

FCBC

21 DAYS OF PRAYER & FASTING 2026

Devotionals (Days 1-7)

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 1 | THE UNEXPECTED MESSIAH

READ MARK 8:27-33

Flashback to the first century. A fresh wind is blowing. New hopes are rising. The Messiah is coming soon. But what kind of Messiah will He be?

According to popular opinion, He will be a militant strongman like King David. And what will He do? He will drive out the Romans, destroy the sinners, and restore the golden age of Israel.

The disciples of Jesus share this hope. But from the moment they recognise Him as the Messiah, Jesus starts debunking popular expectations. He must first be rejected, suffer many things, be killed, and rise again on the third day.

Most Jews were expecting the Messiah. But no one, least of all Peter, was looking for a suffering Messiah. The tortured and disfigured servant of Isaiah 53 was not seen as the Messiah.

So Peter tries to do what every generation of Christians has attempted since. Recreate Jesus in our own image and make Him relevant to our culture (Matthew 16:22).

Jesus won't have it. He is the Suffering Messiah. His response to all who try to conform Him to popular expectation is the same today as it was then: "Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man" (Mark 8:33).

RESPONSE

- Manage your Messianic expectations. Who is Jesus to you? Is He the sweet and silent Saviour who blesses, heals, comforts, and prospers you, but never confronts or corrects you, or places demands on your life? Or is He the Original Jesus of the Gospel who requires your undivided allegiance, your undistracted devotion, your life, your all?
- In this era of casual, consumeristic Christianity, choose to be different. Be Cross-centred and clear-minded about your identity and calling as a disciple of Jesus. Pray for conviction and courage to follow Jesus. Do God's will, God's way—in every situation, in every season of your life—whatever the cost.

DAY 2 | MY DAILY CROSS

READ LUKE 9:23-25

Jesus said, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me" (Luke 9:23).

What is my cross? Whenever God's will crosses your will, that's your cross. So it was for Jesus. With the cross before Him, He said, "Not My will, but Yours be done" (Luke 22:42).

What does it mean to deny myself? It means to disregard yourself and put others first. The more you do this, the more you will experience heaven's peace and joy in your heart.

But why do I have to bear my cross? Didn't Jesus bear it for me? No. He bore your sins, but not your cross. He calls you to bear your own cross, today and every day.

What does it mean to bear my cross? It means to crucify the flesh with its passions and desires and replace them with the fruit of the Spirit (Galatians 5:16-26). This is the only way to live out our new life in Christ (Romans 6:3-4). Each day presents us with new opportunities to crucify our sinful passions and selfish ambitions and live like Jesus.

These are hard truths. But they are non-negotiable conditions of discipleship to Jesus. If we're not walking in the Way of the Cross, we're walking away from the Christ!

RESPONSE

- Make your choice: Assert yourself and remain that way forever. Or deny yourself, and become your new self in Christ forever (Romans 6:8, Colossians 3:9-10).
- In today's culture of self-promotion, prayers of self-denial are largely forgotten. Why not start today with this prayer? Lord, I am no longer my own, but Yours. Place me where You will, rank me with whom You will. Put me to good use or lay me aside. Let me be full, let me be empty. Let me have everything, let me have nothing. I heartily surrender all things to You for Your good pleasure and disposal. You are mine and I am Yours. In Your Name, amen (John Wesley, adapted).

DAY 3 | WIN BY LOSING

READ LUKE 9:23-26

“Whoever desires to save his life will lose it, but whoever loses his life for My sake will save it.” (Luke 9:24)

This saying is found twice in Matthew (10:39; 16:25), once in Mark (8:35), twice in Luke (9:24;17:33), and once in John (12:25). It’s the most repeated saying of Jesus in the four Gospels. But ironically, it’s also the most neglected. If most repeated means most important, we are in trouble.

Sadhu Sundar Singh (1889–1929) is remembered as the apostle of the bleeding feet. He dropped out of seminary and traversed India preaching the Gospel with no shoes, no money, and no possessions but a New Testament.

