

CLEAR CREEK MISSIONARY BAPTIST CHURCH



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HOLY WEEK
PRAYER GUIDE
2026

PRAYING. FASTING. GROWING. EXPECTING.

WEEK OF PRAYER & FASTING

March 30th- April 3rd

Introduction

WHAT IS FASTING?



01

Fasting is intentionally abstaining from food (not fluids) for spiritual purposes. Fasting brings you into a deeper, more intimate and powerful relationship with the Lord. Fasting is an act of humility before God to seek His divine intervention in the events of our physical world. It brings revelation by the Holy Spirit of our true spiritual condition and allows the Holy Spirit to work in a powerful way. Fasting transforms prayer into a richer, more personal experience and draws you closer to God.

As we pray and fast for the will of God to be done, we can expect to reap the benefits and promises that our obedience to His Word produces such as miraculous provision, favor, healing and supernatural breakthrough. We fast and pray to seek answers from God (Ezra 8:21 & 23), to pray on behalf of others (Ezekiel 22:30), and to breakthrough in difficult situations (Isaiah 58:6-8).



PURPOSE OF FASTING

02

HOW TO FAST



03

I. DISCREETLY (Matthew 6:17-18 ESV)

17 But when you fast, anoint your head and wash your face,
18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

II. WITH FAITH (Hebrews 11:6 ESV)

6 And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.



FUNDAMENTALS OF PRAYER

Creating A Lifestyle of Prayer

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Goal 1: Have a Certain Time



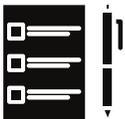
Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

Goal 2: Have a Certain Place

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.



Goal 3: Have a Certain Plan



When Jesus taught His disciples how to pray, He gave them a prayer outline. As we pray every day, our plans for our prayer time can vary, but it helps when we have a plan for connecting regularly with God.



2026 PRAYER POINTS

DANIEL FAST



Daniel FAST FOODS

I ATE NO PLEASANT FOOD, NO MEAT OR WINE CAME INTO MY MOUTH, NOR DID I ANOINT MYSELF AT ALL, TILL THREE WHOLE WEEKS WERE FULFILLED. - DANIEL 10:3

ALLOWED: FOODS GROWN FROM SEED, DRINK ONLY WATER



Vegetables

asparagus, broccoli, cabbage, celery, corn kale, onions, potatoes, tomatoes, etc.



Fruits

apples, bananas, berries, oranges, pears, plums, tangerines, watermelon, etc.



Nuts & Seeds

almonds, seeds, walnuts, nutbutters (no sugar added, made with healthy oils), etc.



Healthy Liquid Oils

grapeseed, seed, olive, peanut, etc.



Whole Grains & Legumes

barley, brown rice, oats, popcorn, beans, chickpeas, lentils, etc.

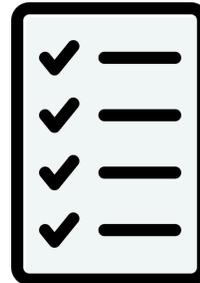
Not Allowed

meats, animal products, dairy, eggs, sweets, all sweeteners, honey, breads with leaven, baked goods, refined and processed foods, deep fried "pleasant foods" like chips, solid fats (e.g. butter, margarine), soda, alcohol, white flour and rice, beverages other than water (can make a personal decision to include vegetable and fruit juices, (juicing fresh vegetables and fruits okay though), check

FASTING RESOURCES



HOW TO PREPARE FOR THE DANIEL FAST



DANIEL FAST FOOD LIST
PRINTABLE



The Daniel Fast is an opportunity for you to draw closer to God through fervent, focused prayer. It is a commitment to a partial fast, which means you restrict commonly enjoyed foods as an act of worship and consecration to the Lord.



DAILY BIBLE GUIDE

Sunday, March 29, 2026

INTRODUCTION

WHAT'S THE CONDITION OF YOUR HEART?

DEVOTIONAL:

The days leading up to Easter are an invitation for us to get our hearts and minds ready for remembering Jesus's life, death and resurrection. It's an opportunity for us to look at our life and start, or restart, those spiritual disciplines—things like prayer, fasting and making sure our hearts are right with God—that will help to strengthen our relationship with Christ.

