

Easter Day Prayer & Fasting

13-19 April 2025



PASSION
a deeper love

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EASTER DAY PRAYER & FASTING

As we approach Easter, we celebrate what Christ has done for us. His sacrificial love at the cross demonstrated a love that knew no bounds; he endured humiliation, pain and suffering. His resurrection proved that He broke the power of sin and death, and is the foundation and hope of our Christian faith.

Over the next 7 days, we invite you to join us on a spiritual journey to Easter with prayer and fasting. Each day, there is something for us to reflect on life application as we think about "PASSION - A DEEPER LOVE". May God's unconditional love deepen your faith in Him during this season of prayer and fasting.

TYPES OF FAST



TOTAL FAST

Abstain from solid food and water or any beverage.



NORMAL FAST

Abstain from solid food.
Take only water.



PARTIAL FAST

Abstain from solid food.
Take only water and liquid food such as soup, milk.



DANIEL'S FAST

Abstain from meat. Take only vegetables, fruits and juices.

LENGTH OF FAST

- **NORMAL FAST**

12 hours or, from sunrise to sundown.

- **SELECTIVE FAST**

Fast one full meal a day, e.g. lunch or dinner.

**Note: If you have a medical condition, do seek your doctor's advice on the type and duration of your fast.*

SUGGESTIONS

- **INDIVIDUAL**

Commit to pray 15 minutes in the spirit every day, besides fasting.

- **FAMILY**

Fast and pray together as a family. Decide on one type of fast everyone in the family will commit to, and come together daily to pray for 15 minutes.

- **CONNECT GROUP**

During Open Connect Group, spend time to pray as a group using this booklet. Pray in the spirit for 15 minutes and allow the Holy Spirit to move in your midst.

DAY 1 • APRIL 13

GOD'S LOVE IS DEEP

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. – John 3:16

While God's wrath is powerful and His expectation is perfection (Matthew 5:48), His love is even greater. It is not His desire to punish people, but for all to be saved.

The only one who can truly save us from God's holy wrath is the sinless, divine Son of God, Jesus Christ. Jesus himself showed the greatest love by laying down His life for others. He died not for the righteous but for the ungodly (Romans 5:6-8). This reveals the depth of God's love for humanity.

To be saved is to trust in Jesus alone, acknowledge our sins, believe in His sacrifice on the cross and in His resurrection, and ask for forgiveness. Salvation is simply receiving God's grace through faith in Jesus Christ.

Reflection: God's love is so deep, powerful, and all-encompassing that He sacrificed His own Son to offer salvation to all humanity; revealing the infinite depth and magnitude of His love for the world.

Prayer

- Thank God for His unconditional love by sending His only Son to die for our sins.
- God's love to reach out to those who are hurting, lonely, depressed, broken-hearted, and low self-esteem.
- During this fasting period, pray for 3 persons who may need God's love.

But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation. - Colossians 1:22

The scriptures declare that sinners are dead and are incapable of saving themselves. This is the spiritual state of all outside of Christ: dead in sins. Therefore, apart from Christ it is impossible to gain favour or earn merit from a holy God.

Reconciliation is provided through the death of Christ to present us holy and above reproach (Colossians 1:22). Our reconciliation is not without mediator or price. Both are required in order to remove the estrangement, hostility, and wrath; replace it with lasting peace through Christ.

The price to be made holy, blameless and above reproach comes with a heavy price by Christ's death. He died so that we would be consecrated, set apart for God, and eventually become as holy in our personal experience.

Reflection: In essence, we are reconciled to be sanctified, transformed into Christ-likeness. It is a lifelong process until we meet Him.

Prayer

- God's anointing on all the speakers during Good Friday/ Easter celebration services in all our language churches.
- Every believer will make an effort to reach out and invite friends during Good Friday/ Easter. There will be a great number of souls responding to God's salvation.
- Write down a list of people whom you think need Jesus. Ask God to touch and save their souls.

But Jesus remained silent and gave no answer. Again the high priest asked him, "Are you the Messiah, the Son of the Blessed One?" "I am," said Jesus. "And you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven."

