



# ***Liberation:*** ***The God Who Delivers***

**2026 Holy Week Fast Guide**

*Featuring Daily Readings  
from Exodus and the Gospels*

Dates:  
**Sunday, March 29th**  
*thru*  
**Saturday, April 4th**

Senior Pastor:  
**Rev. Dr. Frederick D. Haynes, III**

# WELCOME

## WHAT IS LENT?

Lent is a sacred season in the life of the Church—a 40-day journey of prayer, fasting, repentance, and renewal leading to Resurrection Sunday. It is a time to slow down, turn inward, and draw closer to God. During Lent, we remember:

- our dependence on God
- our need for repentance and renewal
- the suffering and sacrifice of Jesus Christ
- the call to live transformed lives

This one-week fast is our congregation's intentional entry into that journey.

## OVERVIEW

As we celebrate 50 years of God's faithfulness, we enter this Lenten season with a spirit of reflection, repentance, remembrance, and renewal. In Exodus 3, God reveals Himself to Moses as the One who sees, hears, remembers, and delivers. In the spirit of Sankofa, we look back in order to move forward faithfully. This fast invites our church family to:

- remember where God has brought us from
- reclaim the spiritual lessons of our journey
- repent where necessary
- renew our commitment to God's call
- prepare for the future God is leading us into

Each day pairs Exodus with a Gospel reading so that we may see God's deliverance fulfilled in Jesus Christ and embodied in our lives. Lent reminds us that deliverance comes through surrender. Exodus shows us God's power to deliver, while the Gospels show us that ultimate deliverance comes through Christ.

## FASTING GUIDELINES

Fasting during Lent is not about punishment. It is about making space for God. Choose the form of fasting that is prayerful and meaningful for you.

### OPTION 1: MODIFIED DANIEL FAST

- fruits
- vegetables
- grains
- water
- avoid meat, sweets, and processed foods

### OPTION 2: ONE MEAL FAST

- fast one meal each day
- use that time for prayer and Scripture

### OPTION 3: PERSONAL SACRIFICE FAST

- social media
- entertainment
- unnecessary spending
- anything that creates intentional space for God

## DAILY SPIRITUAL RHYTHM

### THROUGHOUT THIS LENTEN FAST, WE INVITE YOU INTO A DAILY RHYTHM:

- **MORNING:** Exodus reading, Gospel reading, and prayer.  
Also, join us every weekday for prayer at 5:30 am CST.  
Call 712-432-3900 and use the passcode 122330# to join.
- **MIDDAY:** pause for reflection and awareness of God's presence
- **EVENING:** personal or family devotion

OPENING



**DAILY**  
**HOLY WEEK**  
**FAST GUIDE**

**DAY 1: SUNDAY, MARCH 29TH****THE GOD WHO SEES****Exodus:** Exodus 3:7**Gospel:** Luke 19:41-44**Lenten Focus:** Awareness and repentance

**Reflection:** Lent begins with honesty. God sees our suffering and our sin. Jesus weeps over a people who do not recognize what leads to their peace. Where have you felt unseen? Where do you need God's healing?

**Prayer:** Lord, help us see ourselves truthfully and receive Your compassion.

God who sees us,  
You see what we try to hide and what we cannot carry.  
You see our wounds, our weariness, and even our wandering hearts.

In this Lenten season, we come before You with honesty.  
Search us, O God, and know us.  
Reveal the places in us that need healing, repentance, and renewal.

Where we have ignored Your presence, forgive us.  
Where we have lost sight of Your purpose, restore us.

Thank You for being a God who does not look away.  
Teach us to see ourselves clearly and to see others with compassion.

In Your mercy, meet us.  
In Your grace, heal us.  
In Your love, hold us.

In Jesus' name, Amen.

**DAY 2: MONDAY, MARCH 30TH**

**THE GOD WHO HEARS**

**Exodus:** Exodus 3:7

**Gospel:** Mark 10:46-52

**Lenten Focus:** Honest prayer and lament

**Reflection:** God hears the cries of His people. Jesus hears the cry that others try to silence. What are you crying out to God for in this season?

**Prayer:** Lord, hear our cry and teach us to trust You with our deepest needs.

God who hears every cry,  
You hear what we cannot always put into words.  
You hear the cries of our hearts, our homes, and our community.

Today, we bring our burdens before You.  
Our fears, our frustrations, our unanswered questions—we lay them  
at Your feet.

Give us the courage to pray honestly.  
Give us the faith to trust that You are listening.

Lord, hear the cries of the oppressed.  
Hear the cries of the hurting.  
Hear the cries of Your people.

And as You hear us, teach us to hear one another,  
to listen with patience, compassion, and love.

We trust that You are near.  
We trust that You are working.  
We trust that You will respond in Your perfect time.

In Jesus' name, Amen.

