

Easter Day Prayer & Fasting

24-30 March 2024



THE CROSS
— AND THE —
EXCHANGE

THE CROSS — AND THE — EXCHANGE

EASTER DAY PRAYER & FASTING

With Easter approaching we are reminded of our Redeemer who loved us and paid a great price for our salvation. The divine exchange took place on the Cross by our Lord Jesus Christ. He was fully God and fully man, yet willingly chose to die on the Cross as a substitute for us. His death paid for our sins, past, present and future; through his sacrifice, we have gained eternal life. He not only died but was alive after the resurrection. The resurrection of Jesus is a crucial part of the Christian faith, as it signifies his victory over death.

Over the next seven (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 His "THE CROSS AND THE EXCHANGE". May the glory and the promise of this joyous time of the year bring peace and happiness 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 • MARCH 24

THE DIVINE EXCHANGE BY HIS WOUNDS

"But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed "

- Isaiah 53:5

Isaiah prophesied about the arrival of Christ and his sacrificial death.

The exchange that Isaiah spoke of in verse 5, "by his wounds we are healed", refers to the punishment Jesus Christ suffered: floggings and beatings followed by His agonizing death on a cross. It was to take upon Himself all of the sins of people who believe Jesus Christ as Saviour and Lord.

When we receive Jesus as our Saviour and Lord, we are born again by God's Spirit (John 3:3-8) and our sinful nature is crucified (Romans 6:6; Colossians 2:11). In the divine exchange, we are not only forgiven and saved, but we also become a new creation in Christ, and the Son of God lives in us.

Reflection: The Christian life is not about making an effort to be changed. It's an exchanged life with Christ; He has the power to change us.

Prayer

- Give thanks to God for sending His only Son to die for our sins and reconcile us back to Him
- Your neighbours and friends to receive the message of the cross and experience God's love and freedom
- A deeper understanding and revelation of Jesus' death and resurrection

"For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all people. This has now been witnessed to at the proper time." – 1 Timothy 2:5-6

Many people believe that any sincere or well-intentioned path will lead them to God. However, there is only one God and one mediator: no one else in the entire universe is qualified to mediate between God and humanity. Jesus Christ, the God-man, is the only one who could have begun and finished the work of paying the ransom to redeem sinners. He gave Himself as the ransom for us.

All sinners are subject to the captivity of Satan, physical death, and spiritual death. This leads to an eternal spiral of doom and inescapable damnation, hence the need for a redeemer to save sinners. At the cross, Jesus paid the ransom for us. After the ransom has been accepted, God forever embraces those who believe in His Son.

The truth is that "God our Saviour, who wants all people to be saved and to come to a knowledge of the truth."(1 Timothy 2:3-4) No one will be turned away because Jesus' love and forgiveness at the cross have already paid for all. Everyone is welcomed to receive His salvation.

Reflection: We never have to fear God's condemnation if we trust in Christ alone for our salvation. Our Saviour also frees us from being enslaved by sin and Satan. In other words, we are now free!

Prayer

- Ask God to increase our passion for the lost
- The Holy Spirit will convict our loved ones, friends and colleagues to come into repentance and receive Jesus as their personal Saviour and Lord
- God's move during Good Friday / Easter celebration services in all our language churches. Pre-believers to respond to God's salvation

DAY 3 • MARCH 26

YOU ARE MADE RIGHT WITH GOD

"God made him who had no sin to be sin for us, so that in him we might become the righteousness of God." – 2 Corinthians 5:21

Jesus came and died for our sins to make us "right with God". In order for it to happen, justification has to take place. Justification is a legal transaction; it is God pardoning our sins and accepting us as righteous. To justify a sinner means to declare them righteous. God declares us righteous not because of anything in us or anything we have done, but solely based on Christ's righteousness. (Romans 5:19; 4:5-8)

On the cross, God did not even spare His own Son, but freely gave Him up for all of us (Romans 8:32). God's law is righteous, and it requires the death of the sinner. Through the sacrifice of Jesus, God imputes or credits the righteousness of Christ to sinners, enabling us to become the righteousness of God in Him (2 Corinthians 5:17).

How do we become righteous? The answer is by having faith alone. Faith is like an outstretched, empty hand that receives the righteousness of Christ from God. We acknowledge that we cannot save ourselves or be right with God by our own efforts, but rather accept that salvation is a gift of grace.

Reflection: "Justification reminds us that Jesus Christ has done everything necessary for our salvation. He paid the penalty that our sins deserved by His sacrificial death on the cross. His death satisfied God's justice and turned away His wrath from us. Jesus also lived a perfect life by His righteous obedience to God's law." - William C. Godfrey

Prayer

- We will reach out to our community with the good news of Jesus Christ in boldness and power
- Opportunities and open hearts as we testify our faith to pre-believers
- God to break down any barriers that hinder them; open their spiritual eyes and ears

THE UNIMAGINABLE SUFFERING OF JESUS

"For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." - Hebrew 12:2

No one understands us better than Jesus who endured the brutal treatment at the cross. The death of Christ on the cross was one of absolute torture. Jesus suffered scourging before being crucified. Scourging was possibly the most severe kind of flogging given by ancient courts. Although the Jews gave whippings in synagogues for certain offences, these were mild in comparison to scourging. The purpose of scourging was not only to inflict great pain but to humiliate the person in public. The punishment was only appropriate for slaves and non-Romans.

