

EASTER PEOPLE

A 7-DAY GUIDE FOR PRAYER &
FASTING THROUGH HOLY WEEK



SCHEDULE

MONDAY 14TH — SUNDAY 20TH APRIL 2025

TIME	MON	TUE	WED	THU	FRI	SUN
ALL DAY	9AM-7PM PRAYER SPACE					
	12PM-12AM CONTINUOUS WORSHIP		7PM -7PM 24HR PRAYER SIGN UP			
MORNING	7:45AM PORTSTEWART	6:30AM COLERAINE	6:30AM BALLYMENA	7AM BUSHMILLS	10AM COLERAINE	10:30AM SERVICE (WITH BAPTISMS)
	9:15AM UNIVERSITY	10:30AM MILLBURN	7AM BALLYMONEY	7AM PORTRUSH	10:30AM BALLYMENA	
EVENING (7PM)	PRAYER & WORSHIP		PRAYER & WORSHIP		GOOD FRIDAY REFLECTIVE SERVICE	

ALL DAY

Our Prayer Space is open in the auditorium everyday, with thoughtfully designed stations to help you reflect on Jesus' journey to the cross, and space to engage in quiet, reflective prayer. Come anytime, Monday to Friday, between 9am-7pm.

12 HRS OF WORSHIP:

On Tuesday we are excited to host 12 hours of continuous worship, from midday to midnight. Come anytime, and stay as long as you'd like!

24 HRS OF PRAYER:

Sign up on the website for a one-hour slot as part of 24-hour, non-stop prayer. Come on your own, with your family, or with your Small Group. This will begin with our Prayer & Worship gathering at 7pm on Wednesday, and finish at 7pm on Thursday. | causewaycoastvineyard.com/24prayer

MORNINGS

Each morning we are gathering in different locations across the North Coast. Visit our website for more details about where to meet each day! | causewaycoastvineyard.com/prayerweek

EVENINGS

Join us for a Prayer & Worship Gathering on Monday and Wednesday at 7pm as we seek God together. Then on Friday, we'll gather for a special Good Friday service, featuring worship, a short reflection, and the opportunity to share communion together. We'd love for you to be part of it!



WE ARE EASTER PEOPLE.

We live in the reality of the resurrection, shaped by the hope, power, and victory of Jesus' triumph over sin and death. No matter the challenges we face, darkness does not have the final word. The cross was not the end — because of Jesus, we are a people defined by life, redemption, and resurrection.

But before the empty tomb, there was the agony of the garden. Before the victory, there was the cross. Holy Week invites us to walk through Jesus' final days — His last meal with friends, His betrayal, suffering, and death — so we can more fully experience the joy of His resurrection.

OUR INVITATION

As Causeway Coast Vineyard, we are intentionally stepping into Holy Week with rhythms of prayer and fasting, drawing near to Jesus in the lead-up to His resurrection. This booklet will guide us, each day centring on a line from the Lord's Prayer. Given to us by Jesus, this prayer offers a powerful framework for approaching the week with resurrection hope.

Each day includes:

- A passage of Scripture
- Reflections on the text
- Prayer and fasting practices

We walk this journey knowing what the disciples didn't yet understand — Sunday is coming! The Kingdom of God is both here and still to come. As Easter people, we hold the tension of a broken world and the hope of resurrection life.

HOW TO ENGAGE

Set aside at least 25 minutes each day to engage in prayer and reflection. Find a quiet space, bring a notebook, and invite the Holy Spirit to lead you. Begin by reading through the day's prompts and reflections, allowing them to guide your thoughts and prayers. This isn't about checking off a task — it's about creating space to be with Jesus. As you journey through Holy Week, let the Lord's Prayer shape your prayers, engaging with Him personally and drawing deeper into His presence.

OUR FATHER IN HEAVEN,
HALLOWED BE YOUR NAME,
YOUR KINGDOM COME,
YOUR WILL BE DONE,
ON EARTH AS IT IS IN HEAVEN.
GIVE US TODAY OUR DAILY BREAD.
AND FORGIVE US OUR DEBTS,
AS WE ALSO HAVE FORGIVEN OUR
DEBTORS.
AND LEAD US NOT INTO TEMPTATION,
BUT DELIVER US FROM THE EVIL ONE.



