

FCBC

21 DAYS OF PRAYER & FASTING 2026

Devotionals (Days 15-21)

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 15 | FOR ALL WHO FALL

READ MARK 14:27; MATTHEW 27:3-5; LUKE 22:31-34

On the eve of His death, Jesus solemnly warned Peter, “Simon, Simon, Satan has asked to sift all of you as wheat” (Luke 22:31). Not only Peter, but all Twelve Apostles would be sifted by Satan. Jesus had already prayed especially for Peter that his faith would not fail. Now He charges him with a solemn duty: “When you have turned back, strengthen your brothers.” Including Judas?

All will fall. But no one needs to perish like Judas. Both he and Peter had a choice, and so do we. We can wallow in the mud of guilt and shame. Or we can repent and get up again. If only Judas had waited a bit longer, Peter could have reached out to him. Did Judas commit the unpardonable sin? No. Did he still have a free will? Yes. Then he might have been restored. If not by Peter, then by the Risen Christ Himself.

So much for Judas. What about you? When you fall, you have a choice: You can repent and be restored like Peter. Or you can despair like Judas. And then what?

Despair is a hanging noose. Let it go. Reach up for the hand of Jesus and pray like Peter when he was drowning at sea: “Lord, save me!” And when Jesus raises you up, strengthen your brothers and sisters.

RESPONSE

“Godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death” (2 Corinthians 7:10).

- Paul wrote this to Christians, not pre-believers. Do you know this godly grief? If not, ask God for it every time you fall. And when you experience it, open your heart to the kindness of God that leads you to repentance (Romans 2:4).
- At the same time, resist the worldly sorrow that leads to the bottomless pit of despair. Don’t isolate yourself like Judas. Jesus is there for you. So are your spiritual leaders and cell members. Reach out for the help you need.
- Pray for every believer in our FCBC Family. That when we fall, we will always experience godly sorrow and respond with genuine repentance.

DAY 16 | THE TOWEL & THE CROSS

READ JOHN 13:1-17

“Ke ren lai”. The guests have arrived. The evening meal is ready. There’s a basin of water and a towel for washing feet. But no slave. Foot-washing was the menial task of a Gentile slave. No adult male Jew was expected to do it.

It’s an awkward moment in the upper room. 13 hungry guests, 26 unwashed feet, and no slave. Any volunteers? No one moves. All are paralysed by pride. Except One.

God in Christ became human to strip away our sinful pride and clothe us with His divine humility. For 3 years He modelled humble servanthood before His disciples. Now they have a chance to put it into practice by washing one another’s feet. But no one moves. Except One.

In the profound security of knowing who He is, where He came from, and where He’s going, Jesus rises from the table, takes up the towel, kneels in humility, and washes His disciples’ feet.

Peter reacts. He has yet to process the idea of a suffering Messiah. Now a stooping slave? *No way, Lord! You shall never wash my feet.* He still doesn’t get it. Do we?

The towel and the cross go hand in hand. Refuse your towel today and you’ll refuse your cross tomorrow. If you want to be a disciple of Jesus, take up your towel daily and follow Him.

RESPONSE

“If serving is beneath you, leading is beyond you” (Toby Mac).

- Do you feel diminished when doing a menial task that’s ‘not your job’? Like washing dishes or cleaning toilets? If so, it’s not the task that diminishes you. It’s pride. Let God search your heart.
- When volunteering to serve the church, are you willing to stoop low and serve humbly behind the scenes without recognition? Or do you pick and choose roles that put you in the limelight? If so, will you crucify your ego? Will you walk the Way of the Cross? And become last of all and servant of all?

DAY 17 | THE BREAD & THE CUP

READ 1 CORINTHIANS 11:17-32

Breaking the bread, Jesus said, "This is My body, which is for you; do this in remembrance of Me." And passing the cup, He said, "This cup is the new covenant in My blood; do this, whenever you drink it, in remembrance of Me." (1 Corinthians 11:24-25).

In biblical terms, to remember something is not just to recall it, but also to relive and renew it. So, when we partake of the Lord's Supper in the right way, we don't just remember it. We also relive it and renew our part in the Blood Covenant Jesus made with us.