One great way to prepare for Easter is by checking the condition of your heart—not your physical heart, but what's going on inside of you—your thoughts, motives and desires. In fact, God is more interested in what's going on inside of you than He is with how you look or what you do. The condition of our heart is important because everything starts there.

So how do we do that? The Bible instructs us to examine ourselves to see whether we are living our lives according to God's Word (see 2 Corinthians 13:5 AMP). We need to honestly examine our hearts in light of what God's Word says and make a commitment to change in the areas that He is leading us to. No matter what condition your heart is in, God wants to make it like His. He wants to be close to you, and the first step is allowing Him to change your heart. So, open your heart to Him in a greater way than ever before, and you will be amazed at how He will change you when you let Him.

READ VERSES:

PSALMS 51:10

PROVERBS 4:23

2 CORINTHIANS 13:5

PSALMS 139:23-24

TAKE ACTION:

Spend time with God today. Talk to Him sincerely and honestly, asking Him to show you specific areas of your heart that need to be changed. Write down in a journal what He shows you. For example, you may be struggling with bad attitudes, negative thinking, disobedience, etc. Throughout the next week, continue to pray and ask God to help you change from the inside out.

PRAYER:

God, help me be a person after Your heart—to want what You want and view others with love and compassion like You do. I can't change myself, but with Your help, I can change from the inside out. In Jesus Name, amen.



DAILY BIBLE GUIDE

Monday, March 30, 2026

KEEP GROWING

DEVOTIONAL:

When we give our heart to God and accept Jesus as our Savior, it's absolutely the best and most exciting decision we will ever make! God gives us everything we need in Christ to grow and become who He made us to be. He's given us His Word and He wants to speak to our hearts through prayer. It's the beginning of a lifelong journey of continual spiritual growth. And our goal should be to actively press on each day to become more and more like Christ. In order to "press on" and grow spiritually, it's important for us to spend time with God, study His Word, and learn how to be led by the Holy Spirit. Just like we need natural disciplines in our lives, such as the discipline to work, to eat right, to handle our finances wisely, and so on, we also need to make spiritual practices a priority. Adding them to our life will help us keep God at the center of all we do.

God gave us His Word as an "instruction manual" for life. The Bible is filled with wisdom, encouragement, comfort, and life-changing power. It's filled with everything we need to be the person He created us to be. And when we spend time in God's Word, we are spending time with Him. John 1:1 says, In the beginning [before all time] was the Word (Christ), and the Word was with God, and the Word was God Himself (AMP).

No matter where you are in your relationship with God, start spending time in His Word and be determined to stick with it. When you stay connected to God through meaningful Bible study, you will stay rooted and grounded in His love.

READ VERSES:

COLOSSIANS 2:6-7

PHILIPPIANS 3:12

JOHN 1:1

PHILIPPIANS 1:6

TAKE ACTION:

As you read God's Word, pray and ask Him to show you scriptures that will help develop a more intimate relationship with Him. Use the practical tips mentioned and set aside some time to study these verses. As you think about them and even say them out loud, write down anything that stands out to you. Then, take a little more time to dig into those areas God shows you and see how He wants to help you grow in those areas.

PRAYER:

Thank You, Father, that the more time I spend in Your Word, the more I love it. I pray that Your Word would fill my heart so that my desires will begin to line up with Your instruction and direction for my life. Thank You that You are bringing me to maturity in You. In Jesus Name, amen.



DAILY BIBLE GUIDE

Tuesday, March 31, 2026

TRANSFORMED FROM THE INSIDE OUT

DEVOTIONAL:

When we enter into a personal relationship with Jesus Christ, something wonderful happens: Our sins are forgiven and the Holy Spirit comes to live on the inside of us. We become a “new creation”—our spirit is made new and we begin a new life in Christ.

In Him, we have everything we need to learn how to think, talk and act like Christ. And we experience these blessings as we study God’s Word and make the decision to believe what He says more than we believe how we feel. As we grow in our relationship with God, we discover who we are and what we have in Christ. And this is the one thing we need more than anything else: To know who we are in Christ...and to know what we’ve been given as an inheritance through His death and resurrection.

