



Nelson Diocese Holy Week – Prayer & Fasting Calendar

Sunday 5th April to Saturday 11th April

Theme: Growth

WELCOME & INTRODUCTION TO THE DISCIPLINE OF PRAYER AND FASTING DURING HOLY WEEK

Fasting remains one of the most challenging but spiritually rewarding Christian disciplines. Over Holy Week let us join together in prayer and fast as a diocese every day from 6am to 6pm. Our prayers will focus on our personal lives, our diocese, parishes, communities and our country.

HOW TO FAST

Fasting is a central part of Lent. Traditionally it includes reducing our food intake. We fast to allow our physical hunger to remind us of our spiritual hunger – our longing and desire for God. The purpose of this time is to turn our attention to both God and others in prayer.

- Decide therefore whether you would like to fast from food or something else that will help you connect with your hunger for God.
- Determine to set aside a time for prayer and read scripture. Your prayer time could be early in the morning, at lunchtime or in the evening.
- Alternatively, you may want to pray together with your church community or friend/s at a specific time and place or with your family and spend time in prayer before family mealtimes.
- If you are fasting a meal (or two meals) be aware of the weakness, tiredness or irritability that one may feel. Turn that to pray and keep hydrated. Lighten your workload if possible.
- Please consult your doctor to ensure it is safe to fast. Fast as you can, not as you can't.

Over these seven days of Holy Week, please also think through how you might be a blessing to others since acts of mercy and kindness towards the poor are an important part of fasting.

Some suggestions include:

- If you are abstaining from food, then give the food, or the cost of your meals to the needy.
- If you are fasting watching TV or Netflix, gift that time to a friend and pray with them.
- If fasting from chocolate, buy it as a gift for someone else 😊. Be as creative in how you bless others as God leads you.

Day	Prayer Item	Extra Reference Scriptures
Sunday 5th	<p>Government and leaders</p> <p>1 Timothy 2:1-2 - I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.</p> <ul style="list-style-type: none"> ⇒ For Wisdom and wise counsel ⇒ For Good governance ⇒ For the national, city, towns, community and church leaders ⇒ For their wellbeing ⇒ For their families 	<p>2 Chronicles 7:14 Proverbs 14:3-4 Jeremiah 29: 7-11 1 Timothy 2:1-4</p>
Monday 6th	<p>Restoration, Renewal and Healing of individuals, families and communities and the Nation</p> <p>Isaiah 40:31 “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”</p>	<p>Psalm 51:12 Isaiah 35 Isaiah 61: 1-7 Jeremiah 7:14 Hosea 6:1 Joel 2:25-32 Amos 9:14 Galatians 6:1</p>
Tuesday 7th	<p>Openness to the good news of Jesus Christ.</p> <p>Missional living and evangelistic efforts in our diocese, the nation and beyond</p>	<p>John 1:1-14 Romans 10:14</p>
Wednesday 8th	<p>For the Word of God to dwell in our hearts richly. For God to transform us through His Word as it is preached, read, studied, shared, lived and prayed.</p> <p>That the Church will continue to uphold the Word through correct teaching and doctrine. Pray for authentic love and unity to be evident in the Body of Christ. Pray that the Church of Jesus Christ all over the world will be a strong witness because of the love we have for each other.</p> <p>John 15:7 “... If you remain in me and my words remain in you, ask whatever you wish and it will be done for you”</p>	<p>Isaiah 55:11 Hebrews 4:12 James 1:22 Ecclesiastes 12:10 1 John 3:18 Psalm 12:6 John 15:7</p>

Thursday 9th	<p>Thriving communities of faith Psalms 127:1 “Unless the Lord builds the house, the builders labour in vain. Unless the Lord watches over the city, the guards stand watch in vain.”</p>	Proverbs 27:17 Matthew 18 John 17 Acts 2:42-47 I Corinthians 1:10; 12:25-27 James 5:16 Romans 12 Phil 2 Hebrews 10:24-25 I Peter 2:9-10; 4:8-11
Friday 10th	<p>Hospitality of God expressed through the death of Christ for the sake of the world.</p>	Luke 15:20 Reve 3:20 Matthew 11:28-30 John 19:25-27 Matthew 25:35-40 God takes sanctuary among us Exodus 25:8; Psalm 139: 8-10; John 1:14
Saturday 11th	<p>Our Diocese of Nelson Bishop, Clergy, Staff, Parishes Thanksgiving and praise for all that God had done and will do.</p> <p>2 Corinthians 12:9 “But he said to me, My grace is sufficient for you, for my power is made perfect in weakness.” This is the last day of prayer and fasting - Thank the Lord for his sufficient grace and for a renewed spiritual, mental, emotional and physical self as you have prayed and fasted. Also pray that you will continue with the spiritual discipline of prayer and fasting.</p>	
Sunday 12th	CHRIST IS RISEN - HE IS RISEN INDEED!	