Trekking through the Himalayas one day, he and his co-worker got caught in a perilous blizzard. They came across a man dying in the snow. Sadhu asked his friend to help him carry the victim to safety. But the friend saw little chance of saving his own life, let alone another’s. So, he kept walking.

Sadhu hoisted the half-dead man on his shoulders and trudged along his way. He hadn’t gone far before he saw another man lying in the snow. It was his co-worker. Dead.

How did Sadhu survive with a dying man on his back? Ironically, that’s what saved him. His unceasing effort and exertion kept both men warm and alive. In risking his life to save another’s, Sadhu preserved his own life. But his co-worker, in seeking to preserve his own life, lost it. This is the paradox of the Gospel. You win by losing (Matthew 16:25-26).

RESPONSE

Trending today is the Me-First culture: I can, I should, I will do what I want, when I want, and how I want—regardless of how it affects others!

- In what ways have you allowed this worldly spirit of self-importance and self-obsession to rule your life? Are you endangering your soul by putting your own agenda above God’s, and pushing others off your radar?
- Decide now. Don’t let self-centeredness wreck your future and ruin your soul. Turn to God in heartfelt repentance. Relinquish control of your life to Him.

DAY 4 | NO TURNING BACK

READ MARK 8:34-37

At the University of Strasburg in France, Albert Schweitzer was digging deep into philosophy and theology and loving it. One morning as he lay in bed, it occurred to him that he should give something back for his happiness.

He had been wrestling with the most repeated saying of Jesus: "Whoever would save his life will lose it, but whoever loses his life for My sake and the gospel's will save it" (Mark 8:35; Matthew 10:39; 16:25; Luke 9:24;17:33; John 12:25).

What could this mean for Schweitzer? He was happy, healthy, and 21 years young. Before getting out of bed that day, he settled the matter once and for all. He would finish his studies and then devote the rest of his life to the service of humanity.

He graduated at age 30 with doctorates in philosophy, theology, and musicology. Even while studying, he had already launched a glowing career in writing, lecturing, pastoring, and performing as an organist in packed-out churches and concert halls. He was well on his way to fame and fortune.

What about the commitment he made in his youth in response to the most repeated saying of Jesus (Mark 8:35)? No issue. Having put his hand to the plough, he never looked back. After earning one more doctorate—in medicine—he signed on as a medical missionary to the suffering poor in Africa. He died at that post at the age of 90.

No turning back. No turning back.

RESPONSE

- Discipleship is not one size fits all. Not every disciple is required to renounce everything from day one. But all of us must put all that we are and all that we have at Jesus' disposal and service. What hinders you from doing that now?
- As disciples of Jesus, we share a collective responsibility for the poorest of the poor, 85% of whom live within a seven-hour flight radius from Singapore. Ask God to open our eyes and grip our hearts concerning their plight. Pray that many of us will lay down our lives to do whatever Jesus requires of us. No holding back!

DAY 5 | FOXHOLES & FLATS

READ LUKE 9:57-62

Foxes dig holes and birds build nests. But discipleship is a journey with no security guarantees. When Jesus says, Follow Me, He means all the way to the Cross; no turning back. “No one who puts a hand to the plough and looks back is fit for service in the kingdom of God” (Luke 9:62).

The conditions of discipleship take precedence over everything—even family obligations. “Let the dead bury their own dead, but you go and proclaim the kingdom of God” (Luke 9:60).

Does this seem harsh to you? Pause and think. Citizens of this world have the right to earn degrees, pursue careers, make money, buy flats and cars, and start families. And Jesus does allow many of us to enjoy such things, but not to consider them our own. True disciples and citizens of the kingdom surrender everything for the love of God and neighbour.

Self-denial is not self-punishment for spiritual dividends. Jesus simply wants your heart. Not just a little religious subdivision of it, but all of it. He loved you before you knew Him. He rightly deserves to be loved and honoured in return. He wants your undivided attention, affection, and allegiance. Wouldn't you expect that from your fiancé or spouse? Wouldn't you give that much and more in return? Won't you do so out of love for Jesus?

