



14 Days Fasting & Prayer 7-20 April 2025



**“HE must INCREASE
but I must decrease”
John 3:30**

How can God change you,
your family and our church
Through 14 days of fasting and prayer?
Let's find out together!

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Church of Praise
A 14 Day Holy Week
Word Prayer & Fasting Journey
7-20 April 2025

"He must increase, but I must decrease" (John 3:30).

Why Prayer Matters: Prayer connects us to God, strengthens our faith, and brings hope, comfort, and direction in every season.

What Is Fasting? Fasting is a spiritual discipline of giving up something—like food or distractions—to focus on Jesus. It is about surrender, intimacy with God, and recognizing that He is our true Sustainer.

The Essence of Biblical Prayer & Fasting: Biblical prayer and fasting is all about decrease and increase. Saying "no" (decrease) to something good to say "yes" (increase) to something, or Someone, better. As we deny ourselves, it is important to keep our focus on the One we are pursuing.

An Easier Format

This 14-day prayer and devotional journey is written with the goal of making it more personal and easier to follow for you! Each day's devotion consists of:

1. **Engaging the Word:** Reading the day's Bible passages according to our church's adopted 365 Daily Bible Reading.
2. **Connecting the Heart:** Consider aspects of a truth that is applicable to our lives.
3. **Reflecting on the Truth:** Ask a number of questions that invite us to look and listen to the Spirit with intent.
4. **Depending on the Spirit:** We will worship, pray and enter into spiritual warfare as the Spirit leads.

We Encourage You to Journal! You will find that journaling this 14-day journey will deepen your experience and shapes your walk with God for years to come. The journal will be a keepsake to remind you of God's faithfulness during challenging seasons in the days ahead.

Let's join together in dependence on the Father through His Spirit as we journey together in this season of 14 Days of Prayer & Fasting!

Day 1: April 7

*"Prayer is not for the purpose of getting God to help us...
but for getting us in line with what God is about to do.
Prayer is God's invitation to enter His throne room so
He can lay His agenda over our hearts."*

- **Henry Blackaby, Experiencing Prayer With Jesus.**

Engage the Word:

Deuteronomy 6-8; Luke 11: 33-54; Psalm 42:1-6

Connecting the Heart:

Meditate on Luke 11:34-35; Psalm 42:1-2.

Our Lord Jesus' gave this very profound word. Our spiritual life is sustained not by outward activities even if they are good ones e.g. serving others, etc. It is about a heart that is filled with longing and love for Him above all else, a listening heart and a thirst that can be satisfied only by drinking at His river. Worship and meditate on Psalm 42:1-2.

Reflect on the Truth:

- How is your heart – your words, your actions, your motivations – aligning with His this moment?
- The Psalmist's cry in Psalm 42:1-2 reflects a heart of devotion that is a model for us. Turn your heart now to God in the same way.

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that those thoughts are pointing to. (For example: you may write down, "O God, give me a heart that is as tender and desperate for You as the Psalmist's.")

In conclusion: pray that our church family will set aside differences and misunderstandings and be united as ONE to seek God's face!

Day 2: April 8

*"The biggest reason for why God asks us to pray –
....God has set up creation so that the way He does His work
is through the prayers of His children. At the moment we pray,
we become subject to the most powerful force in the universe."*

- David Jeremiah, The Prayer Matrix.

Engage the Word:

Deuteronomy 9-10; Luke 12:1-1-34; Psalm 42:7-11

Connecting the Heart:

Meditate on Deuteronomy 10:21; Psalm 42:7, 11

The Psalmist has a desperate longing to know God in the deepest way possible. Do you have the same longing? Or are you getting by receiving "scraps" of spiritual insight only?

Reflect on the Truth:

- How is your heart – your words, your actions, your motivations – aligning with His this moment?
- In order to pray consistent with God's nature, ways, purposes and will, we need to understand more of His nature, ways, purposes and will.

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "O Father in heaven, I depend far too often on my own strength and understanding. Help me to re-orientate my perspective – even adjust how I live my life to align with Your purposes.")

In conclusion: pray for one person we know needs the hope of the Gospel or the encouragement of Christ. Might the Lord use YOU to impact or encourage this person today?

Day 3: April 9

*"Jesus never taught His disciples how to preach, only how to pray....
To know how to speak to God is more important than
knowing how to speak to man.*

- Andrew Murray, With Christ in the School of Prayer.

Engage the Word:

Deuteronomy 11-12; Luke 12:35-59; Psalm 43

Connecting the Heart:

Meditate on Deuteronomy 11:8; Luke 12:22-23

God told the Israelites they had to go into battle to possess His Promise. There was only ONE way to victory—totally depending on God and obeying Him completely. Any deviation results in defeat!