PRAYER

WHAT IS PRAYER?

Prayer is an opportunity to connect and communicate with God. It's a conversation where we bring our praise, concerns and desires before Him while also making space to listen for His voice.

THE LORD'S PRAYER

Jesus gave us a simple yet profound framework for prayer in the Lord's Prayer — an invitation to trust God completely, align our hearts with His will, and welcome His Kingdom into our lives. This week, we will let His words shape our prayers, allowing each line to draw us deeper into His presence and guide us in living out His purposes.

PRAYING AS EASTER PEOPLE

As Easter people, we celebrate Jesus' triumph over death while also sharing in His suffering on the cross. We know His pain was not the end — resurrection followed, bringing redemption and hope. We pray with the awareness that God's Kingdom is both here and still unfolding, living in the tension of the "now" and the "not yet." Confident in Christ's victory, we pray boldly for His will to be done.

This Holy Week, let us pray with authority and hope for God's Kingdom to come — in our lives, our families, our community, and our church. May we anticipate even more of God's Kingdom breaking through in and around us.

FASTING

WHAT IS FASTING?

Fasting is the practice of giving up food to focus on God. Throughout Scripture, fasting is a significant spiritual discipline. Jesus says, “When you fast...” (Matthew 6:16), indicating that fasting is an expected part of a believer’s life, just like prayer and giving. By fasting, we shift our dependence from earthly things to a deeper reliance on God.

WHY DO WE FAST?

Fasting has many spiritual benefits — it can bring breakthrough in prayer, increase our sensitivity to the Holy Spirit, give us fresh insight into our own hearts, and deepen our understanding of God’s heart. It is also an act of humility, as we relinquish control of everything to him. Ultimately the purpose of fasting must be centred on God. We fast with our eyes on Him, with the sole intention of glorifying Him.

HOW CAN FASTING STRENGTHEN PRAYER?

Fasting clears away distractions and heightens our awareness of God’s presence, helping us pray with greater focus. Physical hunger becomes a spiritual longing — an unspoken prayer of our dependence on Him. In Scripture, fasting often accompanied prayer in times of seeking God’s guidance, breakthrough, or intervention. Likewise, when we fast, we create space to pray with greater intention, aligning our hearts with God’s will and inviting Him to move.

FASTING DURING HOLY WEEK

As we journey through Holy Week, we will fast from Monday to Friday, breaking the fast with communion at our Good Friday service. On Saturday, we lie in wait, holding onto the tension of the in-between. Then, on Easter Sunday, we feast! As we celebrate the resurrection, we rejoice in the victory of Jesus, the fulfilment of hope, and the abundant life we are invited into.

Here are some key things to consider when fasting:

- **Fast Sensibly:** If you're new to fasting, start small. Try skipping one meal, fasting from lunch to lunch, or doing a partial fast (e.g. having soup in the evening). The goal is to free up time and focus for prayer. Make sure you stay hydrated! If you are pregnant, diabetic, have a heart condition, take specific medications, or suffer from an eating disorder, **DO NOT** fast from food without medical advice. Instead, consider fasting from something else, like TV or social media.
- **Fast Sensitively:** Take time to listen and hear God speak to you personally, for others and for the church. If you receive words or prophecies, share them with us: prayer@causewaycoastvineyard.com
- **Fast Sacrificially:** Let your fast cost you something as an act of worship and devotion to our Lord.
- **Fast Specifically and Expectantly:** Ask God to direct your focus each day and come with expectation for Him to move.
- **Fast Supernaturally:** Approach fasting with a heart posture that acknowledges your need for God's supernatural grace and power.

MONDAY 14TH APRIL 2025

HALLOWED BE YOUR NAME

READ MATTHEW 21:1-11

When Jesus entered Jerusalem, the city erupted in praise. Crowds laid down their cloaks, waved palm branches, and shouted, “Hosanna to the Son of David! Blessed is he who comes in the name of the Lord!” (Matthew 21:9). Yet many who praised Him that day did not fully understand who He was. Some saw Him as a prophet, others as a political revolutionary who would overthrow Roman rule. But Jesus came as a different kind of King — one whose victory would be won through sacrifice, not conquest.