RESPONSE

- Are you a practising disciple of Jesus? How would you rate the quality of your discipleship? How are you treating Jesus? Is He really your Master? Is obeying Him your top priority? Do you love Him more than you love your family, or anyone else, or anything else?
- When Jesus asks you to do something extra for a worthy cause, do you respond immediately, unconditionally, and passionately? Or do you hesitate and make excuses?
- Today, 82% of Singaporeans remain unsaved. How many of them are your friends and family members? Will you hear and obey Jesus' call to turn Singapore Godward? Will you strap your hand to the plough of evangelism and discipleship, and never look back?

DAY 6 | THE BOTTOM LINE

READ MARK 10:17-22

The man seems desperate. He runs up to Jesus, kneels down before Him, and asks, “What must I do to inherit eternal life?” Jesus recites the Commandments that pertain to loving neighbour. The man says he’s been there and done that.

Jesus looks at him lovingly. Apparently, He is scanning the man’s heart for deep threats that would exclude him from the kingdom. Such as the love of money.

“You lack one thing,” says Jesus, “go, sell what you have, and give to the poor, and you will have treasure in heaven; and come, follow Me” (Mark 10:21). The man walks away in shock and sorrow. He was young and very rich. Given a choice between God and Mammon, he chose Mammon.

“It is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God,” says Jesus. Now the disciples are shocked. “Who then can be saved?” they ask. “With men it’s impossible,” says Jesus, “but not with God. For with God, all things are possible.”

Salvation is not a question of dollars and cents, but where you deposit your heart—in heaven or in the bank. You can’t serve both God and Mammon. “If you own something you can’t give away, you don’t own it, it owns you” (Albert Schweitzer). And that’s the bottom line.

RESPONSE

- Singapore is consistently ranked among the world’s wealthiest nations. Are you secretly envying and coveting the luxurious lifestyle of the crazy rich? Has this become a distraction, hindering your devotion to Jesus?
- Walking the Way of the Cross calls for an unrivalled allegiance to Jesus as your one and only Master. Will you treasure and trust in Jesus above all earthly wealth and possessions? Ask the Lord to scan your heart and reveal its true condition.
- What if Jesus prospers you abundantly? Will you increase your giving to the poor and needy, both locally and globally? Or will you hoard your wealth?

DAY 7 | RICHES FOR RAGS

READ MARK 10:23-31

That eye-of-the-needle thingy got Peter thinking. He and his fishing buddies had left home and family, boats and trade to follow Jesus in the Way of the Cross.

“So what will we have?” asks Peter. Hmm. Sounds a bit kiasu, doesn’t it? But it’s a fair question. Jesus doesn’t scold Peter as He usually does when the fisherman puts his foot in his mouth.

Jesus responds magnanimously: Whatever we give up for the sake of the Gospel, we’ll get a hundred times more, in one form or another. Plus persecutions! On top of all that, we’ll have treasure in heaven. And in the age to come, the mother of all hopes: Eternal Life.

The cost of following Jesus is staggering. Deny yourself, carry your cross, yield up your possessions, and lay down your life. But compared to the cost, the rewards of discipleship are riches for rags and gold for glitter. Who in their right mind would pass up a deal like that? The rich young ruler was not in his right mind. He declined the offer. Are you in your right mind?

“If Jesus Christ be God and died for me, then no sacrifice can be too great for me to make for Him” (C.T. Studd).

RESPONSE

- Let us examine our response to Jesus’ call to discipleship. Whose example are we following? The rich young ruler’s or Peter’s?
- God has blessed Singapore with extraordinary power to create wealth (Deuteronomy 8:18). To whom much is given much is required. How can we best steward our wealth for God’s purpose and glory?
- The movie “Money No Enough” was a big hit in Singapore. But money isn’t everything. Agree? Reflect deeply: Money can buy medicine, but not health; a house, but not a home; food, but not an appetite; a bed, but not sleep. Money can buy partnerships, but not friendships; thrills, but not the joy of the Lord; data, but not the wisdom of God; therapy, but the not peace of God. Money can buy the good life, but not Eternal Life (Charles Swindoll, adapted).