

THE
PASSION
OF
JESUS



The Passion of Jesus
Passion Week Prayer Guide
Church of Singapore Prayer Ministry
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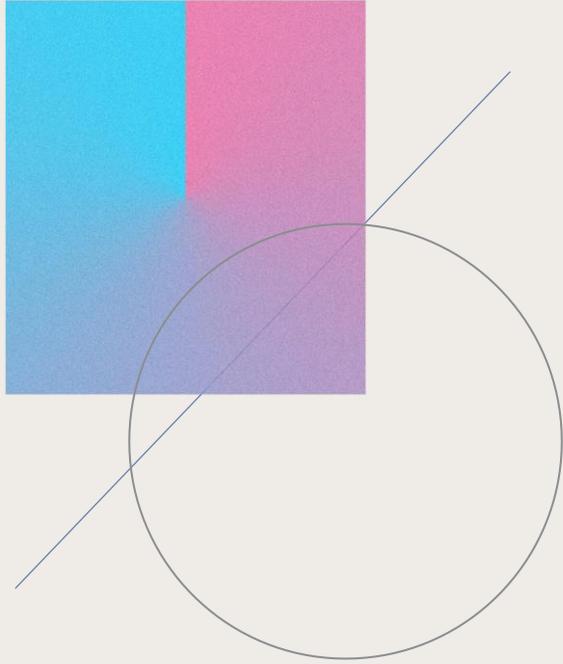
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Foreword



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Guide

Passion Week

Dear brothers and sisters,

In this third instalment of Church of Singapore's Passion Week prayer guide, we meditate on Jesus' passion as we journey with Him to the cross. Each day focuses on an emotion or event in Jesus's passion journey.

This prayer guide provides an opportunity for you to reflect on Jesus and process your lives in response to what has been written. Therefore, an individual effort to create an environment of reflection is necessary.

Before you begin the reading for each day, practice the following:

1. Find a quiet place to sit comfortably.
2. Close your eyes and allow 30 seconds of silence.
3. In the silence, centre your thoughts on being in God's presence.

To help you to be present and connect with God, we suggest you take a few deep breaths.

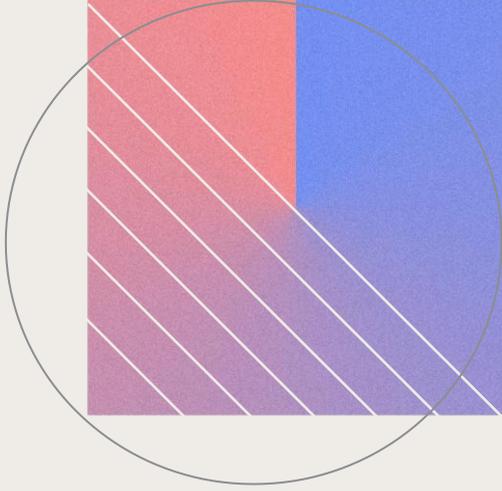
- As you inhale, meditate on these words: *"Come Lord Jesus"*
- As you exhale, meditate on these words: *"Thank You for Your presence"*
- Repeat as you are led. Each time you find yourself getting distracted, gently bring your thoughts back to the practice.
- As we bring ourselves to a place of stillness, may our hearts and souls be still as well.

