

metrotabernacle

HOLY WEEK

PRAYER & FASTING GUIDE

30TH MARCH
TILL 3RD APRIL

NIGHTLY PRAYER GATHERING (MON-THR | 8PM-10PM | HALL1)



EMBRACING THE HUMILITY OF JESUS

The church worldwide celebrates Holy Week, also known as the Passion Week, this year beginning from the 29th March till the 5th of April. This week, we remember the most important time in the life of Jesus, which includes his crucifixion and resurrection.

At Metro Tabernacle, we will observe a time of prayer and fasting for 5 days, from 30th March to 3rd April. For this, we have prepared a five-day scripture verse and Prayer Guide to help you in your meditation on the humility, surrender and obedience of Jesus, expressed in him embracing the cross on our behalf.

During this time, we will be having Daily Nightly Prayer Gathering from 8pm to 10pm in church to seek God and pray corporately.

Our Good Friday service will be held on the 3rd April at 8pm.

In these challenging days, let us humble ourselves, seek God and surrender to Him afresh as yielded vessels to lift Jesus higher. Our worship honours God and our obedience to His will delights Him.

NIGHTLY PRAYER GATHERING (MON-THR | 8PM-10PM | HALL1)

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DAY 1

MONDAY, 30 MARCH

John 12:27-28 (ESV)

"Now is my soul troubled. And what shall I say? 'Father, save me from this hour'? But for this purpose I have come to this hour. 'Father, glorify your name.'" Then a voice came from heaven: "I have glorified it, and I will glorify it again."

JESUS SOUGHT THE FATHER

(JOHN 12:20-36)

After the triumphal entry into Jerusalem, Jesus recognised that his imminent death was drawing near. This troubled his soul greatly. The One who stilled the storm now experienced an inward commotion of his soul. The Prince of Peace had the calmness of his mind taken away from him. He was anxious, distressed and doubtful. He prayed, *"Father, save me from this hour?"* To pray for rescue would be to reject the very purpose He was sent for, which was to save mankind from sin, and to sacrifice His life that others might live. But Jesus, understanding the will of the Father, humbly prayed, *"Father, glorify your name"*. This was the only prayer of Jesus where the Father responded and assured His son that the Son's life and ministry had glorified the Father, and now the Son's future suffering and death would glorify the Father.

Likewise, life's journey is often accompanied by trials, pain, and suffering. Our hearts often cry out for His salvation. This we must do for He has promised to be our Helper, our Strength and Saviour. Today, may we humbly also ask Him, *"Father, glorify Your name in my life and shine Your light through my life"*. Remember to pray for your family and friends, that their eyes may see Jesus glorified.

NIGHTLY PRAYER GATHERING | 8PM-10PM | HALL 1

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DAY 2

TUESDAY, 31 MARCH

Mark 11:24-26 (ESV)

Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses."

JESUS TAUGHT ON PRAYER

(MARK 11:19-25)

True prayer involves faith and forgiveness. It is in forgiveness, that we are in fellowship with both the Father in heaven and our brother on earth, thus making answered prayer possible. At the cross, the first prayer of Jesus was *"Father, forgive them, for they know not what they do."* (Luke 23:34). At the cross, Jesus in agony poured out His soul unto death for the sin of all of mankind. At the cross, in humility He purchased our forgiveness and in humility released forgiveness to His enemies. The definitive rule has been set: *release forgiveness and receive forgiveness.*

'Guilty, guilty,' our own heart cries out against us. As we seek God, let us humbly repent and seek forgiveness from a loving forgiving Saviour. He came not to condemn but to draw us to Him. 'Guilty, guilty,' our heart cries out against our loved ones and others in our lives. Bring them to Jesus and humbly release forgiveness to them, for many times they do not know how much they have hurt us. We forgive as we have been forgiven.

NIGHTLY PRAYER GATHERING | 8PM-10PM | HALL 1

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DAY 3

WEDNESDAY, 1 APRIL

Mark 14:6-8 (ESV)

But Jesus said, "Leave her alone. Why do you trouble her? She has done a beautiful thing to me. For you always have the poor with you, and whenever you want, you can do good for them. But you will not always have me. She has done what she could; she has anointed my body beforehand for burial."

