stay with it.

Prayer Focus

Lord, give me the strength to continue.

Prayer Points

- Strengthen me when I feel weak.
- Help me stay committed.
- Keep me from falling back into old habits.
- Help me remain focused on why I started.
- Give me discipline when I do not feel motivated.
- Help me finish what I committed to do.

Activation

Write down the thing that is most likely to make you give up or lose focus during this fast.

Then write beside it: This will not make my decision for me.

Ask God for help in that specific area.

Declaration

I will keep going. My feelings will not make my decisions for me. I am committed to seeing these seven days through.

DAY 4

PRAY

Call on God

Scripture

Jeremiah 33:3 NIV

Read Jeremiah 33:3. God invites us to call on Him and reminds us that He is willing to answer and reveal what we do not know.

Today's Focus

Today we give special attention to prayer.

Not just talking. Listening. Not rushing through a list. Spending time with God.

Prayer is where we bring God what is on our hearts, but prayer is also where we learn what is on His.

Some answers will not come because we thought harder about the problem. Some things become clearer when we spend time in the presence of God.

Prayer Focus

Lord, teach me to pray and help me recognize Your answer.

Prayer Points

- Draw me closer to You.
- Help me become more consistent in prayer.
- Teach me how to listen.
- Give me wisdom where I have been uncertain.
- Show me what I cannot see on my own.
- Help me trust You even when the answer is not what I expected.

Activation

Spend at least 15 intentional minutes with God today.

Spend part of that time simply thanking Him. Then become quiet. Do not feel pressured to fill every moment with words.

At the end of your time, write down anything that came to your heart.

Declaration

God hears me when I pray. I will make room to speak to Him and I will make room to listen.

DAY 5

PREPARE

Get Ready

Scripture

Isaiah 54:2 and 3 NIV

Read Isaiah 54:2 and 3. God tells His people to make room and prepare for what is coming.

Today's Focus

Sometimes we ask God for something we are not prepared to handle.

We pray for a new opportunity, but we have not prepared. We pray for greater responsibility, but we have not changed our habits. We pray for something different while continuing to do everything exactly the same way.

Preparation is one way we demonstrate that we are serious about what we have been praying for.

If you believe God is leading you somewhere, begin getting ready.

Prayer Focus

Lord, show me how to prepare for what is ahead.

Prayer Points

- Show me what I need to do now.
- Give me wisdom and discipline.
- Help me develop better habits.
- Teach me to handle what You place in my hands.
- Help me prepare before the opportunity arrives.
- Show me where I have been waiting on You while You have been waiting on me.

Activation

Ask yourself: If God answered one of my prayers today, would I be ready?

Choose one thing you have been praying about.

Write down one practical step you can take now. Then take the step.

Declaration

I will prepare for what I have been praying about. I will not wait until the opportunity comes to begin getting ready.

DAY 6

PUSH

Do Not Stop Now

Scripture

Galatians 6:9 NIV

Read Galatians 6:9. Scripture reminds us not to give up simply because we have grown tired. There is a harvest connected to staying faithful.

Today's Focus

You are almost there.

But Day 6 is not the time to loosen your commitment. This is the day to stay with it.

You may not have received every answer yet. You may not feel dramatically different. You may still have questions. That is okay.

The purpose of the fast is not to manufacture a feeling. It is to intentionally seek God and allow Him to work in us.

Keep praying. Keep listening. Stay committed.

Prayer Focus

Lord, give me the strength to finish what I started.

Prayer Points

- Strengthen me when I become tired.
- Help me remain committed.
- Keep me from giving up too soon.
- Increase my faith.
- Help me trust You when I cannot see the outcome.
- Give me strength to finish these seven days well.

Activation

Go back to what you wrote on Day 1.

Look at the area where you asked God to position you.

Now ask: What has God shown me so far?

Write down anything you have learned, noticed, or felt led to change. Thank God for what He has already shown you.

Declaration

I will finish what I started. I will remain faithful even when I do not see everything clearly yet.

DAY 7

PRODUCE

What Has Changed?

Scripture

Isaiah 66:9 NIV

Read Isaiah 66:9. God reminds His people that He does not bring something to the point of birth only to abandon the process.

Today's Focus

You made it to Day 7.

But the purpose of THE PUSH was never simply to say that you completed a fast.

The real question is: What did these seven days produce in you?

Maybe you became more consistent in prayer. Maybe God showed you something you needed to change.

Maybe you finally received clarity about a decision. Maybe you realized you needed to forgive someone.

Maybe your answer has not come yet, but you have more peace than you had when you started.

Do not measure these seven days only by what changed around you. Pay attention to what God changed in you.

The fast may be ending, but your response to what God showed you is just beginning.

Prayer Focus

Lord, help me continue what You started in me during THE PUSH.

Prayer Points

- Help me follow through on what You showed me.
- Give me courage to make the changes I need to make.
- Help me continue praying after the fast is over.
- Do not let me return to habits You have shown me to leave behind.
- Help me walk out what I have learned.
- Use what You have done in me beyond these seven days.

Activation

Return to your journal.

Answer these questions:

What did God show me during THE PUSH?

What changed in me?

What do I need to do next?

What do I need to continue after the fast?

Finally, complete this sentence: Because of THE PUSH, I will _____.

Declaration

God has been working in me during these seven days. I will not ignore what He showed me. I will take what I learned, apply it to my life, and move forward in obedience. THE PUSH may be ending, but I am not going back to where I started.