With His love,
The Passion Week Team



Church of Singapore

Opening Prayer



Passion Week

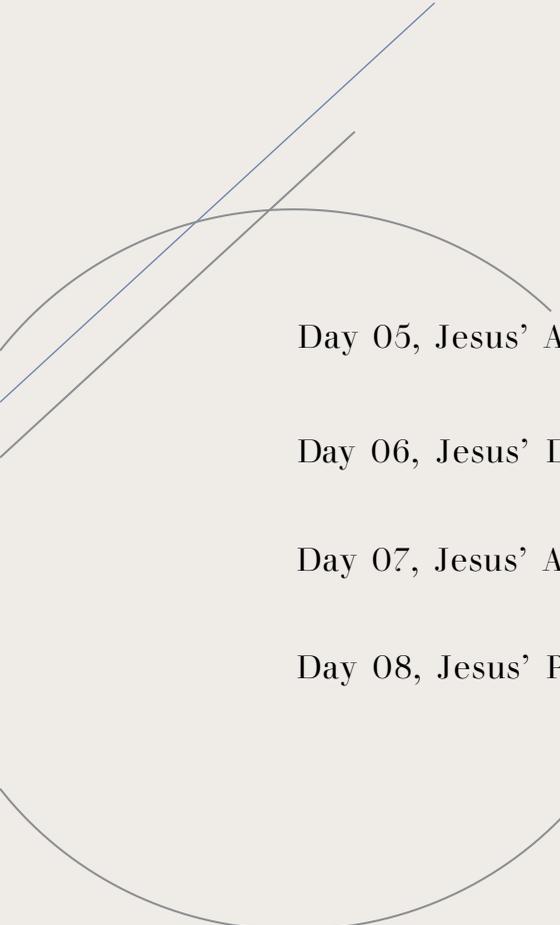
Father,

As each of us prepare our hearts to read Your Word through this prayer guide, we pray that You will speak to each one of us. We ask for Your Holy Spirit to reveal to us Your truths and Your perspective for today. During this journey of exploring and meditating on Jesus' passion, may it convict and challenge us to live as He did every day.

In Jesus' name we pray,
Amen!

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FASTING & PRAYER GUIDE

Why do we fast?

To be able to pray intently and to learn to focus solely on God. Let us learn to rely entirely on God, to find in Him nourishment beyond food, and to base our security in God rather than in material things.

God requires His people to humble themselves before Him. (Matthew 18:4, James 4:10, 1 Peter 5:6, Matthew 23:12)



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1 Standard fast (Common fast)
It is to abstain from all food except water.
For example, Jesus (Matthew 4:2, Luke 4:2); Elijah
(1 King 19:18)

2 Total fast (Absolute fast)
It is to abstain totally from all food and drinks. Such
a fast usually does not last more than three days.
For example, Esther (Esther 4:16)

3 Partial fast (Daniel fast)
It is to abstain only from certain foods. Some restrict
themselves to a single type of food during the fast.
For example, John the Baptist lived on locusts and
wild honey (Matthew 3:4); Daniel ate only vegetables
when he fasted. (Daniel 10:2-3)

The power of fasting and praying.

- Fasting and praying allows the Holy Spirit to work freely within us. (Ephesians 3:20)
- It allows the Holy Spirit to rule and govern our carnal nature. (Galatians 5:16-17, Romans 8:7)
- The Holy Spirit can then work within us so that we can discipline our bodies to keep ourselves under control. (1 Corinthians 9:25-27)

When we fast and pray according to biblical principles, it can unleash the power to transform individuals, families and even cities.

Jesus' Entrance

LUKE 19:37-44 (ESV)

37 As he was drawing near—already on the way down the Mount of Olives—the whole multitude of his disciples began to rejoice and praise God with a loud voice for all the mighty works that they had seen, 38 saying, “Blessed is the King who comes in the name of the Lord! Peace in heaven and glory in the highest!” 39 And some of the Pharisees in the crowd said to him, “Teacher, rebuke your disciples.” 40 He answered, “I tell you, if these were silent, the very stones would cry out.” 41 And when he drew near and saw the city, he wept over it, 42 saying, “Would that you, even you, had known on this day the things that make for peace! But now they are hidden from your eyes. 43 For the days will come upon you, when your enemies will set up a barricade around you and surround you and hem you in on every side 44 and tear you down to the ground, you and your children within you. And they will not leave one stone upon another in you, because you did not know the time of your visitation.”



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Meditation

One of the enduring images of Palm Sunday is that of Jesus entering Jerusalem riding on a colt, as the crowds rejoiced and proclaimed Him King - the One who comes in the name of the Lord.

Given that Jesus is indeed the King of Kings and the One who is sent from God, as He surveys the scene of the people waving palm branches, it would be reasonable to expect Jesus to react with great joy. After all, should not this have been the culmination of Jesus' ministry on earth? The multitudes rejoicing and praising God.

Instead, Jesus wept for the people in Jerusalem as they did not recognise "the time of their visitation".

Jesus knew that they praised Him because of His miracles, and that they looked to Him to establish an earthly kingdom that would set them free from the other political kingdoms of this world. However, Jesus' purpose in His first visitation was to establish a Kingdom not of this world but in the people's hearts.