Reflect on the Truth:

- How is your heart – your words, your actions, your desires, your motivations – expressing dependence on, and gratitude for what God has done for you?
- If we don't discipline ourselves to express our dependence on God, we will gravitate toward dependence on our own strength, skills, abilities and talents. That is when we worry!

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that those thoughts are pointing to. (For example: you may write down, "O Father, I depend far too often on myself. Help me to have a better perspective on my total dependence on You not just for some things, but for everything.")
In conclusion: pray that our church would live with open hands, totally dependent on God alone for all that we need – every moment of every day.

Day 4: April 10

"Remember, no one has time to pray; we have to take time from other things that are valuable in order to understand how necessary prayer is.

– Oswald Chambers, Prayer – A Holy Occupation.

Engage the Word:

Deuteronomy 13-14; Luke 13:1-30; Proverbs 9:1-12

Connecting the Heart:

Meditate on Proverbs 9:1, 10; Luke 13:19

Jesus was always teaching about the Kingdom of God, its glory, principles and costs in our lives. He constantly tells us to live with the Kingdom within us by walking with Him, talking with Him and living for Him each day.

Reflect on the Truth:

- How is your heart – your words, your actions, your desires, your motivations – welcoming God’s kingdom to come in and through you?
- Are there any areas of your life where you haven’t fully surrendered to the King and are not allowing Kingdom principles to reign over your life? If so, confess those to Him now.

Depend on the Spirit:

Turn your heart now to God and ask Him to rule and reign in and through you.

In conclusion: pray for the CP family to be a people who are living in the world, but not of the world – and letting God’s Kingdom principles be manifest among God’s people as we impact our families, our neighborhoods, our community and our world.

Day 5: April 11

"In His prayer, Jesus calls us not only to reach out to God for His forgiveness, but also to reach out to others and extend to them our own. That is the only ultimate way to conquer evil. Our willing sacrifice is required. Evil will be healed only through the love of individuals – that is, through you and me."
- Dr. David Jeremiah, **Prayer: The Great Adventure.**

Engage the Word:

Deuteronomy 15-16:20; Luke 13:31-14:14; Psalm 44:1-12

Connect the Heart:

Meditate on Deuteronomy 15:1; Luke 14:13-14

Forgiveness can seem unfair! Yet God tells us to forgive. We forgive because we've been forgiven.

Reflect on the Truth:

- How is your heart – your words, your actions, your desires, your motivations – open to expressing forgiveness even in the difficult places, based on the truth that you've been completely forgiven?
- Is there an area of your life that the Lord is revealing to you where you need to repent and turn back to Him? Is there a relationship in your life where He is prompting you to extend forgiveness?

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "O Heavenly Father, thank You for Your complete forgiveness of me. I don't deserve it. Show me where I need to also extend forgiveness to another.")

In conclusion: pray that our relationships would be marked by forgiveness, reconciliation, restoration and oneness.

Day 6: April 12

"For Jesus, prayer wasn't simply talking with God, but involved a deep, abiding sense of reverent submission to Him."

- Henry Blackaby, Experiencing Prayer With Jesus.

Engage the Word:

Deuteronomy 16:21-18:22; Luke 14:15-35; Psalm 44:13-26

Connect the Heart:

Meditate on Deuteronomy 17:1; Luke 14:26

Even though Jesus was co-equal with the Father, yet He never acted independently of the Father, was always in submission and in total reverence towards Him. That's true discipleship—with all its costs!

Reflect on the Truth:

- How is your heart – your words, your actions, your desires, your motivations – in submission and in complete reverence to God?
- Pray these words: "Lord, whatever You require, wherever You want, and whenever You ask of me, help me to give and surrender—help me not hold back for the sake of Your Kingdom."

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "O God, it is my heart's desire to be able to authentically say whatever, wherever, whenever. It is so difficult. Please do this hard work in my life, by Your Spirit.")

In conclusion: pray that our CP family would be able to say, "Lord, whatever You require, wherever You want it, and whenever You want it, that's what we want."

Day 7: April 13 (Palm Sunday)

"Jesus is our tutor and example in all things, and nowhere is that more clear than in our prayer lives. It is no exaggeration to say that prayer undergirded and preceded and empowered everything that our Lord did while He walked on this earth. He frequently spoke about prayer and even more frequently taught by example."

- David Jeremiah, Prayer: The Great Adventure.

Engage the Word:

Deuteronomy 19-20; Luke 15; Psalm 45:1-9

Connect the Heart:

Meditate on Deuteronomy 20:1; Psalm 45:1; Luke 15:4

Yesterday, our prayer focused on what it means to be true disciples of the Lord. On Palm Sunday today, we focus on the priority of reaching the lost sheep. Ask yourself: Do I really have a burden for the lost? The hardcore unbeliever? Am I ready to do what it takes to reach them?