This is dead serious. But the Corinthians took it lightly. They turned the Lord's Supper into something like a diners' club that favoured the rich and excluded the poor. As a result, many of them fell sick and some even died.

Taking Communion in *an unworthy manner* makes us answerable to the body and blood of Jesus (1 Corinthians 11:27-29). It's not about being worthy. No one is worthy. It's about partaking in a *worthy manner*. How?

One, by approaching the Lord's Table with reverence and awe. Two, by examining ourselves before the Lord. Three, by confessing and repenting of our known sins before partaking. And four, by understanding and preserving the unity of the Body.

Do all this, in *remembrance* of Jesus.

RESPONSE

- Are we serious about Holy Communion? Do we examine ourselves and make things right before partaking? Do we renew our covenant relationship with God? Do we partake with reverence and awe, or just go through the motions? Invite the Holy Spirit to convict and change us, especially when we share this most Sacred Meal together.
- Communion is not just between us and God. It's also between us and all our fellow partakers. Are we preserving the unity of the Body? Do we treat everyone with equal dignity, regardless of their ethnic, social, or economic status? Do we have ill will or contempt towards others? Are there any whom we need to reconcile with before our next Communion? May we do the right things in the right way.

DAY 18 | THY WILL BE DONE

READ MATTHEW 26:36-46; LUKE 22:39-46

Between His last meal and His arrest, Jesus became deeply distressed. He implored His closest disciples to keep watch with Him in the Garden of Gethsemane: “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with Me” (Matthew 26:38).

Three times Jesus prayed to be spared from crucifixion. In that dark night of His soul, He wrestled with the will of God. If this seems strange to you, perhaps you have not fully comprehended the Incarnation of the Son of God:

He was born in the likeness of sinful flesh (Romans 8:3). He became like us in all things (Hebrews 2:17). He experienced the whole range of human emotions (Hebrews 5:7). He was tempted like us in every way (Hebrews 4:15). And finally, He tasted death for everyone (Hebrews 2:9).

In every temptation and at every crossroad, Jesus had full freedom to assert His will. But He didn't. From start to finish, He consistently denied Himself and bent His free will to align with God's sovereign will.

Make no mistake. This was no easy road, not even for the Son of God. But there in the Garden, sweating as it were great drops of blood, Jesus fully surrendered to the will of God: *Not My will, but Yours be done.*

What hinders you from becoming a person fully surrendered to the will of God? There is only one thing. Your will.

RESPONSE

- When your will clashes with God's will in matters that determine your destiny, that is your 'Gethsemane'. Have you been there? How many times? How did you feel? How did you respond? Did you choose the Way of the Cross? As a spiritual exercise, jot down your responses.
- If you blew it more than once, don't despair. God is merciful. Open your heart to the godly sorrow that leads to repentance resulting in salvation (2 Corinthians 7:9-10). And brace yourself for your next Gethsemane moment. Choose the Way of the Cross.

DAY 19 | THE TORN CURTAIN

READ MARK 15:37-38; HEBREWS 10:19-25

“By His stripes we are healed” (Isaiah 53:5). This refers to the scourging of Jesus before His crucifixion. He was not flogged by Jews. He was scourged by Romans. So what’s the difference? You may find the answer disturbing.

Jewish Law limited a flogging to 39 lashes. The Romans neither observed Jewish Law nor counted lashes. And their whips were barbed with scraps of metal and bone. In some cases, the flesh was ripped to the bone, exposing the victim’s internal organs.

A scourging before crucifixion was a cruel twist of mercy. The more blood drawn by the whip, the sooner the victim died. Otherwise, he might suffer on the cross for days on end. Jesus died in three hours. Apparently, His scourging was that severe. Isaiah 52:14 tells us that He was disfigured beyond recognition.

The moment Jesus died, the curtain in the Temple was torn in two from top to bottom (Mark 15:37-38). This signifies that the suffering and death of Christ opens the new and living way into God’s presence “through the curtain, that is, through His flesh” (Hebrews 10:20).