- Mark 14:61-62

On the night Jesus was arrested, he was taken to the high priest's house for a hearing that would lead to his crucifixion by the Romans. Though many accused Him, Jesus remained silent. Finally, the high priest asked him directly, "Are you the Messiah, the Son of the Blessed One?" "I am," said Jesus. (Mark 14:61-62). The word Messiah is an English word, with its roots in the Hebrew word "mashiach", which means "anointed".

Jesus boldly claimed the divine name for God - "I AM", the name where God revealed His name to Moses in Exodus 3:14. It is considered the most sacred and powerful expression of God's self-existence and eternal nature, essentially saying "I am who I am". By using this name, Jesus is asserting His divinity and equality with God the Father.

Many Jews expected a Messiah who would be a political or military leader to overthrow their oppressors. When Jesus declared "I am the Messiah", He proclaimed Himself as the Saviour and King foretold in the Hebrew scriptures. His mission was not just to deliver Israel from its enemies, but to redeem humanity and bring salvation. For Christians, the Messiah's suffering demonstrates God's deep love; He endured pain to redeem humanity.

Reflection: Acknowledging Jesus as Messiah means embracing Him as the "I AM" and the King of our hearts; surrendering to His lordship and allowing Him to shape every aspect of our lives.

Prayer

- Believers to return to the centre of their faith and appreciate the suffering and resurrection of Christ.
- Persecuted Christians and missionaries to have courage and hope, maintain their faith and love, and experience God's peace.

So when the crowd had gathered, Pilate asked them, "Which one do you want me to release to you: Jesus Barabbas, or Jesus who is called the Messiah?" – Matthew 27:17

In the dramatic moments leading up to His crucifixion, Jesus stood trial before Pilate. Following that, Pilate released Barabbas (a notorious criminal) instead of Jesus of Nazareth. This highlights the glaring contrast between justice and injustice, where the guilty is wrongly favoured over the innocent.

Barabbas is described as a notorious prisoner in Matthew 27:16. In Mark 15:7 and Luke 23:19, he is identified as a prisoner for an uprising and for murder. Barabbas undoubtedly deserves death.

Despite Pilate declaring Jesus' innocence, the crowd chose Barabbas. Barabbas received the release, the freedom, and the life that Jesus deserved. The release of Barabbas is a powerful reminder for all of us. We are all guilty of sin (Romans 3:23). However, in a remarkable act of grace, the innocent Jesus took our place. Jesus bore the guilt, shame, curse, disgrace, and death that we deserved (Isaiah 53:4-6; Romans 5:6-8; Galatians 3:13). The release of Barabbas stands as a symbol of hope affirming that we too, can experience true freedom through Christ's sacrifice.

Reflection: How will we choose to live in light of the eternal gift of grace given to us freely? Each decision we make leads us toward our own story of redemption, and it's a journey of faith that demands our serious consideration.

Prayer

- Those in bondages to experience freedom through Jesus' death, be freed from the power of sin and the penalty of death.
- Christians to love and serve others; show that they have received God's freedom.
- Believers to respond and be changed by God's transformative power; live a holy life, and be an effective witness for Jesus.

Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a pole." – Galatians 3:13

Jesus frees us from the curse and its consequences through His sacrificial death on the cross. The concept of "curse" in the Bible originates from humanity's sin, beginning with Adam and Eve in the Garden of Eden. When they disobeyed God, sin entered the world. Along with it came the curse: spiritual death, separation from God, and physical death. The consequences of this curse affected all of humanity, creating a chasm between us and God; leading to eternal separation from Him. We are all under a curse and deserving God's judgment. "The wages of sin is death" (Romans 6:23a).

However, Jesus through His perfect life and atoning sacrifice, took the curse upon Himself. Galatians 3:13 explains, "Christ redeemed us from the curse of the law by becoming a curse for us, for it is written, 'Cursed is everyone who is hung on a pole.'" By willingly taking on the curse that was meant for us, Jesus became the ultimate sacrifice; bearing the weight of our sins and paying the penalty we deserved.

Jesus' death and resurrection broke the power of sin and death. He cancelled the debt of our sin and removed the curse, offering us freedom from its grip. As a result, we are no longer bound by the consequences of sin, which includes eternal separation from God. Through faith in Jesus, we are reconciled with God; forgiven, and granted the gift of eternal life.

