

HOLY WEEK



PRAYER AND FASTING 2026

BY HIS STRIPES

He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. ~Isaiah 53:5

“What if the healing you’ve been praying for has already been secured through Christ, even as you continue to trust Him in the process?”

For many, this is not an easy question. Some are still waiting, still believing, still standing in faith for breakthrough. Yet even in the waiting, the truth of God’s Word remains unshaken.

As we enter Holy Week, we step into a sacred invitation, a call to remember the suffering of Christ and the healing, freedom, and wholeness His sacrifice secured for us. Our theme, “By His Stripes,” draws us back to the heart of redemption and the depth of love displayed on the cross.

Isaiah 53:5 declares, “He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.”

These words remind us that Jesus did not suffer randomly or reluctantly. He suffered purposefully, willingly, and personally, all for us. Every stripe He endured carried our sin, our shame, our sickness, and our brokenness. Every wound He bore opened the door to our healing—spiritual, emotional, and physical.

The apostle Peter affirms this truth: “He Himself bore our sins in His body on the tree... by His wounds you have been healed.” (1 Peter 2:24)

This healing is not partial. It is not symbolic. It is not postponed. It is complete, lacking nothing, and fully paid for.

As we enter this week of prayer and fasting, we do not come passively; we come with purpose. Let us **BE BOLD** in our faith, believing God for the healing and restoration Jesus has already secured. Let us **BE INTENTIONAL** in our pursuit, setting aside distractions to draw near to the One who bore our burdens and invites us into deeper fellowship. And let us **TAKE AUTHORITY**, standing on the finished work of Christ, declaring freedom, healing, and wholeness over every area of our lives.

Holy Week is not merely a ritual; it is a journey, a journey into remembrance, a journey into gratitude, a journey into healing, and a journey into wholeness.

May this week awaken fresh devotion in your heart. May it stir renewed expectation in your spirit. May it anchor you in the unshakable truth that because of His stripes, you are healed; because of His sacrifice, you are made whole; and because of His victory, you are free.

FASTING GUIDELINES

OPTION 1

(Following the 21 Day Consecration)

What to eat:

- Vegetables
- Fruit
- Wholegrains
- Legumes
- Water, 100% Juice, Herbal Tea (Caffeine Free), Almond or Soy Milk (Unsweetened)

What not to eat:

- Meat
- Breads
- Dairy
- Sweets and desserts
- Fried Foods
- Coffee, Carbonated and energy drinks

OPTION 2

Liquid only fast from 6:00a - 6:00p. *(Water, 100% Juice, Herbal Tea (Caffeine Free), Almond or Soy Milk (Unsweetened))*