Reflect on the Truth:

- How is your heart – your words, your actions, your desires, your motivations – welcoming the Lordship of Christ in how you prioritize your time and resources? How much of it is directed towards reaching the lost?

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "Father, I confess I am not ready to do what it takes to reach the hardcore unbeliever. But You can change my heart NOW.

In conclusion: pray for someone in your circle of relationships who doesn't know Jesus. How might God use you to impact them with the Hope of the Gospel?

Day 8: April 14

*"Prayer is not for the purpose of getting God to help us...
but for getting us in line with what God is about to do.
Prayer is God's invitation to enter His throne room
so He can lay His agenda over our hearts."*

- Henry Blackaby, Experiencing Prayer With Jesus.

Engage the Word:

Deuteronomy 21-22; Luke 16:1-18; Proverbs 9:13-18

Connect the Heart:

Meditate on Luke 16:10; Proverbs 9:13

Jesus prayed often in silence and solitude to gain clarity and strength to lay down His own agenda. That was why the Father could entrust Him with the most important mission of the world—to die for His sheep, then to be King over all that the Father had created in heaven and on earth.

Reflect on the Truth:

- How is your heart – your words, your actions, your desires, your motivations – pressing into your relationship with God through silence and solitude? Do you, like Jesus, prioritize times alone in quietness to pour out your heart to God? To gain Kingdom clarity and strength?

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "Father, I can see from Jesus' example that times of solitude should be more of a priority, but I'm not even sure how to take the first step.)

In conclusion: pray that CP would be a Spirit-dependent church, on its knees in prayer before the Father.

Day 9: April 15

"In His praying, as well as in every aspect of life, Jesus was consciously seeking the glory of His Father. That is why He could say at the end of His ministry, 'I have glorified You on the earth'."

- Henry Blackaby, Experiencing Prayer With Jesus.

Engage the Word:

Deuteronomy 23-25; Luke 16:19-17:10; Psalm 45:10-17

Connect the Heart:

Meditate on Deuteronomy 23:14; Luke 16:16

In Deuteronomy, the older generation who rebelled had died and now Moses is about to lead the new generation into the Promised Land. He carefully taught them the Law that had been given to their fathers. The purpose is to inculcate holiness in their lives, holiness in their homes and surroundings. What God requires seems difficult and cumbersome, but we learn that being part of the Kingdom of God takes perseverance ("everyone is forcing his way into it" Luke 16:16).

Reflect on the Truth:

- A life of holiness is the essence of glorifying God. How is your heart – your words, your actions, your desires, your motivations – oriented toward this same purpose?

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "Father, I truly do want to glorify you. Though, I admit that I struggle with the tension between my will and Your will. Please guide me by Your Spirit.")

In conclusion: pray God's will to be done in your life and in the life of our church – and that the Father will be most glorified.

Day 10: April 16

"But as I continued to pray, God helped me see that my whole perspective was skewed. He then tweaked my prayers and refined them – and then He answered. It's as if He then was telling me, "That's the prayer I want you to pray."

- David Jeremiah, The Prayer Matrix.

Engage the Word:

Deuteronomy 26-28:14; Luke 17:11-37; Psalm 46

Connect the Heart:

Meditate on Deuteronomy 26:17-19; Luke 17:17-18; Psalm:46:4

Prayer develops a continuing relationship of closeness with God. Henry Blackaby says that "for us to not have a significant prayer life is not only to deny ourselves the knowledge of God's will. It also means we'll be unable to obey and honor Him...."

Reflect on the Truth:

- We need to direct our life and prayer to knowing God's will, obeying and honoring HIM. How is your heart – your words, your actions, your desires, your motivations – oriented toward this same purpose?

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "Father, I repent that so often, my prayers are so-focused around 'our' purposes, 'our' wants, 'our' desires, so that it is questionable who we're wanting to glorify."

In conclusion: pray for our church family to take steps toward more and more dependence on the Spirit and intimacy with the Father as each of us lead busy and distracted lives.

Day 11: April 17

"He that prays and does not faint will come to recognize that to talk with God is more than to have all prayers granted – that is the end of all prayer."

- George McDonald, Creation.

Engage the Word:

Deuteronomy 28:15-68; Luke 18:1-30; Psalm 47

Connect the Heart:

Meditate on Luke 18:1

Today is Thursday of Holy Week – the day our Savior prepared and celebrated the Passover meal with His disciples. It was an evening of prayer: first the "High Priestly Prayer" (John 17) and then the even more intense prayer in the Garden of Gethsemane.