It is possible that some in the crowd who were here proclaiming Him as King, would just five days later, call for His crucifixion (Luke 23:20). Even if that were so, Jesus willingly went to the cross for them and for us.

Prayer Pointers

For ourselves: That we will be open as we invite God to examine our hearts. Take this time to also give thanks and rejoice in the entry of Jesus into Jerusalem.

For the Church:

(i) That we will proclaim and live out the Gospel boldly, whatever the opposition may be.

(ii) That we will be sensitive to what God is doing in the world today and what He wants to do through us so that we can avail ourselves in accordance with how the Lord "has need of us".

Living It Out

As some in the crowd, it may be easy for us to miss what God might be doing in our lives, especially when things do not go the way we think they should or if an aspect of God seems to challenge our worldview or perception of God.

Take some time to ask God to reveal His purpose in your life. You are encouraged to write it down as an act of acknowledgement to God.



Closing Prayer

Dear Lord Jesus,

We bless You as You are the One who comes in the name of the Lord. Thank you Father God that because of what Jesus did on Calvary, You do not just visit us but are a constant Presence in our lives.

Give us the grace to trust You, the boldness to proclaim Your gospel and the eyes to perceive things the way You see them.

In Jesus' name we pray,
Amen!

Jesus' Anger

LUKE 19:45-48 (ESV)



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45 And he entered the temple and began to drive out those who sold,
46 saying to them, "It is written, 'My house shall be a house of prayer,' but you have made it a den of robbers."
47 And he was teaching daily in the temple. The chief priests and the scribes and the principal men of the people were seeking to destroy him,
48 but they did not find anything they could do, for all the people were hanging on his words.

Meditation

In the scene before, Jesus was entering Jerusalem in a triumphant procession. The crowds were cheering. There was rejoicing and excitement all around.

Then Jesus entered the temple, and the mood shifted dramatically. Jesus was furious

at the buying and selling going on there. In an angry and dramatic protest, Jesus drove out the merchants from God's Temple.

Who is this man? Is He a king, as the people declare? Is He a rebel, as His actions here suggest?

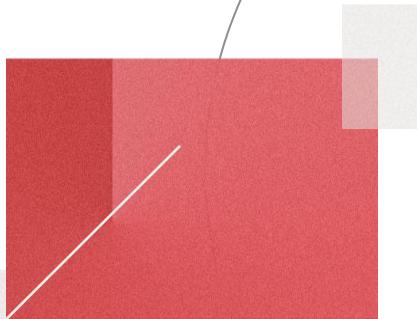
Oftentimes we prefer to imagine Jesus as a kind and benevolent figure, who is well-loved and accepted by all. Let's take a few moments to imagine Jesus as He is portrayed here.

Jesus was not a "nice guy". Jesus took an aggressive stand against the evil at work within the Temple. He drove out injustice. Jesus' ministry was often radical and His actions were so offensive that the religious leaders had to mark him as a target for assassination.

Prayer Pointers

For ourselves: that we may recognise the complexity of Jesus and grow to love Him in the fullness of all that He is and all that He stood for.

For the Church: that we won't become blind to the evil at work in this world (and even in our own churches). That we would, like Jesus, be willing to stand up for what is right and what honours God.



Living It Out

Jesus is merciful and compassionate. He is also righteous and just. What is one area in your life that would not stand in the righteousness and justice of Jesus? Today, confess that before Him.



Closing Prayer



Righteous Lord, if you kept a record of human sins, who could stand? Thank You for reminding us today that You are a God of justice, whose righteous anger will not allow evil to run rampant in this world. We trust in You to make right the many wrongs that exist in our communities and in our world. We trust in You to deliver us. God of goodness, would You come heal us and heal our land.

In Jesus' name we pray,
Amen.



