

# Holy Week - Prayer and Fasting

Thank you for joining us in prayer and fasting this Holy Week! The purpose of this Guide is to help you maximize the time you are devoting to seeking the Lord this week.

There are two parts to this Prayer Guide:

1. An outline to help you as you spend time in prayer during your chosen time slot, and
2. Some helpful information about fasting for those unfamiliar with this important spiritual discipline.

When God's people fast and pray, the Kingdom of God moves forward - we're glad to be building God's kingdom together with you!

## Prayer Guide

### 1. Set Your Eyes on Jesus (5 Minutes)

Begin your hour of prayer by setting your eyes on Jesus. Give Him your full attention. Recognize that you are in his presence and He welcomes you to this time with Him.

#### Reflect

Read Hebrews 12:2  
and Psalm 27:3

#### Pray

Thank the Lord for the incredible privilege of prayer.  
Ask Him to guide your heart and mind  
during your time with Him today.

### 2. Praise and Thanksgiving (10 Minutes)

Praise and Thanksgiving help align our hearts with God and turn our affections toward him.

#### Reflect

Read Psalm 63:3 and  
1 Thessalonians 5:17-18

#### Pray

Take some time to let the Lord know:  
What you appreciate about Him and  
what you are thankful for today.

### 3. Confession (10 Minutes)

Before we ask the Lord to do anything for us, let's make sure our hearts are right with Him.

#### Reflect

Read 1 John 1:9  
and Psalms 51:1-2

#### Pray

Spend time in confession and repentance to ensure  
that nothing hinders your time of prayer. Ask the Holy  
Spirit to search your heart and reveal anything that  
needs to be made right or requires confession.  
Ask God to forgive you.

# Holy Week Prayer And Fasting Guide

**JE Gale**



## **Holy Week Prayer And Fasting Guide:**

## The Enigmatic Realm of **Holy Week Prayer And Fasting Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Holy Week Prayer And Fasting Guide** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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