Reflect on the Truth:

- Is your heart – your words, your actions, your desires, your motivations – in a posture to reflect on this act of love and sacrifice? How might Jesus' example of selfless love be an invitation for you to experience a deeper intimacy with your Savior?
- Jesus can relate to distress. Is there a certain distress in your life that you can bring to Him in this moment? He sees. He knows!

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "Father, I can't even begin to fathom the anticipation of immense suffering and distress Jesus was sensing in this prayer. But I know that because of this, He understands every pain and distress that I go through.")

In conclusion: pray that God's Holy Spirit, enables each of us to enter into a deep appreciation of what Christ accomplished for us on the Cross.

Day 12: April 18 (Good Friday)

"For Jesus, prayer wasn't simply talking with God, but involved a deep abiding sense of deep submission to Him."

- Henry Blackaby, **Experiencing Prayer with Jesus.**

Engage the Word:

Deuteronomy 29-30:10; Luke 18:31-19:10; Proverbs 10:1-10

Connect the Heart:

Meditate on Deuteronomy 30:6; Luke 9:34

Today on Good Friday, as we reflect on the Cross, we focus on the choice of life and death. God's provision of life through the Cross—is offered in mercy to each individual. Until our spirits are awakened, we will not choose life, because we under estimate the seriousness of our sins.

Reflect on the Truth:

- Jesus made the ultimate sacrifice to become sin on our behalf and to be abandoned by His Father, who cannot look upon sin. Is your heart – your words, your actions, your desires, your motivations – in a posture to reflect on this act of love and sacrifice? How might Jesus' example of selfless love be an invitation for you to experience a deeper intimacy with your Savior?
- Jesus died so that we could live. What might you express to Him in this moment?

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "Father, it is difficult to fully comprehend the sacrifice Jesus made on my behalf. Help me better understand.")

In conclusion: let us each pray that God will, by His Spirit, enable us to enter into a deep appreciation for what Christ accomplished for us on the Cross.

Day 13: April 19

“Of all the activities in which the Christian engages, and which are part of the Christian life, there is surely none which causes so much perplexity, and raises so many problems, as the activity which we call prayer.”

- Martin Lloyd-Jones

Engage the Word:

Deuteronomy 30:11-31:29; Luke 19:11-44; Psalm 48:1-8

Connect the Heart:

Meditate on Deuteronomy 30:11-14; Luke 19:26

We trust that this 14-day journey has enabled you to gain a better understanding of why Jesus asked us to both pray and fast. We pray and fast not to get something we want from God, but for God to change our wants. We pray and fast because Jesus Himself prayed and fasted!

Reflect on the Truth:

- Have you ever struggled with the truth that Jesus’s death and resurrection is the only way to eternal salvation? If so, what specifically was your struggle?
- Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (for example: you may write down, “Sometimes I feel lost too – because honestly, I’m not always spiritually open to the truth in Scripture...”)

Depend on the Spirit:

Ask the Holy Spirit to minister to you in a unique and special way this day – the day between Jesus’ Death and his Resurrection. What does He want you to hear, to know, to reflect on?

In conclusion: let us each pray that God will, by His Spirit, enable us to enter into a deep appreciation for what Christ accomplished for us on the Cross.

Day 14: April 20 (Easter Sunday)

"I have come to the conclusion that the resurrection of Jesus Christ is either one of the most wicked, vicious, heartless hoaxes ever foisted on the minds of human beings — or it is the most remarkable fact of history."

- Josh McDowell

Engage the Word:

Deuteronomy 31:30-32:52; Luke 19:45-20:26; Psalm 48:9-14

Connect the Heart:

Meditate on Deuteronomy 32:4; 46-47; Psalm 48:9

Today, we end our 14-Day Prayer & Fasting journey. We pray and fast because Jesus prayed and fasted; and He expects us to pray and fast just as the Early Church also fasted and prayed.

Reflect on the Truth:

- We don't have any actual prayers of Jesus recorded in Scripture on the day of His Resurrection – but from what we know of Jesus' prayer life, we can imagine that the first words He uttered upon rising from the dead were words of thanks and gratitude to His Father.

Depend on the Spirit:

Ask the Holy Spirit to help you see the deeper longings, desires or motives in your heart that these thoughts are pointing to. (For example: you may write down, "Sometimes I do struggle with doubt. Help me always live in intimacy with You -- to experience the reality of my sins forgiven and the Hope I have in You!")

In Conclusion: Ask the Holy Spirit to lead you in your time of prayer, today and the rest of your days – as you seek to live in the newness of life through the Death and Resurrection of Jesus—and to make Him known to others around!