Jesus' Authority

LUKE 20:9-18 (ESV)

9 And he began to tell the people this parable: "A man planted a vineyard and let it out to tenants and went into another country for a long while. 10 When the time came, he sent a servant to the tenants, so that they would give him some of the fruit of the vineyard. But the tenants beat him and sent him away empty-handed. 11 And he sent another servant. But they also beat and treated him shamefully, and sent him away empty-handed. 12 And he sent yet a third. This one also they wounded and cast out. 13 Then the owner of the vineyard said, 'What shall I do? I will send my beloved son; perhaps they will respect him.' 14 But when the tenants saw him, they said to themselves, 'This is the heir. Let us kill him, so that the inheritance may be ours.' 15 And they threw him out of the vineyard and killed him. What then will the owner of the vineyard do to them? 16 He will come and destroy those tenants and give the vineyard to others." When they heard this, they said, "Surely not!" 17 But he looked directly at them and said, "What then is this that is written:

"'The stone that the builders rejected has become the cornerstone'?"

18 Everyone who falls on that stone will be broken to pieces, and when it falls on anyone, it will crush him."



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Meditation

Jesus told the parable of the wicked tenants to religious leaders who did not recognize His authority. This parable is a foreshadow of Jesus' coming and His salvation for Israel (Isaiah 5:7).

Through this parable, Jesus was portraying His eventual rejection as the coming Messiah, exposing the desire of the temple leaders to kill Him. The "tenants" wanted to be the landlord themselves. Do I desire to be my own lord over my life too?

Jesus reminded them that they were only "tenants" and had no real authority. In the coming days, we will continue to read about Jesus being "The stone that the builders rejected has become the cornerstone."

When is it easiest for me to forget His authority in my life?

Let us remember that Jesus is the only sacrifice accepted by the Father. Through Jesus, we can come before Him freely and boldly. Our inheritance came only through the shedding of the blood of His 'beloved son'.

Prayer Pointers

For ourselves: Let us not forget our position as we submit to the authority of the Lord.

For the Church: To submit to God's will and direction and be built into a temple of God's glory.



Living It Out

Let us remember that God is the master of our entire lives, that in response we must submit and serve Him in obedience.



Closing Prayer

Lord,

At times I may forget my place and there are times that I behave like the greedy wicked tenants who wanted more of this world. Lord, help me to have Your Word as the standard for how I live my life, to cast away doubt and disobedience, and choose faith and obedience. Help me to recognize You as the cornerstone in my life.

In Jesus' name we pray,
Amen!

Jesus' Preparation

EXODUS 12:1-3, 6 (ESV)

The Lord said to Moses and Aaron in the land of Egypt, 2 "This month shall be for you the beginning of months. It shall be the first month of the year for you. 3 Tell all the congregation of Israel that on the tenth day of this month every man shall take a lamb according to their fathers' houses, a lamb for a household...6 and you shall keep it until the fourteenth day of this month, when the whole assembly of the congregation of Israel shall kill their lambs at twilight.



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Meditation

Exodus 12 instructs that on the tenth day of the first month, an unblemished one-year-old lamb is to be prepared for sacrifice. When the Father wanted Jesus to be sacrificed, He prepared Jesus as well. Not many details are recorded on this fourth day, which is a day before the Passover. So what and how should we prepare?

Mary anointed Jesus with perfume, and she was the only one to anoint Him before His death. The act of doing so was glorious. This was in contrast to the knowledge of Judas' coming betrayal, which was full of shameful deceit, and this created a complex emotion in Jesus.

The glorious King of kings will take on the shameful sin of the world on the cross. Jesus found himself in between the tension of glory and shame. Jesus was suffering and struggling so He needed to have a moment of quietude, to be still before God and to prepare himself to face what was to come.

Romans 12:1-2, "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

Prayer Pointers

For ourselves: Let us come before the Lord with a broken spirit and a contrite heart (Ps 51:17). Invite the Lord to sanctify us through the Holy Spirit.

For the church: That we remain steadfast and faithful as we prepare ourselves as the bride of Christ for the day of His coming.



Living It Out

What are your difficulties and struggles today? Present them to God before His throne. Wait patiently for the Lord's guidance in stillness, giving thanks no matter what the circumstances. Be reminded of the truth in Psalms 46:10, "Be still, and know that I am God."