Behold the Lamb who was slain:

Down the Via Dolorosa called the way of suffering
 Like a lamb came the Messiah, Christ the King
 But He chose to walk that road out of His love for you and me
 Down the Via Dolorosa, all the way to Calvary

(Billy Sprague & Niles Borop)

RESPONSE

- Today is Good Friday. Let’s spend some unhurried time contemplating the extreme pain and shame Jesus suffered to bring us back to God. And not only us, but also the 82% of Singapore’s population who have yet to believe.
- “Everything was done so you would come” (Russell Fragar). Pray that each time FCBC gathers, we will conscientiously enter the Holy Place to encounter God—offering Him “acceptable worship, with reverence and awe, for our God is a consuming fire” (Hebrews 12:28-29).
- This is cell outreach day. As we invite and engage pre-believers, may our motive be “To win for the Lamb the reward of His suffering” (The Moravians).

DAY 20 | THE OCCUPIED TOMB

READ MATTHEW 27:57-60

Forget about Easter Sunday and the empty tomb for now. Today is Holy Saturday. The tomb is occupied by the dead body of Jesus. His disciples are baffled and disoriented by the reality of dashed hopes, broken dreams, and deep uncertainty about the past, present, and future.

The occupied tomb expresses in concrete terms the profound solidarity of Christ with all who suffer. He was mangled for the sins and sorrows of the entire human race. He bore our grief and carried our pain. And by His wounds, we are healed (Isaiah 52-53).

Yet even now, no one is exempt from suffering. Redemption is a work in process. We live in a fallen world where sometimes the worst things happen to the best of us. But Holy Saturday reminds us that God in Christ is *for* us and *with* us to the very end.

Therefore, no matter how bad your pain, or how long you suffer, or how deep your sorrow, nothing can separate you *from the love of God that is in Christ Jesus our Lord* (Romans 8:39).

Standing somewhere in the shadows you'll find Jesus,
He's the Friend who always cares and understands.
Standing somewhere in the shadows you will find Him,
And you'll know Him by the nail prints in His hands.

– Hymn by E.J. Rollings

RESPONSE

“Without Holy Saturday, Good Friday is not so good, and Easter is not so hopeful” (Paul Metzger).

- Spend as much time as you can today in silent contemplation of Jesus going through the experience of a real and traumatising death for lost humanity.
- Accept the reality that no one is exempt from setbacks and suffering. May today's devotional draw you closer to Jesus—your Messiah, your Master, your Source of infinite hope! May it also compel you to reach out to friends and loved ones who are sinking in despair.
- As often as you can today, observe moments of silence for the millions of people who are destitute and displaced by disaster, conflict, and war. Ask God to visit them by His Spirit and reveal Christ to them this Easter!

DAY 21 | THE MARCH OF VICTORY

READ PSALM 118:21–24; MARK 12:10–11

Humanly speaking, Christ was totally defeated on the Cross. He was publicly taunted and tortured. He was shamefully paraded—probably naked—before a scornful crowd and then hung up to die.

But in the spiritual realm, in that very same moment, and on that very same Cross, Jesus disarmed the powers of darkness. He stripped them naked like prisoners of war, exposing them to open shame (Colossians 2:15). What they did to Him in the natural and temporal realm, He did to them in the spiritual and eternal realm.

This is the meaning of the Resurrection of Christ. The rejected stone has become the cornerstone. And now our Risen King marches in victory down through the ages. And as long as we remain faithful to Him, we march in triumphal procession behind Him.

Therefore, regardless of what happens to us on the human plane, the victory of Jesus is our victory, His glory is our glory. No matter how disappointed, defamed, or defeated we are on earth, we are ever seated with Christ in heavenly places (Ephesians 2:6). “Your life is hidden with Christ in God” (Colossians 3:3).

Thanks be unto God, who always gives us the victory through our Lord Jesus Christ, and manifests the fragrance of the knowledge of Him in us and through us in every place (1 Corinthians 15:57; 2 Corinthians 2:14). And the “God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you” (Romans 16:20). Amen.

RESPONSE

- Let us declare the definitive victory of Christ: *He has disarmed principalities and powers, He made a public spectacle of them, triumphing over them by the Cross.* (Colossians 2:15).
- Pray for our church. Moving forward, may the reality of Jesus’ victory stir us to deepen our submission to His Lordship. May that powerful reality provoke us to pray confidently from a position of victory like never before! May it fire up our imagination and inspire us to expand our witness locally and globally. May it embolden our faith to believe for His immeasurably more—as we walk the Way of the Cross together!