One meal after 6:00p. *(Excluding sweets)*

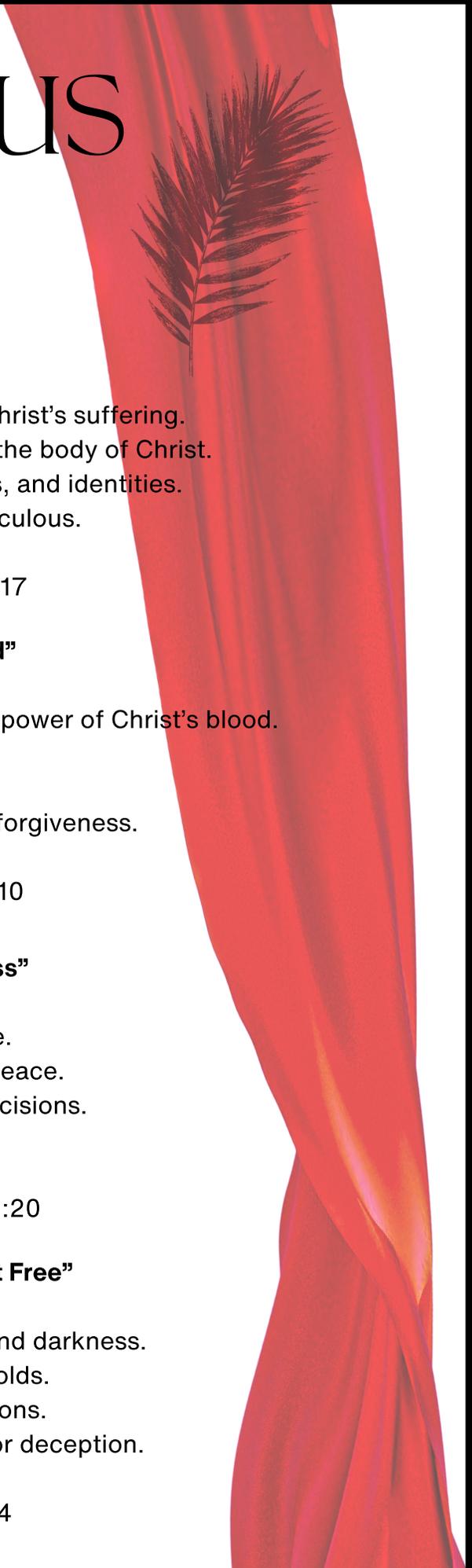
ENTERTAINMENT

Limit TV, shopping, cell phone activity, social media, video games, and social activities. For maximum spiritual benefit, set aside ample time to be alone with the Lord. Pray and worship. Spend time reading, meditating, and studying God's Word. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it!

If you have serious questions about your health, or if you are under physician's care, please consult your physician before changing your diet.

PRAYER FOCUS



Prayer Schedule

Monday - Friday • 12 PM | Monday, Wednesday • 7PM

Good Friday Service • 7PM

PALM SUNDAY – “By His Stripes: We Receive Healing”

- Thank God for the healing made available through Christ’s suffering.
- Pray for physical, emotional, and spiritual healing in the body of Christ.
- Declare restoration over broken places, relationships, and identities.
- Ask God to increase faith to believe Him for the miraculous.

Isaiah 53:5 | Psalm 103:2-3 | 1 Peter 2:24 | Jeremiah 30:17

MONDAY – “By His Stripes: We Are Forgiven & Cleansed”

- Reflect on the cost of forgiveness and the cleansing power of Christ’s blood.
- Confess areas needing repentance and renewal.
- Pray for a clean heart and steadfast spirit.
- Intercede for others to experience God’s mercy and forgiveness.

Ephesians 1:7 | Hebrews 9:14 | 1 John 1:7-9 | Psalm 51:1-10

TUESDAY – “By His Stripes: We Have Peace & Wholeness”

- Pray for Christ’s peace to rule in your heart and home.
- Surrender anxiety, fear, and unrest to the Prince of Peace.
- Declare wholeness over your mind, emotions, and decisions.
- Pray for peace in the church, community, and nation.

Isaiah 53:5 | John 14:27 | Philippians 4:6-7 | Colossians 1:20

WEDNESDAY – “By His Stripes: We Are Redeemed & Set Free”

- Thank God for breaking the power of sin, bondage, and darkness.
- Pray for deliverance from cycles, habits, and strongholds.
- Declare freedom over your family and future generations.
- Intercede for those bound by addiction, oppression, or deception.

Galatians 3:13 | Titus 2:14 | John 8:36 | Colossians 1:13-14

PRAYER FOCUS

MAUNDY THURSDAY – “By His Stripes: We Are Made New”

- Pray for renewal of mind, heart, and spirit.
- Ask God to remove old patterns and birth new desires aligned with Him.
- Reflect on Christ’s humility and servanthood at the Last Supper.
- Pray for grace to walk in newness of life daily.

2 Corinthians 5:17 | Ezekiel 36:26-27 | Romans 6:4 | Revelation 21:5

GOOD FRIDAY – “By His Stripes: We Are Reconciled to God”

- Meditate on the cross and the price Jesus paid to bring us near.
- Pray for deeper intimacy with God through Christ.
- Intercede for prodigals and those far from God to return.
- Ask God to heal divisions and restore unity in the body of Christ.

Romans 5:10-11 | 2 Corinthians 5:18-19 | Ephesians 2:13-16 | Hebrews 10:19-22

HOLY SATURDAY – “By His Stripes: We Have Hope & Victory”

- Thank God for the hope secured through Christ’s suffering and resurrection.
- Pray for renewed expectation, endurance, and trust in God’s timing.
- Declare victory over every area that seems delayed, buried, or lifeless.
- Prepare your heart for Resurrection Sunday with anticipation and joy.

