

Holy Week Challenge

The Philadelphia and Baltimore Conference
Varick Christian Youth Council

<i>Weekdays</i>	<i>Fasting/Focus</i>	<i>Scripture</i>	<i>Action</i>
Sunday	Preparation for the Holy Week Challenge!!!	Matthew 21: 1-11 (am) Romans 12:1-2 (am) 1 Timothy 4:12-16 (pm)	Prepare for the week. Pray. Ask yourself: Is my mind renewed? Am I good example?
Monday	Television	Psalms 119: 9-11 (am) 2 Timothy 3:10-17 (am) Matthew 21:12-17 (pm)	Meditate on understanding and the importance of God's Word. Read the Bible and exercise in place of watching television.
Tuesday	Cell Phones Exceptions: evangelistic purposes or emergencies	Philippians 4:4-7 (am) Colossians 4: 2-6 (am) Matthew 25:1-13 (pm)	Pray for something or someone that you never have before. Send scriptural text messages to unsaved friends.
Wednesday	Internet Except School Work and Emergencies	II Corinthians 5:11-21 (am) Ephesians 3:14-19 (am) Luke 22:14-30 (pm)	Pray over your broken relationships. Show the love of God to everyone you encounter. Use the time usually spent on the internet to help someone in need.
Thursday	Food For Sun Up Until Sun Down (6:30am- 7:00pm)	I Corinthians 6:12-20 (am) Matthew 6: 16-18 (am) John 13:1-17 (pm)	Ask God to show you those things that you focus on more than Him. Ask Him to remove them. Pray when you are tempted to eat. Exercise!
Friday	Social Gathering No movies, clubs, parties, skating, bowling)	1 Timothy 6:11-16 (am) Isaiah 55: 6-7 (am) Mark 15:25-38 (pm)	Meditate on making your relationship with God stronger. Attend a Good Friday service!
Saturday	"Fast" Food Refrain from eating at Fast Food restaurants (ex: McDonald's, Pizza Hut, Wendy's)	Mark 15:40-47 (am) Psalms 92: 1-4 (am) Psalms 98: 1-6 (pm)	Praise God today by singing songs of praise all day.
Sunday	Worship	John 20:1-19 (am) Psalm 66:1-7 (am) Matthew 28:16-20 (am)	Attend a sunrise service. Sit closer to the front of the church. Decide to worship God without concern for what others may think!

The Holy Week Challenge

What is Holy Week?

In the Christian church "Holy Week" begins Palm Sunday and ends on Easter (Resurrection) Sunday. This week commemorates the days leading up to Jesus Christ's death (Good Friday) and resurrection (Easter Sunday). The week begins with Palm Sunday, the day in which Jesus enters Jerusalem (riding a donkey) and the crowds praise Him (who are in Jerusalem to prepare for the Passover) by waving palm branches and shouting "Hosanna," which means, "Save us/please save!" By Thursday of that week, Jesus is praying in the Garden of Gethsemane, washing the disciples' feet and eating what's known as "the last supper" with them. "Good Friday" is commemorated as the day that Jesus was crucified (killed by suffocation on the cross).

Although He was innocent, Jesus died so that people everywhere would be forgiven of their sins! Sunday of Holy Week is known as Easter Sunday and/or Resurrection Sunday, because the third day after Jesus died, He rose again! He is alive and because He lives, death has no power over believers! The same power that raised Jesus Christ from the grave, gives believers' power over the struggles of life!!

Holy Week is the last week of the Lenten season. The Lenten season is a 40 day period that precedes Easter Sunday. During Lent, Christians seek spiritual renewal by increasing time in prayer, private worship, fasting, personal and corporate Bible study and repentance.

The Holy Week Challenge

We are challenging the youth of the Philadelphia-Baltimore Conference to take Holy Week a step further this year by participating in "THE HOLY WEEK CHALLENGE!" Our main goal is to focus heart, soul, and mind, on God during the time of Holy Week. Therefore, each day you will be challenged to fast something different and to DO something that will aid in your spiritual growth! In addition to the daily scriptures and fast focuses, **we are challenging you to fast from** secular music and excessive money use. Secular music can cloud up our minds and keep us from clearly hearing God. Also trying to manage our money is hard, but it gets harder when we choose to waste money and don't even take our 10%, and give it to God. So take the time to fast excessive money use and offer God your best financial blessing. On Easter Sunday, give a special offering from the money you have saved by avoiding excessive spending! The "ALIEN NATION" will grow stronger by taking part in the **2010 HOLY WEEK CHALLENGE!**

*The Holy Week Challenge was developed by the
Philadelphia-Baltimore Youth Council of the*

African Methodist Episcopal Zion Church.

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Holy Week Challenge Prayers

During Holy Week, take the time to use these prayers during your fasting.

Sunday- Father God, I just thank you for everything you have given me so far. As I prepare myself for this week of your grace, mercy, and almighty power, I ask that you strengthen me. Father God, I know that you loved me enough to sacrifice your son for my sins, and I thank you for that. I pray you would prepare my body, soul, spirit, and mind to have a hunger for your everlasting Word. In Your Darling Son, Jesus', Name I Pray.

Amen

Monday- Heavenly Father, I just give you all the praise and glory for my life. Thank you for your word that you have written for me for my life. I ask that you just help me to comprehend your word, and to have my life to live by it every single day. Your holy word is the guide of life for me. In Jesus' Name I Pray.

Amen

Tuesday- Father, I'm standing in prayer for those that do not know you. I ask that you just keep your eyes on them. Father, they may not know who you are when you call, but I ask that you continue to call them. One day they will answer your call. As I pray for them, I just ask that you continue to help me too. I'm standing in the need of you for myself. You know everything about me. I give you all the praise and glory. In Jesus Name I Pray.

Amen

Wednesday- Heavenly Father, I come before you today admitting that there are some relationships in my life that remain un-mended. I ask you to forgive me for the moments in my life where I have not been the best example of your love. Teach me to love your way. Help me to show love even in situations that bother me. Teach me to forgive everyone that hurt me and to walk in new life with you. Thank You in Jesus Name.

Amen

Thursday- Father God, I thank you for the many blessings that you have bestowed upon me. I just give you all the praise and glory for the living, holy sacrifice named Jesus. I thank you for letting him be a sacrifice for us so that we may know you and him. Right now, I just ask that you make me an open and clean vessel for you. Father, I just ask, as you use me as a vessel, let me share your precious word to others. Give me the strength, will, and power to live just as real as Jesus. Remove anything that keeps me from being who you desire me to be. In His Majestic Name I Pray.

Amen

Friday- Dear Lord, I come to you, in quietness. I come before your throne alone. Father God, I just want to be with you. I want to make our relationship stronger. I put everything I have on my heart into your hands, and I just leave with you. I ask that you just have me to trust you with a full heart, and mind. Father, I want you to be head of my life. I just want a genuine relationship with you. In Jesus Name I Pray.

Amen

Saturday- Father, in a time of disruption in the world, I thank you for giving me the power to praise you through it. I give you all the praise and glory for having me to stay in your will and word. Father, God I just ask for protection for my ears, the ears of my peers, and my family members. I ask that whatever we may listen to, it be for the sake of you. Father God, I ask that your Spirit stay in the midst of us. You know all our needs and wants. Father God, I just ask that you keep me tight within your hands, and I will always give you the praise, no matter what. In the name of Your Only Son, Jesus Our Savior, we pray.

Amen