

FCBC

# 21 DAYS OF PRAYER & FASTING 2026

Devotionals (Days 8-14)

# FASTING GUIDE

## Some Types of Fasts

- **Total Fast**  
Abstain from solid foods and beverages for 24 hours. Take only water.
- **Partial Fast**  
Abstain from solid foods and beverages for part of the day. Perhaps from breakfast to lunch.
- **One Meal Fast**  
Sacrifice one full meal a day.
- **Solid Foods Fast**  
Abstain from solid food. Take only water or other liquids, such as juices, milk, or other beverages.
- **Daniel Fast**  
Abstain from meat and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. (Daniel 1:12).

*Note:*

1. *Please observe your health and well-being during the period of fasting. If unwell when fasting from food, do pause the fast and consult a doctor.*
2. *In place of food, you may fast from other things that play a significant role in your life (e.g. activities or hobbies such as watching shows, browsing social media, playing video games, etc).*

## How to enjoy fasting?

- Set aside time each day to seek God in prayer with fasting. We recommend at least 15 minutes. If you are able to go longer, please do so.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school.
- If fasting from food, consider scaling down your normal activities. Ensure you have enough rest and reduce rigorous activities such as cycling or jogging.

## PREFACE | THE WAY OF THE CROSS

There is a busy street in Jerusalem called The Via Dolorosa, or the way of suffering. This, we are told, is the way Jesus walked from the place of his trial to the site of his execution.

Crucifixion was designer-brand shame. The whole affair was curated to combine excruciating pain with maximum public shame. Beaten, bleeding, and stripped naked, Jesus bears his cross before the prying eyes of mocking spectators lining the way. Once nailed to the cross, he is lifted up and made to face a street near the city for all who pass by to see (Matthew 27:39; John 19:19-20).

Jesus said, “When I am lifted up from the earth, I will draw all people to myself” (John 12:32).

Even now, as you read these words, Jesus is drawing you to himself, not by any easy road, but by the same road he walked, the Via Dolorosa. No one can leap-frog over the Cross into glory: If we suffer with him, we shall also be glorified with him (Romans 8:17 paraphrased). The only way to be a true Christian is to be crucified with Christ.

The Way of the Cross is the theme of our 21 Days of Prayer and Fasting 2026 (16 March to 5 April, Easter Sunday). As One FCBC, let’s take a spiritual journey together from Caesarea Philippi (where Peter recognised Jesus as the Messiah) to Jerusalem (where Jesus died and rose again).

Let’s make the most of this opportunity to cultivate a deeper walk with Jesus in cross-bearing discipleship.

“Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit” (John 12:24).

*Note:*

- *Scripture quotations in this prayer guide are from the NIVUK, ESV, and NKJV versions of the Bible.*
- *Italicised quotes without quotation marks are paraphrased (responsibly) in consultation with leading modern translations and the Greek text.*

## DAY 8 | LISTEN TO JESUS

### READ LUKE 9:28-36

Three Prophets convene a conference on a mountain. One is dead. One never died. One will soon die. Who are these prophets?

They are the three great lights of biblical revelation. Moses represents the Law, Elijah the Prophets, and Jesus represents the Kingdom that fulfils both the Law and the Prophets. What's the agenda of this council? Death! Jesus will soon die in Jerusalem (Luke 9:30-31).

Peter, James, and John witness this eerie event. As it winds down, the voice of God addresses them from a cloud: "This is my Son, whom I have chosen; listen to Him" (Luke 9:35).

The phrase, *Listen to Him*, stamps Jesus as the Prophet like Moses whose coming was foretold in the Law: "The Lord your God will raise up for you a prophet like me from among you, ...it is to Him you shall listen" (Deuteronomy 18:15).

Moses and Elijah now exit the scene. Jesus is left standing alone. The Law and the Prophets still stand, but Jesus has the last word. Jesus is the Last Word. "Long ago, ...God spoke to our fathers by the prophets. In these last days He has spoken to us by His Son..." (Hebrews 1:1-2).

Listen to Him. Obey Him.

### RESPONSE

- Be warned. If we're not listening to the words of Jesus in the written Gospel, it's foolish and risky to listen to voices here and there, online and offline. Beware! False teachings are all around us. Will you wake up and save yourself from deception?
- How is your Word life? If it isn't quite happening, why not start over now by reading the Gospels again and again? Pay close attention to the teachings of Jesus. Listen to Him deeply. Obey Him promptly.
- Isaiah 50:4 is a Messianic prophecy. It shows how Jesus heard from the Father: "The Sovereign Lord...wakens Me morning by morning, wakens My ear to listen like one being instructed." Will you make this your daily rhythm of listening and learning? Ask God to plant this desire within you. Pray for the willpower to put it into practice.

## DAY 9 | BRACE YOURSELF

### READ LUKE 9:51

Jesus' encounter on the Mount of Transfiguration galvanised Him like a shot of steroids: "When the days drew near for him to be taken up, He set His face to go to Jerusalem" (Luke 9:51). *Set His face* is an idiom. What does it mean?