Closing Prayer

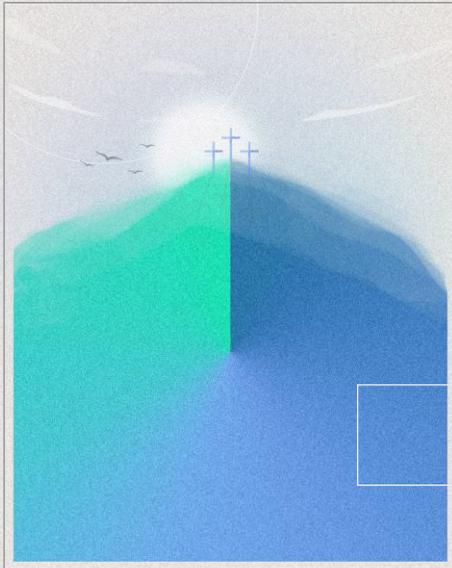
Heavenly Father,

I thank You for everything that has happened in my life, it is for my benefit and for the glory of the Lord, please teach me to give thanks in all circumstances, teach me to be quiet before You, to hear Your voice, to understand Your will. For we know that all things work together for the good of those who love God and who are called according to His purpose.

In Jesus' name we pray,
Amen!

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Jesus' Anguish

LUKE 22:39-46 (ESV)

39 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. 40 And when he came to the place, he said to them, "Pray that you may not enter into temptation." 41 And he withdrew from them about a stone's throw, and knelt down and prayed, 42 saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." 43 And there appeared to him an angel from heaven, strengthening him. 44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. 45 And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, 46 and he said to them, "Why are you sleeping? Rise and pray that you may not enter into temptation."



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Meditation

Being fully man, and fully God, Jesus knew of His impending suffering and death. He was in anguish. But beyond the testing, Jesus knew that greater glory awaited. Jesus knew that He was sent to fulfil the Father's will.

Here, we witness a rare moment where Jesus struggles to submit to the Father's will. Yet, it was His agony that drove Him to pray more earnestly (Luke 22:44).

We imagine Jesus mustering every bit of strength to breathe these words, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." As He surrendered Himself, an angel came to strengthen Him...

Have you ever struggled to obey the Father's will? Have you forgotten that Jesus understands that too? Let us learn from His example today, pressing in with prayer and trust that the Lord has sent His Holy Spirit to strengthen us.



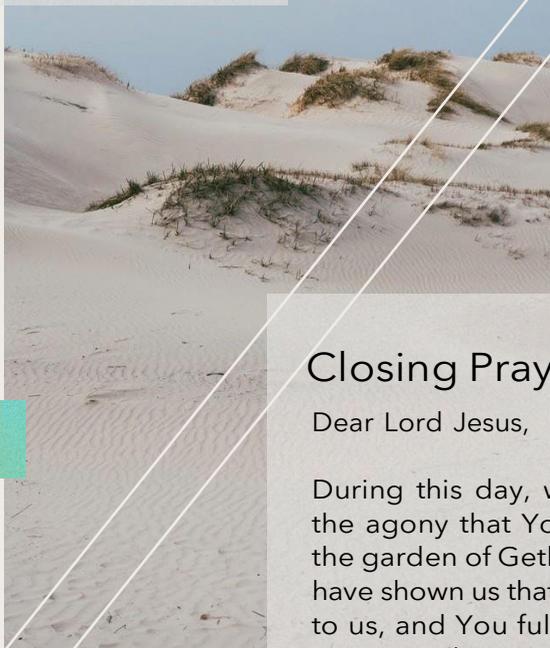
Prayer Pointers

For ourselves: To grant us the strength and the grace to be obedient and to submit to the Father's will.

For the church: That the generations will rise up in prayer against temptations and spiritual slumber.

Living It Out

What is one area in your life that you are struggling to submit to the Father's will? Make a commitment to surrender it to the Father in prayer daily.



Closing Prayer

Dear Lord Jesus,

During this day, we remember the agony that You endured in the garden of Gethsemane. You have shown us that You are close to us, and You fully understand our struggles. At times, we may resist Your will, but we humble ourselves today as we surrender to You. Help us remember that You walk with us in our garden of Gethsemane too.

In Jesus' name we pray,
Amen!