Reflection: Jesus Christ is the Redeemer. He became a curse for us and purchased us from the slavery of sin through His death on the cross. He has paid the full price for sin and broken all curses.

Prayer

- Christians to live free from the curse of sin through faith in Jesus' death and resurrection.
- Say this in your heart: "Thank you Jesus, for Your work on the cross. I proclaim that to redeem me from the curse of the law, Christ became a curse for me. Jesus was made a curse that I might enter into the blessing. In Jesus name I pray."

And at three in the afternoon Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" (which means "My God, my God, why have you forsaken me?") - Mark 15:34

Mark 15:33-39 describes the darkness that fell over the land and Jesus' final words. His final words found in Mark 15:34 record an incredibly powerful moment in the story of Jesus' crucifixion. The gospel writers Matthew and Mark recorded the words, 'Eloi, Eloi lema sabachthani?' as one of the final words of Jesus. In English, it is translated as "My God, my God, why have you forsaken me?"

In the Bible, darkness often signifies God's judgment, as seen in Old Testament prophecies and the plagues in Egypt (Exodus 10:21). The darkness during Jesus' crucifixion reflected God's judgment on sin, as Jesus bore the sins of the world on the cross.

Jesus' cry reveals the painful separation from His Father as He became sin for humanity. For the first time, He calls God "My God" instead of "Father," signalling a loss of fellowship. Jesus, bearing the wrath of God, felt forsaken because God cannot look upon sin with favour (Habakkuk 1:13).

We can learn from Jesus' cry of "My God, my God, why have you forsaken me?" Though Jesus felt forsaken, His cry demonstrates that even in moments of deep despair, God is still present. Jesus' experience of feeling abandoned by the Father reminds us that God understands our suffering and is with us, even when we don't sense His presence. Jesus' cry wasn't a sign of defeat, but an act of faith. Even in the midst of His deepest pain, He still called out to God. When we face difficult times, we can take comfort in knowing that Jesus understands and empathizes with us.

Reflection: In His darkest hour, Jesus felt the full weight of human separation from God. This shows us that He truly identifies with our pain and suffering. No matter how dark our darkness gets, we can remember this truth: God is at work and cannot fail.

Prayer

- To trust in God's process and result during our dark hours; God is indeed sovereign and doing a great work in our lives.
- Healing, restoration, and justice for all those who have experienced any form of abuse. They will receive emotional and physical healing, find strength and courage to overcome their pain, and be surrounded by love and support. Justice to prevail in their lives and that they will be restored to a place of peace, dignity, and hope for the future.

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay." – Matthew 28:5-6

The story of the Risen Christ centres on Jesus' resurrection from the dead after His crucifixion. Jesus was arrested, tried, and condemned for claiming to be the King of the Jews. He was crucified between two thieves. After His death, He was wrapped in linen and placed in a tomb, with a large stone sealing its entrance.

On the third day, early Sunday morning, Mary Magdalene and the other Mary came to the tomb and found it empty. An angel of the Lord sat on the stone that had been rolled away and told them not to be afraid, for Jesus had risen. The women left to inform the disciples. Later, the disciples also encountered Jesus, when He appeared to them and showed them His nail-pierced hands (Matthew 28:1-10, John 20:1-31). Jesus came back to life after His death and burial, never to die again.

The resurrection of Jesus Christ is the foundation of our Christian faith. Without it, the belief in God's saving grace through Jesus would be meaningless. By rising from the dead, Jesus affirmed His divine identity as the Son of God and completed His work of redemption. One of the most compelling pieces of evidence for Jesus' resurrection is the transformation of His disciples. The power of His resurrection radically changed them from lives once marked by fear, despair, and confusion to bold witnesses of His truth. The disciples confidently proclaimed His message and were willing to endure persecution, suffering, and even martyrdom.

Reflection: Through Jesus' sacrifice on the cross and His victory over death, everyone is offered forgiveness, eternal life, and the hope of their own future resurrection. This is available to all those who place their faith in Him. Moreover, death is not the end, but the beginning of a new life in Christ.

Prayer

- Believers to have a renewed hope and faith; live a victorious and dynamic life through the resurrection power of Jesus Christ.
- The church to display Jesus' resurrection power through proclamation of the gospel.
- Believers to experience a personal transformation; leading them to actively share their faith, and serve in the body of Christ.



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