



7-DAY HOLY WEEK FAST & DEVOTIONAL

Antioch Christian Church

2043 W Walnut Hill Ln, Irving, TX 75038

Pastors Norris and Tonya McGill



7-Day Holy Week Fast & Devotional (2025)

Theme Scripture:

"Man shall not live by bread alone, but by every word that proceeds from the mouth of God." – Matthew 4:4

Fast Type: Choose what works for you—liquids only, Daniel fast (fruits, vegetables, water), one meal per day, or a social media/news fast.

Each day includes:

- **Scripture Reading**
- **Teaching Point** (A key lesson from Jesus' final days)
- **Reflection** (How it applies to your life)
- **Prayer Focus**
- **Fast Focus** (A practical way to deepen the experience)

Day 1: Palm Sunday – A Day of Surrender (April 13, 2025)

Scripture: *Matthew 21:8-9*

Teaching Point: Jesus entered Jerusalem humbly. True faith surrenders to Jesus beyond temporary excitement.

Reflection: Are there areas in your life where you have welcomed Jesus but not fully surrendered?

Prayer Focus: Lord, I lay down my desires, fears, and control at Your feet. Be the King of my heart.

Fast Focus: Remove distractions to fully welcome Jesus into your week.



Day 2: Monday – A Day of Cleansing (April 14, 2025)

Scripture: *Matthew 21:12-13*

Teaching Point: Jesus cleansed the temple, showing that worship must be pure.

Reflection: What needs to be cleansed from your life?

Prayer Focus: Lord, search my heart and remove anything that hinders my walk with You.

Fast Focus: Let go of unhealthy habits—foods, thoughts, or behaviors.

Day 3: Tuesday – A Day of Faith & Teaching (April 15, 2025)

Scripture: *Mark 11:22-24*

Teaching Point: True faith is not just believing but acting on God's promises.

Reflection: Where do you need to trust God more deeply?

Prayer Focus: Lord, increase my faith.

Fast Focus: Replace meals or distractions with deeper meditation on God's Word.

Day 4: Wednesday – A Day of Betrayal & Testing (April 16, 2025)

Scripture: *Matthew 26:14-16*

Teaching Point: Judas betrayed Jesus for personal gain. External devotion must match inner faith.

Reflection: Have you ever struggled with staying loyal to Christ?

Prayer Focus: Lord, keep my heart faithful to You.

Fast Focus: Release bitterness and unforgiveness.

Day 5: Maundy Thursday – A Day of Humility & Service (April 17, 2025)

Scripture: *John 13:12-17*

Teaching Point: Jesus demonstrated servant leadership by washing feet.

Reflection: How can you serve someone selflessly today?

Prayer Focus: Lord, help me serve others with humility.

Fast Focus: Choose an act of kindness or service today.



Day 6: Good Friday – A Day of Sacrifice & Redemption (April 18, 2025)

Scripture: *John 19:30*

Teaching Point: Jesus' sacrifice paid the penalty for sin.

Reflection: Do you live in the freedom He purchased?

Prayer Focus: Thank You, Jesus, for Your sacrifice.

Fast Focus: A more intense fast—perhaps liquids only.

Day 7: Holy Saturday – A Day of Waiting & Expectation (April 19, 2025)

Scripture: *Matthew 27:62-66*

Teaching Point: Even when God is silent, He is still working.

Reflection: Where do you need to trust God's timing?

Prayer Focus: Lord, give me patience and trust in Your plan.

Fast Focus: Reflect on God's faithfulness—write down answered prayers.

Resurrection Sunday – Celebration! (April 20, 2025)

Scripture: *Luke 24:6* – "He is not here; He has risen!"

Teaching Point: Jesus conquered sin, death, and fear.

Reflection: How does the power of the resurrection shape your faith?

Prayer Focus: Lord, thank You for Your victory!

Fast Focus: Break your fast with joy and worship!

