

DAILY PRAYER

HOLY WEEK 2020 | INTRODUCTION



WHAT IS THIS GUIDE?

The season of Lent comes to a stunning close with Holy Week. This season of withdrawing with Jesus into the wilderness of suffering wears on us. Holy Week walks us through the last days of King Jesus, centers our attention on the cross, & explodes into joyous celebration at this great truth: **Jesus Christ is risen**; He is risen indeed! This guide serves to anchor us in Christ daily in scripture, prayer, & practices that **prepare** our hearts for Resurrection Sunday. The daily scripture readings are divided into morning & evening readings, & will be laid out like this:

MORNING SCRIPTURE:

☐ OLD TESTAMENT

☐ PSALM

EVENING SCRIPTURE:

☐ NEW TESTAMENT

☐ GOSPEL

PRAYER AND PRACTICES

Each day, we will have written **prayers** to accompany our scripture readings & to prompt us in our own time of reflection with God. Following the Scripture reading & prayer, there will be a **practice** designed to engage our whole selves in worship - body, mind, heart, & soul. They are **simple**, & are meant only as a **guide**, not a prescription. so there is much freedom to **enjoy** God, his word, & his presence each day as we march toward the **resurrection** of **King Jesus**.

DAILY PRAYER

HOLY WEEK 2020 | MONDAY



MORNING SCRIPTURE:

☐

ISAIAH 42:1-9

☐

PSALM 36:5-11

EVENING SCRIPTURE:

☐

HEBREWS 9:11-15

☐

JOHN 12:1-11

PRAYER:

Christ our God, your love is poured out in death for our sakes. Keep us in your **Presence** as we wait for Easter's dawn.

Comfort us with the promise that no power on earth, not even death itself, can separate us from your love; & **strengthen** us to worship you with our every **breath** until you are revealed to us in all your risen glory.

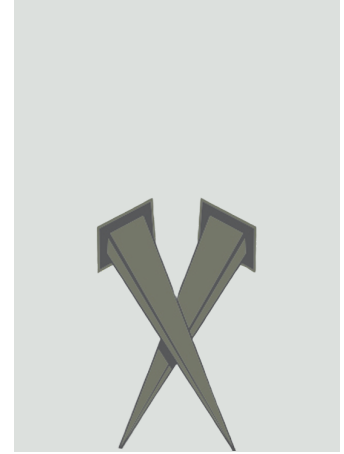
Amen.

PRACTICE: BREATH PRAYER

Each day this week, we are orienting ourselves around the **epicenter of the gospel**: the crucifixion, death, & resurrection of **Jesus**. He is our hope, our life. Today, practice focusing on Jesus by doing **breath prayers**: make time (seconds or minutes) to get alone, still, & quiet. Breathe in through your nose, & out through your mouth. As you exhale, whisper the name, "**Jesus.**"

DAILY PRAYER

HOLY WEEK 2020 | TUESDAY



MORNING SCRIPTURE:

☐ ISAIAH 49:1-9

☐ PSALM 71:1-14

EVENING SCRIPTURE:

☐ 1 CORINTHIANS 1:18-31

☐ JOHN 12:20-36

PRAYER:

Almighty God, Your name is **glorified** even in the **anguish** of your Son's death. Grant us the **courage** to receive your anointed servant who embodies a **wisdom** & **love** that is foolishness to the world. Empower us to be your **witnesses** so that all the world may recognize in the scandal of the cross the mystery of reconciliation.

Amen.

PRACTICE: SINGING

The entire book of **Psalms** is a collection of **Songs of Worship**. Over & over we are told to **sing** to the Lord. We see from the story of King Jehoshaphat in **2 Chronicles 20** that praise is powerful in defeating the enemies of God (Psalm 98:1; Psalm 68). Pop in your headphones & sing along with Spotify or join with family & friends. Psalm 96:1 says, "Sing to the Lord a new song." Celebrate that God has heard every prayer.

DAILY PRAYER

HOLY WEEK 2020 | WEDNESDAY



MORNING SCRIPTURE:

☐ ISAIAH 50:4-9a

☐ PSALM 70

EVENING SCRIPTURE:

☐ HEBREWS 12:1-3

☐ JOHN 13:21-32

PRAYER:

God our **strength**, we lift to you the deepest prayers of our hearts that you will **save** us from the time of **trial** & **comfort** us in **tribulation**. **Reveal** your **glory** to our **hearts** and the **nations**, that your cross may stand as a sign of the **power** that **conquers** human pride & **confounds** the wisdom of this world.

Amen.

PRACTICE: INTERCESSORY PRAYER

In **intercession**, we contend for God to move **on someone else's behalf** (Romans 15:30; 1 Timothy 2:1-2). Identify the **situations**, areas of **culture**, or groups of **people** for whom you are asking for **spiritual awakening**, & pray for them. For example, we can pray for **salvation** in our neighborhoods with 2 Thess. 3:1: "Jesus, let your Gospel be preached & received well!"

DAILY PRAYER

HOLY WEEK 2020 | MAUNDY THURSDAY



MORNING SCRIPTURE:

☐ EXODUS 12:1-42

☐ PSALM 116

EVENING SCRIPTURE:

☐ 1 CORINTHIANS 11:23-26

☐ JOHN 13:1-17, 31-35

PRAYER:

Faithful God, as you **delivered** the Hebrews safely out of the long labor of slavery, so, **morning by morning**, you draw us forth into the new day. **Surround** us with a **cloud of witnesses**, & **sustain** us by your powerful **word**, that, in the night of **loneliness** & **fear**, we, being weary, **may not lose heart** but push toward the **joy** that is to come, laboring with Christ to give birth to your promised **kingdom**.