Take some time to read and meditate on God’s Word. Study scriptures that tell you about God’s amazing love for you. Find out who He says you are, and learn about everything you have through His incredible grace and mercy. As you do, you will begin to see yourself and your life in a whole new way...and experience the life-changing transformation of becoming a new creation from the inside out!

READ VERSES:

2 CORINTHIANS 5:17

1 JOHN 3:9

2 CORINTHIANS 3:18

TAKE ACTION:

As you study God’s Word, find scriptures that show you the truth about who God created you to be and how He wants you to live in Him! Once you find verses, write down what they mean to you. Then, write a confession declaring who you are in Christ according to that verse.

PRAYER:

Thank You, Father, that You have given me everything I need to become who You created me to be. Help me continually grow in my relationship with You and discover more and more about who I am in Christ. In Jesus Name, amen.



DAILY BIBLE GUIDE

Wednesday, April 1, 2026

HOW TO TALK TO GOD ABOUT EVERYTHING

DEVOTIONAL:

Prayer is one of the most powerful forces on earth. But do you believe your prayers are really making a difference? Sometimes when it seems our prayers are going unanswered, we can begin to struggle with doubt and frustration. We may even question whether we're praying the "right" way. Even Jesus's disciples felt the need to ask Him to teach them how to pray (see Luke 11:1).

Prayer is much easier than you may think. It's just talking to Him and sharing your life with Him as you go about your day. The truth is, prayer is the greatest privilege of our lives. It's not something we have to do; it's something we get to do. We can talk to God through prayer about anything and everything—at any time, day or night. It's the way we partner with Him to see His plans and purposes come to pass in our lives and in the lives of those we love. Prayer allows us to share our hearts with God, to listen for His voice, and to know how to discover and enjoy all the great things He has for us. Developing your relationship with God is similar to developing a friendship. It takes time and a little effort. The truth is that you can be as close to God as you want to be; it all depends on the time you are willing to invest in the relationship—getting to know Him by spending time in prayer and through studying His Word. Your relationship with God will also deepen and grow as you walk with Him over time on a regular basis and as you experience His faithfulness in your life.

As you gear up for Easter, make it a priority to develop a great friendship with God and invite Him to be a vital part of everything you do. Then, listen as He speaks to your heart—He wants to talk to you too!

READ VERSES:

MARK 11:24

LUKE 11:1

PHILIPPIANS 4:6

TAKE ACTION:

Try talking to God about everything and anything just like you would talk to your best friend. Pray as you're getting ready for your day, driving, doing the dishes, etc. As someone comes to your mind, take a moment right then and bring your concern for them to God in prayer. Then, take time to listen to what God has to say to you about that person or situation.

PRAYER:

Thank You, Father, that I can come to You boldly in prayer, knowing that You love to hear from me. Increase my level of expectation and help me to make prayer a simple, natural part of my life. In Jesus's Name, amen.



DAILY BIBLE GUIDE

Thursday, April 2, 2026

LIVE TO LOVE

DEVOTIONAL:

The Bible makes it pretty clear that loving other people is one of the most important things we can do. In John 13:34, Jesus Himself says, “A new command I give you: Love one another. As I have loved you, so you must love one another” (NIV). The love message is the power of the Gospel and it’s so simple: Love God and love your neighbor as you love yourself. Jesus is the greatest example of loving others. All throughout the gospels, we see Him feeding the hungry, healing the sick, spending time with children, and even washing the disciples’ feet. Helping people—being a blessing and adding value to other people’s lives—is what it means to walk in love and follow the example of Jesus.

There’s something important in these commands that we often miss: Before you can love others, you have to experience God’s love in your own life, because you can’t give away something you don’t have. God’s love is a gift to us, and when we receive it, then we can release it to others through our words and actions. This is important because if we don’t, it will stagnate like a pool of water with no outlet. We have to be willing to ask God to teach us to love the way He loves. That means you love when there’s nothing in it for you; it’s all about giving out and not expecting anything in return. Then we will keep God’s love flowing through us as we serve, help, and bless others.

The act of loving and helping others is one of the most exhilarating things you can experience. So, make it a priority to regularly love the people around you, encouraging them and meeting their needs as you are able to do it. Be determined each day to do at least one thing for someone else that makes their life better. You’ll discover that serving God by loving and helping others is the most wonderful, exciting thing you can do!