The Greek word for *set* is *sterizo*. Sounds like steroids, doesn't it? The two words are not linguistically related. But they share a common meaning. *Sterizo*, means to *strengthen, make firm, establish, and support*. What steroids do for the body, *setting one's face* does for the soul. So, to *set one's face* means to brace one's self for a contest.

Jesus didn't need performance enhancing drugs. He braced Himself for the Cross with spiritual steroids: He prayed. He fasted. He listened to God's voice. He read and internalised God's written Word and was dead set on obeying it.

*Look, He said, we are going up to Jerusalem, and everything that is written about the Son of Man by the prophets will be accomplished.* (Luke 18:31).

Lesson learned: Read your Bible as Jesus read His. Take your cue, not from a chorus of voices out of the blue, not even from 'the voice of God' alone, but also and primarily from the written Word of God.

*It is written... It is written... It is written...*

### RESPONSE

- We're almost halfway through our 21 Days of Prayer and Fasting. How's it going for you so far? Are you taking your daily shot of spiritual steroids? Reading the Word, praying and fasting, listening to Jesus? Ask God to help you shut out distractions, stay focused, and persevere with joy.
- The Last Days are here. Chaos is escalating. Persecution is increasing. Brace yourself for what lies ahead. How? Discipline yourself to walk the way of the Cross whatever the cost. Strengthen your relationship with Jesus by reading and internalising God's Word day by day. Pray and fast until you acquire a ravenous appetite *for every word that proceeds from the mouth of God*.

## DAY 10 | BECOME LITTLE AGAIN

### READ MARK 9:30-37

Jesus predicts His martyrdom for a second time. And the disciples are quarrelling about which of them is the greatest. Setting a child in their midst, Jesus says:

*Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Whoever humbles himself like this little child is the greatest in the kingdom of heaven (Matthew 18:3-4).*

What makes little children more suited for the kingdom than grown-up disciples? Jesus singles out one quality, humility. A second quality is obvious. Children have no sense of self-importance. In Jesus' day, they were generally regarded and treated as inconsequential. Without legal rights, many of them were abused and exploited, marginalised and enslaved. And Jesus says we must become like that?!

He doesn't mean we have to be abused or enslaved to go to heaven. But to be great in God's eyes, we must renounce the worldly quest for significance, influence, and recognition. We must become little in the eyes of the world even to the point of being written off as insignificant.

But what if I lose out? Never fear. If you humble yourself under God's hand, you will never lose out in the things that really matter, either in this age, or in the age to come. "God opposes the proud but gives grace to the humble" (James 4:6).

### RESPONSE

- Today we live in "a messier, riskier, and more violent world" (PM Lawrence Wong). Unpredictability is the new norm. All the more, as Jesus' disciples, we need to become little again. On behalf of tiny vulnerable Singapore, let's reach up for our Heavenly Father's strong hand. He will carry us through every twist and turn.
- FCBC turns 40 this August. Moving forward as One Family, let us honour God by resisting the worldly obsession with name and fame, and by walking the Way of the Cross with profound childlikeness: Childlike humility, dependence on God, trust in God. Childlike love for God, teachability, and simplicity. Childlike innocence, curiosity, and wonder.

## DAY 11 | POWER GRAB

### READ MARK 10:32-45

Jesus predicts His death for the third time in Mark's Gospel. And for the third time, the disciples are blur and befuddled.

James and John respond audaciously: *Teacher, can we sit beside you in your glory? One on your right and one on your left?* (Mark 10:35, 37). The other disciples react indignantly. They have similar ambitions.

This clash of values between Jesus and His disciples is titanic. On the one side stands Jesus, braced for mortal conflict with the ruler of this world. He will be mocked, spit upon, tortured, and crucified for the saving of humanity.

On the other side stand the disciples, jostling for positions of power and glory in the kingdom. While Jesus speaks of horrors, they grab for honours! On which side of this gap do you stand?

Beware of worldly models of authority and leadership that have no place in the Church that Jesus builds: "You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many" (Mark 10:42-45).

### RESPONSE

Leadership is not about status, but servanthood. As Christians, many of us hold leadership positions in both secular and sacred workspaces. Let us examine ourselves:

- Are we leading in ways that lord it over others? Do we treat those under us in a condescending manner? May it never be so among us.
- Are we leading in a Christlike way? Doing nothing out of selfish ambition? Esteeming others as better than ourselves? Serving humbly in the best interests of others (Philippians 2:2-4)? May it always be so among us.
- Whatever our situation, may we all rightly represent Jesus by our selfless servant posture. May pre-believers be drawn to Christ, as a result. May this be our lasting legacy from generation to generation.

## DAY 12 | THE CROSS ROAD

### READ JOHN 12:20-28

Jesus knows that His mission is to bring salvation both to Israel and to the Gentiles (Isaiah 49:6). He also knows that the Gentile harvest will come only after His death (Luke 24:45-47). So when some Greeks approach Him during Passover, He knows that His hour has come. In order to produce the harvest of the nations, He must now fall to the ground like a seed and die.