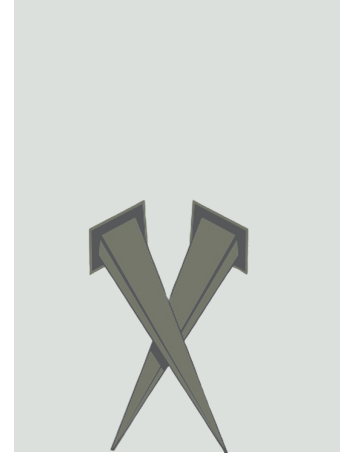
Amen.

PRACTICE: COMMUNION

This day in Holy Week was when **Jesus** shared his last meal with his disciples & instituted the sacrament of **communion**. In our homes today, let us join together with Christ's **global church** by sharing in this **bread & cup**. In this fragmented time, these elements turn our attention to communing **with God & others**, though we are at a distance. As we eat and drink, we remember: **we are not alone**. We belong to Christ & to one other. **Do this**, if possible, in virtual community **with others**.

DAILY PRAYER

HOLY WEEK 2020 | GOOD FRIDAY



MORNING SCRIPTURE:

☐ ISAIAH 52:13-53:12

☐ PSALM 22

EVENING SCRIPTURE:

☐ HEBREWS 4:14-16; 5:7-9

☐ JOHN 18:1-19:42

PRAYER:

Most **merciful** God, we **confess** that we have sinned against you in **thought**, **word**, & **deed**, by what we have done & by what we have left undone. We have not **loved** you with our **whole heart**; we have not loved our **neighbors** as ourselves. We **grieve** our transgressions & in humility, we **repent**. For the sake of your Son Jesus Christ, have **mercy** on us and **forgive** us; that we may delight in your will & walk in your ways to the glory of your Name.

Amen.

PRACTICE: CONFESSION

Sin brings **death**. Our body, mind, heart, & soul are all broken by our sin condition. Yet, the **good news** of the gospel is that the crucifixion of Jesus is the center of the **healing** of the whole world. The prophet Isaiah says, by Christ's **wounds**, we are **healed**. Make time to confess your sin, acknowledge the ways it has brought sickness and pain, & ask God to heal you—body, mind, heart, & soul.

DAILY PRAYER

HOLY WEEK 2020 | HOLY SATURDAY



MORNING SCRIPTURE:

☐ LAMENTATIONS 3:1-9, 19-24

☐ PSALM 31:1-4, 15-16

EVENING SCRIPTURE:

☐ HEBREWS 10:16-25

☐ MATTHEW 27:57-66

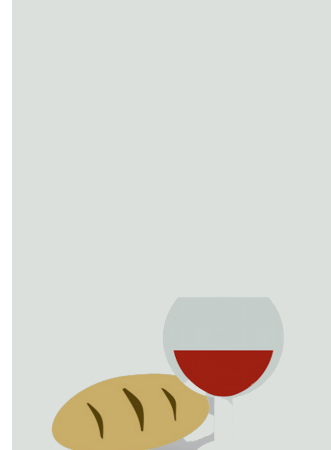
PRACTICE: PRAYER OF EXAMEN (FROM IGNATIUS OF LOYALA)

At the heart of this practice is becoming **aware** of God's **presence** & **movement** throughout our days. Make time to get alone in quiet, ideally sometime later in the day; it helps to have a journal or maybe go for a walk. There are 5 parts in this modified version:

- **Preparation (Psalm 63:1):** Still your heart & minimize distractions.
- **Gratitude (Psalm 107:1):** Consider who God is in his character & nature; think about his goodness & blessings.
- **Awareness (2 Cor. 13:5):** Two sets of questions: 1) Where did I feel most alive, most hopeful, most in the presence of God? What filled, fulfilled, & energized me? 2) Where did I feel most dead, most despairing, furthest from God? What left me drained?
- **Confession (Psalm 103:12):** This is more than just acknowledging sin; this is a moment to receive God's forgiveness & grace.
- **Renewal (Psalm 104:33-35):** Look forward to the days and weeks ahead (meetings, commitments, and responsibilities) & plan to live in light of God's presence & grace.

DAILY PRAYER

HOLY WEEK 2020 | RESURRECTION SUNDAY



MORNING SCRIPTURE:

☐ ISAIAH 25:6-9

☐ PSALM 118

EVENING SCRIPTURE:

☐ ACTS 10:34-43

☐ JOHN 20:1-18

PRAYER:

Resurrecting God, in whom we know the power of **redemption**, you stand among us in the shadows of our time. As we move through every sorrow & trial of this life, **uphold** us with knowledge of the final morning when, in the glorious presence of your risen Son, we will share in his resurrection, redeemed & **restored** to the fullness of life & forever **freed** to be your people.

Amen!

PRACTICE: PRAYER WALK

Jesus taught us to **pray**, "Our Father in heaven, may your Kingdom come and your will be done **on earth as it is in heaven.**" Prayer walking invites us to slow down, to walk the streets we usually pass quickly in our cars, and to pray that God's Kingdom and will **flood our streets**, bringing with them the **love, joy, and peace** of Christ. This Resurrection Sunday, let's take the Good News of the Risen Jesus to the streets in prayer for our neighbors. You can find a prayer walk guide online at gospelcc.org/resources.