JESUS RECEIVED EXTRAVAGANT WORSHIP

(MARK 14:3-9)

While men gathered with the intention to kill Jesus, a woman from Bethany showered Jesus with her extravagant devotion, for 'she had done what she could' - to the absolute limit of what a human can do. It was impossible to do more. Jesus humbly received her costly offering in the midst of men who judged and criticized her for her wasteful actions. Jesus perceived that the act of anointing him, was the exact illustration of Him pouring out His life unto death on the cross. God shattered the life of His own Son to save the world. Are we prepared to pour out our lives for Him?

Have I produced in the heart of the Lord Jesus what Mary of Bethany produced?- Oswald Chambers

In Revelation 4:10, the twenty-four elders around the throne fall down before the Almighty God, casting their own crowns before the throne while they worshipped him. A picture of total abandonment and humility in worship to God. Is our love always discreet, always wise, always sensible and calculated, never carried beyond itself, is it love at all? It may be affection, but it has not the true nature of love in it. Ask God to search our hearts and lead us, that we may abandon self and surrender to truly love and truly worship our Saviour.

NIGHTLY PRAYER GATHERING | 8PM-10PM | HALL 1

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DAY 4

THURSDAY, 2 APRIL

Luke 22:41-44 (ESV)

And he withdrew from them about a stone's throw, and knelt down and prayed, saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." And there appeared to him an angel from heaven, strengthening him. And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

JESUS PRAYED AT GETHSEMANE *(LUKE 22:39-46, MATT 26:30-46)*

Gethsemane stands on a hill of olive trees opposite Jerusalem, the place where Jesus, with great and exceeding sorrow, spent the final night with his disciples. Overwhelmed by distress, He fell on the ground in tearful agony to pray. Medical science suggests that so much stress and anguish would cause the capillaries to burst, resulting in sweat mixed with blood. The blood of Jesus mixed with his sweat dripped on the ground of Gethsemane. With gentle resignation, He yielded to His Father's will. *For He humbled himself, by becoming obedient to death - even death on a cross (Philippians 2:8).* Great multitudes gathered to capture the Son of Man, who came to bear the sins of all men, our griefs, transgressions and iniquities. He, being silent, was led away to face the mockery of merciless men.

Take a moment, ponder over this scene. Won't you draw near Him, embrace His humble heart, humble yourself and pray, "Lord, here I come and surrender my sinful life at Thy feet. I confess my evil ways. I choose to live a pure life. Let Your precious blood wash and cleanse my sinful soul. I will not yield to vices that ruin my mind and my body. Lord, You are my Saviour. Help me follow you. Fill me with compassion for the many who are yet to experience Your glorious salvation. Take me, mould me, fill me and use me as a vessel for Your Honour."

NIGHTLY PRAYER GATHERING | 8PM-10PM | HALL 1

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DAY 5

FRIDAY, 3 APRIL

Luke 23:24-26 (ESV)

So Pilate decided that their demand should be granted. He released the man who had been thrown into prison for insurrection and murder, for whom they asked, but he delivered Jesus over to their will. And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus.

JESUS BORE THE CROSS

(JOHN 19:1-24)

Simon of Cyrene (modern-day Libya) entered Jerusalem that morning. Was it an accident that Simon was taken into the heart of the tragedy unfolding right before his eyes? Amidst the roaring crowds, Simon caught a glimpse of Jesus. He saw the sharp thorns piercing Jesus' brow, the blood dripping down Jesus' face, the scourged bloody body of Jesus, as Jesus' blood flowed wetting the ground beneath His feet. He was bent low, often crumbling under the immense weight of the cross's heavy beams. Suddenly, Simon felt his hand being grabbed by the Roman guards. They commanded Simon to bear the cross after Jesus. How grateful Jesus must have been for His cross-bearer Simon. How humbly Jesus partnered with Simon as they walked forward together under one cross - one common shame and disgrace!. In return, at Calvary, Jesus humbly carried Simon's sin. That evening, as Simon journeyed home, he may have seen the dried blood droplets on the ground. With tearful eyes, his grateful heart would have echoed, 'what a privilege it was to carry the cross of Jesus with Him!'

In Galatians 6:2 Paul wrote, *Bear one another's burdens (heavy burden), and so fulfil the law of Christ.* In Galatians 6:5 he said, *For each will have to bear his own load (soldier's pack).* The law of Christ is that we love one another as Christ has loved us. It takes humility and love to serve another. It takes humility to bear another's burdens, and it also takes humility to allow someone to bear ours with us. As we bear our own personal responsibilities, let us also remember those who are broken, hurting, and in pain under the heavy pressures of life that weigh on their hearts and minds." Pray for them, love them and show care for them. Let us truly love one another as we embrace the humility of Christ.