Jesus' Death

LUKE 23:33-38, 44-46 (ESV)

33 And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. 34 And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments. 35 And the people stood by, watching, but the rulers scoffed at him, saying, "He saved others; let him save himself, if he is the Christ of God, his Chosen One!" 36 The soldiers also mocked him, coming up and offering him sour wine 37 and saying, "If you are the King of the Jews, save yourself!" 38 There was also an inscription over him, "This is the King of the Jews."...

44 It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, 45 while the sun's light failed. And the curtain of the temple was torn in two. 46 Then Jesus, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last.



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Meditation

By this point, the Lord Jesus had suffered many extreme and excruciating things and was exhausted. However, those were just milestones to His earthly end: the Crucifixion. Although the details of His Crucifixion were not recorded in the book of Luke, we know from the other gospels that He was mocked, scourged and ultimately, cruelly nailed to the cross.

Having hung on the cross for hours, each of His breaths counted. Yet, He chose to speak forgiveness over His enemies, whom He now calls friends (John 15:13). Jesus wasn't the one who needed saving, it was those that

crucified Him that needed a Saviour. Jesus drank that bitter cup of sorrow so that we could be set free.

Do you believe that Jesus is the Messiah, the Chosen One who has come to save you?

Finally, as Jesus committed His Spirit, He exclaimed "It is finished!" (John 19:30). Consider what these words mean to You?

What Jesus has accomplished on the cross counts for the past, the present, and the future. From humanity to eternity. These three powerful words changed the course for us forever.

Prayer Pointers

For ourselves:

i) Let us confess our sins and repent, thanking Jesus for the price He paid for our sins on the cross.

ii) That we may forgive others who may not realise how they have hurt us.

For the church:

Bearing Jesus on the cross as our perspective, may we embody God's love and forgiveness; bringing love and peace to those around us.

Living It Out

In his letters, the Apostle Paul often talks about being poured out like a drink offering (2 Tim 4:6, Phil 2:17), referring to both his life and ministry. This is a parallel to Jesus' shedding of His blood after He carried the cross and was nailed to it.

Are you ready to be poured out like a drink offering today? Ask the Lord how you can live this out today.



Closing Prayer

Precious Jesus,

Thank You for dying on the cross for us. Because of Your love for us, You submitted to the Father's will to bear all our pains and sufferings. We confess that we have sinned against You. We declare and believe that You are the Messiah, the Chosen One, sent by the Father to save us. May these lyrics, "Lest I forget Gethsemane; Lest I forget Thine agony; Lest I forget Thy love for me" be engraved on our minds every time we think about the cross of Calvary.

In Jesus' name we pray,
Amen!

Jesus' Absence

LUKE 23:50-53 (ESV)



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50 Now there was a man named Joseph, from the Jewish town of Arimathea. He was a member of the council, a good and righteous man, 51 who had not consented to their decision and action; and he was looking for the kingdom of God. 52 This man went to Pilate and asked for the body of Jesus. 53 Then he took it down and wrapped it in a linen shroud and laid him in a tomb cut in stone, where no one had ever yet been laid.

Meditation

Covered in a linen shroud, Jesus laid motionless in the darkness of the sealed tomb.

The presence of the One who brought life to a room; to the world, is now absent. The voice that once spoke so powerfully into the hearts of men and women, is now silent.

While Jesus suffered alone on the cross for us, we grieve alone in His death today.

As the saying goes, "Darkness is the absence of light". What will we look like if Jesus, the Light of the world, is gone from our lives (John 8:12)? What kind of lives will we live? Will we feel alone or will nothing have changed?

In John 12:35, it is written, "The light is among you for a little while longer. Walk while you have the light, lest darkness overtake you. The one who walks in the darkness does not know where he is going.

Prayer Pointers

For ourselves: That we will always remember what Jesus has done on the cross for us and what He has saved us from. If we live without His light, we become children of darkness yet not so, for we are children of light. (1 Thess 5:5, Eph 5:8)

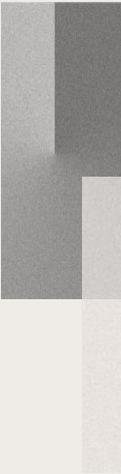
For the Church: That we will be a beacon of hope and light not by our own works or power but by the love and grace of Jesus Christ our Lord and Saviour. May we shine because He lives in us.