READ VERSES:

MARK 12:30-31

JOHN 13:34

MARK 12:31

EPHESIANS 5:2

TAKE ACTION:

Think of three people you know who could use a gesture of God’s love. Then think of creative ways you can express His love to these people—and do it!

PRAYER:

I am grateful, Father, that You loved me so much that You sent Your Son, Jesus, to die for my sins. Help me to be aware of the needs around me that I can meet. And help me remember to love others with my words and actions. In Jesus Name, amen.



DAILY BIBLE GUIDE

Friday, April 3, 2026

THE POWER OF THE CROSS

DEVOTIONAL:

Ever wonder why the day of Jesus's death is referred to as "Good" Friday, since it's a day that involved so much pain, agony and heartache? It's because the result of this particular Friday—Christ's resurrection from the dead on Sunday—was good. There are usually two sides to everything. The cross has two: a crucifixion side and a resurrection side. Hebrews 12:2 says that Jesus, for the joy of obtaining the prize on the other side of the cross—the resurrection—endured the pain.

Jesus had to endure one side to get to the other. But if He hadn't endured, then we'd all still be left without a Savior and no forgiveness of our sins. Like Jesus, we have to endure difficult things. When we go through hard times, we can think of enduring as "to outlast the devil; to be steadfast long enough to let the trial do whatever it's going to do in our lives and get from one side of the cross to the other." We can trust that in all things God works for the good of those who love him, who have been called according to his purpose (Romans 8:28 NIV).

It's comforting to know—and really believe—things will work out okay...even on a day like Good Friday, with so much suffering and pain. When nothing made sense and everything was hard, God worked it out for good—giving us the greatest blessing we could ever receive. When life is hard, remember that Jesus experienced hard times too...the road to the cross was no small matter. Be encouraged by the way Jesus handled trials. He knew the joy that was before Him and persevered until the end. He's given you the power to do the same (see Romans 8:11).

READ VERSES:

HEBREWS 12:2

ROMANS 8:28

ROMANS 8:11

JOHN 19

TAKE ACTION:

Take time to read and reflect on John 19—the Crucifixion, death and burial of Jesus. Then write a note or prayer to Jesus, thanking Him for all He's done for you.

PRAYER:

Father, help me to remember the pain and suffering of the cross, and all that Jesus was willing to endure, so I could be set free. He paid the price so my sins would be forgiven and I could have eternal life. Help me never to take for granted this huge gift of love. In Jesus's Name, amen.



JESUS IS ALIVE!

Sunday morning at the tomb was exciting! There were no tears, only awe and wonder and rejoicing. It was Resurrection Sunday—Jesus rose from the dead!

Just think of the tomb where Jesus's dead body lay. Consider how dark and cold it must have been. Roman soldiers stood outside guarding it. But on resurrection morning, the mighty, unmatched, unimaginable, immeasurable power of God came into that dark tomb and filled it with light. God's life flowed into the body that lay there.

This same power is in us as believers in Christ! It's a power that defeats the enemy, changes circumstances, heals sick bodies, and enables us to stand strong through the storms of life. It enables us to do anything we need to do, and it is available to us in unlimited supply.

The truth is, as believers in Christ, we don't have to live weak, wimpy, pitiful, pathetic, barely-getting-by lives. We can have God's power working in us to enable us to do whatever we need to do in life. But knowing you can have power from God to live in this world and learning to believe this truth and walk in it are two different things. That's why it's so important to make a conscious decision in every situation to believe God's Word more than what we feel or think or how things look. For example, Philippians 3:10 says we can actually experience the same power that raised Christ from the dead.

Today, celebrate that power! Jesus came for you. He loves you and came to give you new life. And because He did, you can live in His resurrection power and strength every day!

PRAYER:

Thank You, Jesus, for saving me! Thank You that Your strength and power is alive in me. I know can rely on You in any situation I face. Help me to live each day experiencing more and more of Your power. In Jesus Name, amen.

Thank you for joining us in Holy Week 2026: Prayer & Fasting. We pray it has been an experience that has fostered growth, love, and clarity.

PRAYING

FASTING

GROWING

EXPECTING