“Now is My soul troubled,” He says. Really? He who said *let not your hearts be troubled* is now troubled? Yes. In the shadow of the Cross, He is agitated, distressed, disturbed. That’s the meaning of the word ‘troubled’ in Greek.

Jesus stands at the crossroads—as He did in the wilderness when Satan offered Him world dominion without the Cross; and again when Peter tried to deter Him from the Cross. But this time, it’s His own thoughts that trouble Him: “What shall I say? ‘Father, save Me from this hour?’”

Had Jesus prayed that prayer, He would have escaped the shame and torture of crucifixion, and we would all be doomed forever. But Jesus prayed, “For this purpose I have come to this hour. Father, glorify Your name” (John 12:27-28).

That was a close call for all humanity. But thanks be unto God, because Jesus chose the Way of the Cross, we are saved. *Let not your heart be troubled.*

### RESPONSE

“Many of the most profound crossroads we encounter are within ourselves” (Caroline Myss).

- Let’s say you’re offered a lucrative job or promotion with irresistible perks. But the demands of this new position would compromise your cross-bearing discipleship to Jesus. Which way would you choose? The Way of the Cross? Or the way of the world?
- Make this your prayer and life-long pledge: I am born again in Christ for a divine purpose—to glorify God by imitating Jesus. No matter my profession, location, or stage in life, I will prioritise my relationship with Jesus. I will walk the Way of the Cross. I will spread Good News and do good works in ways that glorify God in my generation. Father, I pray, glorify Your name.

## DAY 13 | HOUSE OF PRAYER

### READ MARK 11:15–19; LUKE 19:45–48

It's Passover week in Jerusalem. Tens of thousands of pilgrims are converging upon the city. The Temple is packed out. Money-changers and merchants are in top form: "Change your cash here at the best rates. Get your birds and beasts without blemish while stocks last." But then, for one heart-stopping moment, Jesus shows up and brings everything to a grinding halt.

The Cleansing of the Temple was not so much a *cleansing* as a prophetic protest. Next day it would be business as usual. But Jesus was a Prophet with a point to make during this last week of his life.

Solomon had dedicated the Temple as God's house of prayer for both Jews and Gentiles (1 Kings 8:41-43). Isaiah had declared it a house of prayer for all peoples (Isaiah 56:6-7). But Jesus found His Father's House hijacked by human agenda (Mark 11:17). Like Jeremiah before Him, He protested: *My house will be called a house of prayer for all peoples. But you have made it a 'den of robbers'* (Jeremiah 7:11; Mark 11:17).

From then on, Jesus was a marked man. He died within the week. But His point had been made, never to be forgotten. Have we forgotten it?

### RESPONSE

- Have you forgotten? Your body is the temple of the Holy Spirit (1 Corinthians 6:19). And the Holy Spirit is a spirit of intercession (Romans 8:26-27). Therefore, will you now invite Jesus to come and cleanse your spirit, soul, and body from everything that displaces prayer?
- Have we forgotten? Nothing must override prayer as the defining mark of God's house. Yet, across the board, corporate prayer is the worst-attended meeting of the local church. Will we overthrow the status quo and reinstate prayer as our highest priority?
- During these 21 Days and beyond, will you do your utmost to strengthen FCBC as God's house of prayer? Pray for a fresh wind of the Spirit: to revive personal prayer as a lifestyle. To refresh cell prayer as in the Book of Acts. To restore corporate prayer as the culture of the church.

## DAY 14 | WASTE BOLDLY

### READ Matthew 26:6-13; Mark 14:1-9

Jesus is dining with disciples and friends at Bethany. Just then, a woman shows up with a flask of very expensive perfume. What's up? She has an errand to perform that cannot wait.

Jesus had already predicted His death three or four times. But the disciples still don't get it. Somehow, this woman gets it. She discerns what Jesus needs right here and now: a burial rite.

As a rule, crucified criminals were denied funeral rites and burial. They were either dumped on a garbage heap or left to rot on the cross until scavengers did the necessary.

The woman, therefore, leaves nothing to chance. In a day or so, Jesus will be drenched in blood. If He is to receive at least an anointing for burial, it must be now. So while the disciples feast at table, she dowses Jesus with half a kilogram of pure and precious perfume worth a year's wages.

The fragrance fills the air. The disciples balk and call it waste. "Leave her alone," says Jesus. "She has done what she could; she has anointed My body beforehand for burial" (Mark 14:6, 8).

Don't miss the contrast: The disciples are cold, critical, and calculating. The woman is sensitive, discerning, and extravagant. Her devotion to Jesus is as pure and precious as the perfume. She discerns the moment. She gives what she has. She does what she can, no matter the cost.

If this is waste, let us waste boldly. The Lamb who was slain is worth our soul, our life, our all.

### RESPONSE

- It's good to attend church, cell, and G12 conferences. But is that all? To the young, will you boldly 'waste' your youth and your future on Jesus, no matter the cost? To those in mid-career or retirement, will you offer your remaining years to glorify God with your wealth of wisdom and experience?
- It's good to be sensitive and responsive to human needs all over the world. But do we see and discern the needs of those around us and closest to us? Will we give what we have and do what we can for them?