Living It Out

What is one small act or habit that could reveal God's light through your life? A smile to your co-workers or an encouraging word to your loved ones? Take time to talk to God and work on something small you could do consistently.

Closing Prayer

Father God,



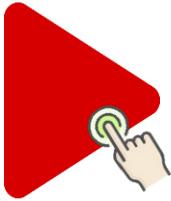
It must have been extremely painful for You to see Your begotten Son on the cross. Yet for our sake, You chose to pay the price for our salvation. We thank you for sending Light into our darkness, that we may see and know the glory of the Lord. Help us to continually see Your goodness in our daily lives, and help us bring Your light into this dark world that we live in.

In Jesus' name we pray,
Amen!

Jesus' Power

LUKE 24:1-8 (ESV)

1 But on the first day of the week, at early dawn, they went to the tomb, taking the spices they had prepared. 2 And they found the stone rolled away from the tomb, 3 but when they went in they did not find the body of the Lord Jesus. 4 While they were perplexed about this, behold, two men stood by them in dazzling apparel. 5 And as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? 6 He is not here, but has risen. Remember how he told you, while he was still in Galilee, 7 that the Son of Man must be delivered into the hands of sinful men and be crucified and on the third day rise." 8 And they remembered his words.



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Meditation

The women at the tomb were initially in unbelief, looking for the living Christ among the dead. Are there ways in which we are similar to them in that moment, living in defeat and entrenched in the deadness of sin?

This is a call to remember the truth and power of Christ's resurrection. Because Christ lives on today as our mediator with God, we have forgiveness, victory and abundant life in Christ.

Are we convinced of this truth? What does it look like to live life daily in light of Christ's resurrection - the power, promise and hope that it

represents? As you reflect on this, take twenty seconds to breathe in, absorb and sit in the awareness of this life-changing truth.

Prayer Pointers

For ourselves: That God would help us to die to sin and unbelief, and live renewed lives with the power that raised Christ from the dead.

For the church: That we would be dedicated to establishing God's kingdom here on Earth, so that those who do not yet believe will come to experience the taste of a new life with Christ.



Living It Out

Christ's resurrection will remain an abstract idea in our heads until we allow it to be a transformational truth in our hearts, and a powerful weapon in our hands.

Identify an area of life where you are currently living in defeat. What is one step you can take to live out the truth of Christ's resurrection in this area?

Closing Prayer

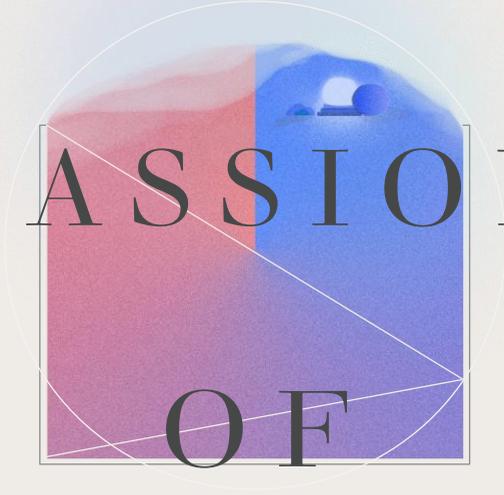
Oh risen King,

We praise You because You have conquered death and sin through Your sacrifice at the cross. More than that, You were raised to life for the justification of our sins. Because You live today, we have a living hope within us that cannot be overcome by suffering or trials. Holy Spirit, teach us to live with this resurrection power in all areas of our lives, that others may see and know that You are the living God.

In Jesus' name we pray,
Amen!



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A central graphic consisting of a square divided vertically into two halves: the left half is red and the right half is blue. A white circle is superimposed over the square, and a white diagonal line runs from the top-left corner to the bottom-right corner of the square.

JESUS

Dear Heavenly Father,

We bless Your holy name and we humbly bow down in worship. Help us to be transformed into Your image, that we will reflect Your goodness and glory.

We thank You for Your love and for exemplifying Your passion for us. Help us O Lord to continue to walk in faith, in love and in obedience to Your wonderful will for us. May we continue to be transformed by Your word and grace. Help us also to impact those around us that they may come to Your saving grace.

In Jesus name we ask and pray,
Amen.

