

Preparing Your Heart for Holy Week

For **CMB Members** to use *on-air, online*, and in *their own life*.



Holy Week is a sacred time for Christians around the world as we reflect on Jesus' ultimate sacrifice and prepare our hearts to celebrate His resurrection. We've created this prayer guide to help you immerse yourself in this season of reflection, renewal, and hope. Each day, you'll find a theme, scripture, and prayer to guide your time with God as you draw closer to Him.

This guide is designed to be a source of peace and encouragement. Whether you walk through it alone, with your family, or your small group, may His presence fill your heart as you prepare for the joy of Easter.

Day 1 - Friday

THEME: Seeking God's Grace

SCRIPTURE: *"For all have sinned and fall short of the glory of God, and all are justified freely by His grace through the redemption that came by Christ Jesus."* - Romans 3:23-24

PRAYER: Heavenly Father, I humbly come to You, aware of my shortcomings and need for Your grace. Thank You for the gift of redemption through Jesus' sacrifice. Help me to seek You more each day and live in the freedom of Your love. Amen.

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Day 2 - Saturday

THEME: Rest in His Presence

SCRIPTURE: *"Come to me, all you who are weary and burdened, and I will give you rest."* - Matthew 11:28

PRAYER: Lord, today I pause to rest in Your presence. Quiet my heart and remind me of Your faithfulness. Thank You for being my refuge and strength when life feels overwhelming. Restore my soul as I look to You. Amen.

Day 3 - Sunday

THEME: A Heart of Worship

SCRIPTURE: *"God is spirit, and His worshipers must worship in the Spirit and in truth."* - John 4:24

PRAYER: Father God, I lift my heart to You in worship today. Fill me with Your Spirit and teach me to honor You in Spirit and truth. May my words, actions, and thoughts glorify You as I prepare for this sacred week. Amen.

Day 4 - Monday

THEME: Walking in Forgiveness

SCRIPTURE: *"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- Ephesians 4:32

PRAYER: Gracious Lord, open my heart to forgive as You have forgiven me. Help me release any grudges or hurts that weigh me down. Teach me to extend Your grace to others, reflecting Your love in my relationships. Amen.

Day 5 - Tuesday

THEME: Strength in the Waiting

SCRIPTURE: *"Wait for the Lord; be strong and take heart and wait for the Lord."* - Psalm 27:14

PRAYER: God of all comfort, I surrender my worries and trust in Your perfect timing. Give me patience as I wait for Your plan to unfold. Strengthen my faith and help me lean into Your promises each day. Amen.

Day 6 - Wednesday

THEME: Preparing for the Cross

SCRIPTURE: *"Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God."* - Hebrews 12:2

PRAYER: Jesus, as I reflect on the road You walked to the cross, I am overwhelmed by Your love and sacrifice. Prepare my heart to remember Your suffering and celebrate Your victory. Help me to live in response to Your incredible gift. Amen.

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Day 7 - Thursday

THEME: Servanthood and Humility

SCRIPTURE: *"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."*
- John 13:14

PRAYER: Lord, teach me to follow Your example of humility and love. Help me to serve others selflessly and encourage those in need. May my heart be a reflection of Your kindness and compassion. Amen.

Day 8 - Friday (Good Friday)

THEME: Remembering the Cross

SCRIPTURE: *"But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed."* - Isaiah 53:5

PRAYER: Jesus, today I remember Your sacrifice on the cross. Thank You for bearing my sin and pain so I could be free. Fill my heart with gratitude and reverence as I meditate on the depth of Your love. Amen.

Day 9 - Saturday (Holy Saturday)

THEME: Waiting in Hope

SCRIPTURE: *"The Lord is good to those whose hope is in Him, to the one who seeks Him."* - Lamentations 3:25

PRAYER: Father, as I wait in hope of Easter morning, I remember Your goodness and faithfulness. Thank You for the promises that sustain me. Fill me with peace, knowing that Your plans for me are good. Amen.

Day 10 - Sunday (Easter)

THEME: Rejoicing in the Resurrection

SCRIPTURE: *"He is not here; He has risen, just as He said. Come and see the place where He lay."* - Matthew 28:6

PRAYER: Hallelujah, Jesus is risen! Lord, today I celebrate the victory of Your resurrection. You have conquered sin, death, and the grave, and I rejoice in the eternal life You've won for me. May my life reflect the power of Your love and the hope of Your salvation. Amen.

We hope this guide has encouraged you to reflect deeply and draw closer to God during the days leading up to Easter. Be sure to tune in for uplifting music, powerful devotionals, and stories of faith to support you on your spiritual walk. Together, we'll celebrate the life and hope we have in Jesus.