**DAY 3: TUESDAY, MARCH 31ST****HOLY GROUND****Exodus:** Exodus 3:5**Gospel:** Matthew 17:1-8**Lenten Focus:** Reverence and attentiveness

**Reflection:** God calls us to reverence. Lent calls us to slow down, remove distractions, and encounter God's presence. What do you need to "remove" to experience God more deeply?

**Prayer:** Lord, make our lives holy ground where You are honored.

Holy God,  
You meet us in ordinary places and make them sacred.

Forgive us for rushing past Your presence.  
Forgive us for treating holy things as common.

In this season, teach us to slow down.  
Help us to remove the distractions, the noise, and the habits  
that keep us from encountering You.

Create in us a spirit of reverence.  
Open our eyes to recognize holy ground—in our homes,  
in our church, and even in our daily routines.

Consecrate our hearts.  
Sanctify our minds.  
Set apart our lives for Your glory.

Let every space we enter become a place where You are honored.

In Jesus' name, Amen.

**DAY 4: WEDNESDAY, APRIL 1ST**

**THE GOD WHO COMES DOWN**

**Exodus:** Exodus 3:8

**Gospel:** John 1:14

**Lenten Focus:** Incarnation and humility

**Reflection:** God comes down to where his people are to deliver them. In Jesus, God draws near in the most intimate way possible. Where do you need God to enter your situation?

**Prayer:** Lord, dwell among us and bring Your transforming presence into our lives.

God who draws near,  
You are not distant from our pain or disconnected from our lives.  
You come down to meet us where we are.

Thank You for stepping into our story.  
Thank You for not leaving us in bondage.

In Jesus Christ, You have come near in grace and truth.  
So today, we invite You into every area of our lives.

Enter our struggles.  
Enter our fears.  
Enter our families, our church, and our community.

Bring Your healing where there is brokenness.  
Bring Your peace where there is anxiety.  
Bring Your deliverance where there is bondage.

Dwell among us, Lord.  
Transform us by Your presence.

In Jesus' name, Amen.

**DAY 5: THURSDAY, APRIL 2ND****SENT TO DELIVER****Exodus:** Exodus 3:10**Gospel:** Luke 4:18-19**Lenten Focus:** Calling and obedience

**Reflection:** Lent is not only about inward reflection. It prepares us for an outward mission. Where is God sending you to bring hope and justice in the world?

**Prayer:** Lord, give us courage to follow Your call.

Just as You sent Moses,  
and just as Jesus was sent to proclaim good news,  
You are sending us into the world.

Give us clarity about our calling.  
Give us courage to obey Your voice.

Where there is injustice, send us.  
Where there is brokenness, send us.  
Where there is need, send us.

Make us instruments of Your peace.  
Make us carriers of Your hope.  
Make us agents of Your deliverance.

Let our lives reflect Your mission.  
Let our actions align with Your will.

We say yes to Your call.

In Jesus' name, Amen.

**DAY 6: FRIDAY, APRIL 3RD**

**I AM**

**Exodus:** Exodus 3:14

**Gospel:** John 8:58

**Lenten Focus:** Identity and trust

**Reflection:** In a season of surrender, we anchor ourselves in who God is. How does God's unchanging nature sustain you?

**Prayer:** Lord, center our lives in Your eternal truth.

In a world that is uncertain,  
You remain constant.  
In a season that calls for surrender,  
You remain our foundation.

Help us to trust in who You are  
more than we trust what we see.

When we feel unstable, anchor us.  
When we feel uncertain, reassure us.  
When we feel weak, strengthen us.

Remind us that You are:  
our provider,  
our sustainer,  
our deliverer,  
and our peace.

Center our identity in You.  
Ground our lives in Your truth.

In Jesus' name, Amen.

**DAY 7: SATURDAY, APRIL 4TH****DELIVERED TO WORSHIP****Exodus:** Exodus 3:12**Gospel:** John 4:23-24**Lenten Focus:** Surrender and worship

**Reflection:** Lent leads us toward worship; not just ritual, but transformed lives. How is God calling you to deeper worship and service?

**Prayer:** Lord, consecrate our lives for Your glory.

Receive our lives as an offering.  
Receive our hearts as an act of worship.

In this Lenten season,  
draw us into deeper surrender.

Transform our worship from routine to relationship.  
Transform our service from obligation to calling.

Consecrate us for what is next.  
Prepare us for the future You have for our church.

As we celebrate 50 years of Your faithfulness,  
we commit ourselves to the next season of Your work.

Use us for Your glory.  
Lead us by Your Spirit.  
Shape us into the people You have called us to be.

In Jesus' name, Amen.



## CLOSING PRAYER

God of our past, present, and future,  
You are the One who sees, hears, remembers, and delivers.  
In this Lenten season, search us, shape us, and send us.  
As we remember Your faithfulness, prepare us for what is ahead.  
Let this fast renew our church, strengthen our witness, and deepen our love for You.  
In the name of the Great I AM, Amen.









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