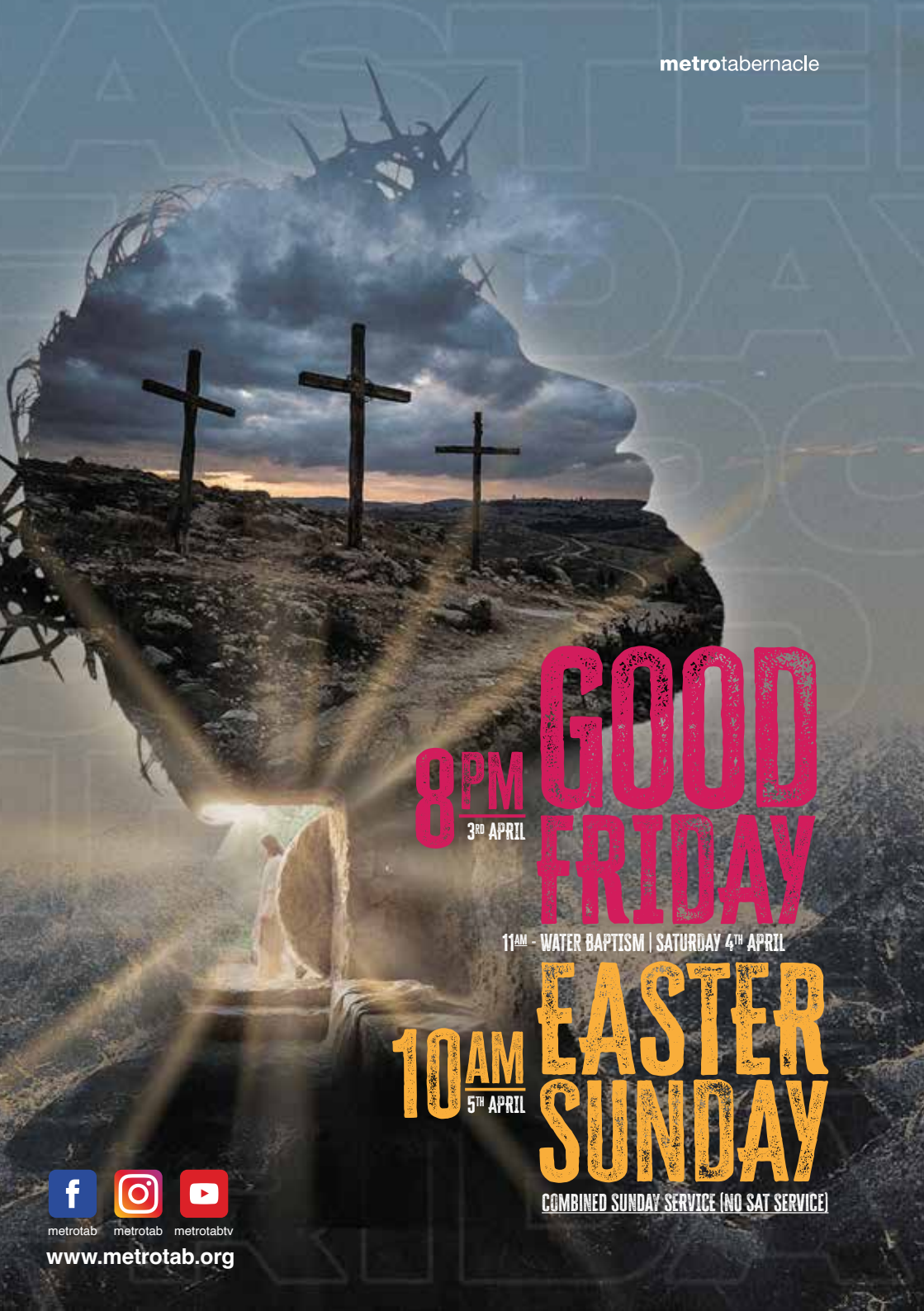
GOOD FRIDAY SERVICE | 8PM | MAIN HALL

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8PM
3RD APRIL

**GOOD
FRIDAY**

11AM - WATER BAPTISM | SATURDAY 4TH APRIL

10AM
5TH APRIL

**EASTER
SUNDAY**

COMBINED SUNDAY SERVICE (NO SAT SERVICE)



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