Besides the scourging, Jesus was also:

Beaten – Luke 22:63-64. "The men who were guarding Jesus began mocking and beating him"

Spat and struck – Matthew 27:30. "They spit on him, and took the staff and struck him on the head again and again"

Stripped – Matthew 27:35. "When they had crucified him, they divided up his clothes by casting lots."

Nailed to the Cross – Colossians 2:14. "nailing it to the cross."

Reflection: The cross symbolizes the most horrific event Jesus endured. It also symbolizes Jesus' ultimate sacrifice for our sins, making the way for repentance and belief in Him.

Prayer

- God's total healing and restoration on those who suffer injustice. They will seek God's grace and love to release their pain and bitterness, and receive God's love and peace
- Those rejected by society to have an encounter with Jesus Christ

DAY 5 • MARCH 28

ABANDONED ON THE CROSS

At noon, darkness came over the whole land until three in the afternoon. 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 15:33-34

You may feel abandoned by people whom you have trusted and now experience being left alone without spouse, children and even friends. Jesus understands our sufferings because he experienced abandonment, and was left all alone during the time of suffering at the cross.

First, He felt immense pain of witnessing Judas' betrayal who had identified him to the authorities in exchange for 30 pieces of silver. He was also abandoned by his close friends whom he had personally journeyed with for three years. The disciples promised to be with Jesus but when the arrest took place, "all the disciples deserted him and fled." (Matthew 26:56)

Second, Jesus' greatest emotional pain was when God the Father abandoned Him. On the cross, the perfect fellowship between the Father and the Son was temporarily broken. God was pouring his wrath on His Son. The emotional suffering was so great that Jesus cried out, "My God, my God, why have you forsaken me?" (Mark 15:34) These words reflect the deep pain and emotional anguish Jesus suffered for our sins.

Why did Jesus do that? His mission was to rescue us from damnation. "What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!" (Romans 7:24-25)

Reflection: When you are close to despair, and wonder where God is in the hour of darkness, know that Jesus (fully God and fully human) understands your feelings. He was like us in all things, except that he was without sin. He experienced all that we do.

Prayer

- God's love to reach out to those who are abandoned, hurt, lonely, depressed, broken-hearted, and low self-esteem
- Gratitude for the gift of salvation that Jesus' work at the cross had won for us

"When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross." – Colossians 2:13-15

Colossians chapter 2:13-15 shows two different saving works of Christ at the cross, namely the forgiveness of our sins and the cosmic overthrow of principalities and powers.

Jesus 'cancelled' our debts by 'taking them away' and 'nailing them to the cross'. Ultimately, God has set us free from our spiritual debts.

After His death and subsequent resurrection, the conquest confirmed and announced the victory over evil powers. Firstly, Christ disarmed the powers, which essentially means that he stripped them of their weapon, dignity, and might. Secondly, he made them a public spectacle by exhibiting them as powerless. And lastly, he triumphed over them through the cross.

We should not be living in defeat anymore because the evil one has been defeated. This is our resounding hope: "O Death, where is your sting? O Hades, where is your victory?" (1 Corinthians 15:58)

Reflection: The church needs to spread its conquest through missions, in the power of the Spirit; preach the crucified and resurrected Lord who will save mankind from the clutches of Satan.

Prayer

- Believers to walk in the resurrected life and to be Christ-like
- God to ignite the revival fire among the youths, and each youth will be a strong witness to his/ her peers
- Believers to walk in authority and to be an overcomer in all situations

"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" – Matthew 28:5-6

After Jesus Christ was crucified, Joseph of Arimathea placed Christ's body in his tomb. A large stone covered the entrance, and soldiers guarded the sealed tomb. On the third day, several women went to the tomb at dawn to anoint the body of Jesus.

A violent earthquake took place as an angel from heaven rolled back the stone. The guards shook in fear as the angel, dressed in bright white, sat upon the stone. The angel announced to the women that Jesus who was crucified was no longer in the tomb, "He is risen, just as he said."

The resurrection of Christ is the foundation of our faith. When Jesus arose from the dead, He gave us reason to hope with complete assurance that we would have eternal life. Jesus does more than give life; He is life, and that is why death has no power over Him. It shows that God has the power to raise us from the dead. Jesus said, "I am the resurrection and the life" (John 11:25).

Jesus' resurrection gives us this hope: death has been defeated, and it no longer has the final say. Jesus is alive! In resurrecting Jesus from the grave, God reminds us of His absolute sovereignty over life and death.

Reflection: Christ's resurrection offers us a chance to experience a new life by putting our faith in Jesus Christ. It is through a resurrected life that we can start living victoriously, relying on God's power and Jesus' triumph over death.

Prayer

- Declare Romans 6:9-10 in your life. "For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God"
- Believers to have a renewed hope and faith: live a life that is free from sin through the resurrection power of Jesus Christ



Tel: 603-2117 7177

Add: 6, Jalan 13/4, 46200 Petaling Jaya, Selangor

Website: gladtidings.my

Email: contact@gladtidings.my