



## ALL NATIONS FELLOWSHIP

### Passion Week Fasting and Prayer Guide (Virtual)

#### Preparation

- Follow the below guidelines if you are unable to join Corporate Early Morning Prayer via *Zoom* and hope to have your own personal time of prayer later in the day.
- Sit in a place in your house where you can focus and not to be distracted.
- If it helps you to focus, play a quiet worship song in the background. Prepare your heart and mind by telling God that you have come to pray and listen to Him in silence. For example, “Father God, good morning. I am here to spend time with you. Fill my heart with your Holy presence. Speak to me this morning. I will listen to you. I love you, Lord...”
- It is most beneficial if you can keep up with the designated time of *6 am* to *7 am* as much as possible, but feel free to adjust the time that you are praying as needed.

#### Praise (10 minutes)

- Play two praise songs and sing along. No need to sing aloud but try to make them your own personal prayers of confession.

#### Meditation on the Word (10 minutes)

- Read the designated Daily Bible Passages for Passion Week a couple of times. (*Refer to Page 3.*)
- Reflect on how the passages teach, rebuke, correct and train you.

#### Journaling (10 minutes)

- Record what God is teaching you through these passages.
- Record what you have learned from God both this morning and yesterday.
- Record what you want to pray about today, including certain people, situations, things or any ramblings that come from your heart.
- Record how you want to apply the passages from this morning into your daily life.
- Highlight and check off any answered prayer requests or completed applications from days prior.



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### Prayers of Adoration and Thanksgiving (5 minutes)

- Say ten good and complimentary words to God.
- Reflect on what other things you could be grateful and give thanks to God for today.

### Prayers for Your Personal Life (10 minutes)

- Pray for your personal life, family, struggles, temptations, prayer requests and spiritual growth.

### Prayers for All Nations Fellowship (5 minutes)

- Pray for the leaders of the church, including Pastor Daniel and his family and the shepherds.
- Pray for our missionaries, more specifically, Gilho in Krygyzstan, Hudson in Egypt, Sungkyu in Indonesia and Peter in South Korea.
- Pray for our house churches, house church members and VIPs.

### Prayers for the World (5 minutes)

- Pray for the world, using the *20 Prayers to Pray During This Pandemic* as a guide. (Refer to Page 3.)
- One method would be to simply read through the list each day with a sincere heart.

### Waiting in Silence (5 minutes)

- Listen to God in silence. Record any thoughts and feelings that you may experience during this time.
- End the time of prayer with the Lord's Prayer.

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power, and the glory are yours  
now and forever. Amen



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## Daily Bible Passages for Passion Week