1 Corinthians 15:54-57 | Romans 15:13 | Psalm 27:13-14 | John 11:25-26

EASTER SUNDAY – “He Is Risen: We Walk in Resurrection Life”

- Celebrate the risen Christ and the power of His resurrection.
- Pray for resurrection power to operate in your purpose, calling, and ministry.
- Declare that old things are dead and new life has begun.
- Commit to walking in the authority, victory, and identity Christ purchased.

Matthew 28:5-6 | Romans 6:8-11 | Philippians 3:10 | John 20:31



WHAT IS HOLY WEEK

Holy Week is a string of eight days that allow us an opportunity to reflect upon the shift in humanity Jesus' sacrifice on the cross launched. It starts with Palm Sunday when Jesus enters the city of Jerusalem. The week leads us through the Last Supper, His crucifixion, and ends on Easter Sunday with His resurrection. This is the basis of Christianity, His sacrifice launched the New Covenant God promised and many had prophesied throughout the Old Testament. Each day of Holy Week allows us to peek into the heart of our Savior at an intently close proximity. His love for us is reflected in every significant step toward the cross, every breath up to the last, and His resurrection.

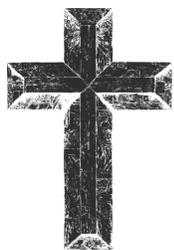
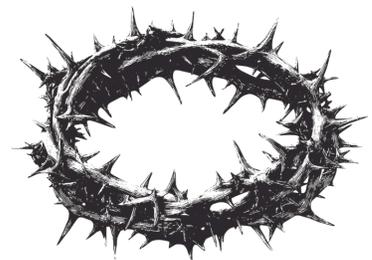


How Holy Week Leads to Easter Sunday

Though Jesus didn't walk the earth incarnate until He was born in Bethlehem to Mary and Joseph, He exists and works throughout the entirety of the Bible. Scripture assures us that He was present at Creation with the Father, that He is the Word, and many prophecies were specifically fulfilled during this final, holy week of Jesus' life on earth. Each Gospel has a narrative of the last week of Jesus' life (Matthew 21-28; Mark 11-16; Luke 19-24; John 12-21).



Holy Week begins on Palm Sunday and ends with Easter Sunday. During this one week, many biblical prophecies were fulfilled. Jesus came to earth to save humanity by dying on the cross on Good Friday and resurrecting on Easter Sunday. By enduring and defeating death sacrificially for us, He swung open the gates of heaven making a way for our sin to be forgiven and usher us into the presence of God (Romans 5:8).



Due to the sinful nature of humanity as a result of Adam and Eve's fall in the garden of Eden, it's impossible for us to be "good enough" to be in the presence of God and forgiven for our sins. Jesus died to make the way for salvation. The Old Testament Law offered many sacrifices to God, but Jesus was the perfect atoning sacrifice once and for all. He endured the cross out of His great love for us. Holy Week is a sacred opportunity to study the foundation of Christianity. Our God is not one of coincidence. Every step toward the cross was intentional, every lesson laced with His personal love for all of us.



PRAY FOR THE HARVEST

*"I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth." **1 Timothy 2:1,3-4***

Monday – Unsaved members in your family; pray that the Lord would stir their hearts this week and that they would realize their need for Jesus.

Tuesday – Divine appointments to share Christ; ask God to open your eyes to see hurting people that He brings across your path; boldness to speak truth.

Wednesday – Unsaved friends/co-workers; pray for opportunities; invite them to church this Sunday; ask God to break down the walls in their hearts.

Thursday – Missionaries and Evangelistic teams around the world; pray for specific ones you know by name; strength and protection as they reach the lost; ask God to give them a great harvest; pray for the people groups they are working with, that the Lord will do a mighty work and many would be saved.

Friday – Christians all around the world as we reflect on Jesus' sacrifice for our sins; that we would spend time meditating on God's great love for us and that this time of reflection would result in thanksgiving and praise to the Lord; we would be fervent in prayer and ready to share Christ.

Saturday – Our pastor and leadership team; pray for the Holy Spirit's anointing over our pastor, that the Lord would go before him and prepare his heart for what to share on Sunday; pray for the Holy Spirit to move powerfully in the services.

Sunday – That the lost would be found today and brought into God's kingdom; that those for whom we've been praying would respond to God's invitation for salvation; that nothing would prevent people from going to church today if the Spirit is calling them.

DOWNLOAD OUR CHURCH APP

FOR ADDITIONAL RESOURCES



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