### **Palm Sunday**

Jesus enters Jerusalem

*Matthew 21:1-11, Mark 11:1-10, Luke 19:29-44, John 12:12-19*

Jesus predicts his death

*John 12:20-36*

Jesus visits the temple

*Matthew 21:14-17, Mark 11:11*

### **Monday**

Jesus curses a fig tree

*Matthew 21:18-19; Mark 11:12-14*

Jesus cleanses the temple

*Matthew 21:12-13, Mark 11:15-18, Luke 19:45-48*

### **Tuesday**

The lessons from the fig tree

*Matthew 21:20-22, Mark 11:20-26*

Jesus teaches in the temple

*Matthew 21:23-23:39, Mark 11:27-12:44, Luke 20:1-21:4*

Jesus predicts the future

*Matthew 24-25, Mark 13:1-37, Luke 21:5-36*

### **Wednesday**

Jesus continues his daily teaching in the temple

*Luke 21:37-38*

The Sanhedrin plots to kill Jesus

*Matthew 26:3-5, Mark 14:1-2, Luke 22:1-2*

### **Maundy Thursday**

Jesus eats the Passover meal with the Twelve

*Matthew 26:17-29, Mark 14:12-23, Luke 22:7-30*

Jesus washes the disciples' feet

*John 13:1-17:26*

Jesus predicts Peter's denial

*Matthew 26:31-35, Mark 14:27-31, Luke 22:31-34*

Jesus and the disciples to Gethsemane

*Matthew 26:36-46, Mark 14:32-42, Luke 22:40-46*

### **Good Friday**

Jesus is betrayed by Judas and arrested

*Matthew 26:47-56, Mark 14:43-52, Luke 22:47-53, John 18:2-12*

Peter denies Jesus

*Matthew 26:58, 69-75, Mark 14:54, 66-72, Luke 22:54-62, John 18:15-18, 25-27*

Jesus is crucified and breathes his last

*Matthew 27:27-56, Mark 15:16-41, Luke 23:26-49, John 18:17-37*

Joseph of Arimathea buries Jesus in a new tomb

*Matthew 27:57-61, Mark 15:42-47, Luke 23:50-56, John 19:38-42*

### **Saturday**

The chief priests and Pharisees place guards at the tomb

*Matthew 27:62-66*

### **Easter Sunday**

Some women discover the empty tomb

*Matthew 28:1-10, Mark 16:1-7, Luke 24:1-11, John 20:1-2*

Peter and John discover the tomb empty

*Luke 24:12, John 20:3-10*

Mary returns to the tomb and encounters Jesus

*John 20:11-18*

Jesus appears to the disciples

*Luke 24:13-43, John 20:19*



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### 20 Prayers to Pray During This Pandemic by JEN POLLOCK MICHEL<sup>1</sup>

1. For the sick and infected: God, heal and help. Sustain bodies and spirits. Contain the spread of infection.
2. For our vulnerable populations: God, protect our elderly and those suffering from chronic disease. Provide for the poor, especially the uninsured.
3. For the young and the strong: God, give them the necessary caution to keep them from unwittingly spreading this disease. Inspire them to help.
4. For our local, state, and federal governments: God, help our elected officials as they allocate the necessary resources for combatting this pandemic. Help them to provide more tests.
5. For our scientific community, leading the charge to understand the disease and communicate its gravity: God, give them knowledge, wisdom, and a persuasive voice.
6. For the media, committed to providing up-to-date information: God, help them to communicate with appropriate seriousness without causing panic.
7. For consumers of media, looking to be well-informed: God, help us find the most helpful local information to equip us to be good neighbors. Keep us from anxiety and panic, and enable us to implement the recommended strategies, even at a cost to ourselves.
8. For those with mental health challenges who feel isolated, anxious, and helpless: God, provide them every necessary support.
9. For the homeless, unable to practice the protocols of social distancing in the shelter system: Protect them from disease, and provide isolation shelters in every city.
10. For international travelers stuck in foreign countries: God, help them return home safely and quickly.
11. For Christian missionaries throughout the world, especially in areas with high rates of infection: God, provide them with words of hope, and equip them to love and serve those around them.

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<sup>1</sup> Adapted from <https://www.christianitytoday.com/ct/2020/march-web-only/covid-19-coronavirus-20-prayers-to-pray-during-pandemic.html>.



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12. For workers in a variety of industries facing layoffs and financial hardship: God, keep them from panic, and inspire your church to generously support them.

13. For families with young children at home for the foreseeable future: God, help mothers and fathers to partner together creatively for the care and flourishing of their children. For single mothers and fathers, grow their networks of support.

14. For parents who cannot stay home from work but must find care for their children: God, present them with creative solutions.

15. For those in need of regular therapies and treatments that must now be postponed: God, help them to stay patient and positive.

16. For business leaders making difficult decisions that affect the lives of their employees: God, give these women and men wisdom, and help them to lead self-sacrificially.

17. For pastors and church leaders faced with the challenges of social distancing: God, help them to creatively imagine how to pastor their congregants and love their cities well.

18. For college and university students, whose courses of study are changing, whose placements are cancelled, whose graduation is uncertain: God, show them that while life is uncertain, their trust is in you.

19. For Christians in every neighborhood, community, and city: May your Holy Spirit inspire us to pray, to give, to love, to serve, and to proclaim the gospel, that the name of Jesus Christ might be glorified around the world.

20. For frontline health care workers, we thank you for their vocational call to serve us. We also pray:

- God, keep them safe and healthy. Keep their families safe and healthy.
- God, help them to be knowledgeable about the diagnosis and treatment of this disease, as well as the changing protocols.
- God, help them to stay clear-minded in the midst of the surrounding panic.
- God, deliver them from anxiety for their own loved ones (aging parents, children, spouses, roommates).
- God, give them compassion for every patient in their care.
- God, provide for them financially, especially if they fall ill and are unable to work.
- God, help Christians in health care to exhibit extraordinary peace, so that many would ask about the reason for their hope. Give them opportunities to proclaim the gospel.

God, we trust that you are good and do good. Teach us to be your faithful people in this time of global crisis. Help us to follow in the footsteps of our faithful shepherd, Jesus, who laid down his life for the sake of love. In Jesus' name we pray, Amen.