Jesus’ arrival into this great city marked the dawning of salvation. The people longed for a Messiah, but this King would be enthroned not on a golden throne, but on a Roman cross. They wanted freedom from oppressive rulers and corrupt systems, but Jesus came to free

them from the deepest oppression of all — sin and death itself.

It can be easy to worship Jesus based on what we expect from Him rather than for who He truly is. We might celebrate Him when He answers our prayers the way we hope, but do we still honour Him when He moves in ways we don’t understand? Holy Week invites us to recognise Jesus not just as a good teacher, a miracle worker, or someone who meets our needs — but as the holy, sovereign King who deserves our whole-hearted worship.

In the Gospels, Jesus taught us to begin our prayers with, “Our Father in heaven, hallowed be your name.” To hallow means to set apart, to revere and to recognise as holy. Before we bring our needs to God, we are invited to simply worship Him for who He is.

PRAYER

As we begin Holy Week, take time to quiet your heart before God. Imagine yourself in the crowd as Jesus enters Jerusalem — cheering, waving palm branches, calling out Hosanna! But now, imagine seeing Him as He truly is: the King who rules not by force but by love, not with power but with sacrifice. Ask God to reveal any ways you have placed expectations on Him. Have you sought Him only for what He can do rather than for who He is? Have you held onto an idea of Jesus that fits your plans but not His greater purpose?

Spend time in prayer, surrendering these things to Him. Speak words of worship, not for what He does, for answered prayers or blessings, but simply for who He is — holy, sovereign, set-apart, and good. Let your heart be filled with awe and surrender before the holy King. Ask Him to take His rightful place as King over every area of your life.

FASTING

Fasting is an act of surrender. As you fast this week, let it be a way to hallow His name, setting Him apart as your highest priority. When you feel the pull toward what you've set aside, pause to pray, "Father, You are holy. Be first in my life today."



TUESDAY 15TH APRIL 2025

YOUR KINGDOM COME

READ MATTHEW 21:12-17

Jesus teaches us to pray, “Your Kingdom come.” This is more than a hope for the future — it’s a call to intercede and align our lives with God’s will now. Jesus embodied this prayer in today’s passage. When He entered the temple, He found it corrupted. What was meant to be a

house of worship had become a marketplace driven by self-interest, grieving His heart. In overturning the tables, Jesus wasn’t simply expressing anger; He was revealing God’s desire for true worship — worship that is full of devotion and surrender. He is King, and He wants every part of our lives to reflect His rule and His reign.



The temple was meant to be a place of encounter with God, where His people sought Him and honoured His presence. At its centre was the Holy of Holies, where God's glory dwelt, separated from the people by a thick curtain. Only the high priest could enter, and only once a year. But when Jesus died on the cross, that curtain was torn in two from top to bottom, a powerful sign that the barrier between God and humanity was removed. No longer confined to a building, His presence now dwells within us. As believers, we are His temple, carrying His Spirit wherever we go.

Just as Jesus cleansed the temple, He now cleanses us — not to condemn, but to restore. As Easter people, we embrace His refining work, allowing Him to shape us into true worshippers. When we pray, "Your Kingdom come" we invite Him to transform us, making our lives a reflection of His Kingdom here and now.

PRAYER

Imagine standing in the temple as Jesus walks in, seeing the distractions and self-interest that have overtaken what should be a place of worship. Watch as He

clears the temple, His heart grieved over what has been lost. Now, in the stillness, ask yourself: Where in your life have distractions taken the place of true devotion? What is God calling you to surrender today? Ask for the courage to remove what doesn't align with His will. Invite the Holy Spirit to cleanse and restore your heart, making your life a place where His Kingdom comes and His presence is honoured.

FASTING

As you fast, think of it as clearing space in your life, just as Jesus cleared the temple. What distractions are you letting go of to create room for God's presence? Use your hunger or longing as a reminder to turn your heart to Him.



WEDNESDAY 16TH APRIL 2025

GIVE US TODAY OUR DAILY BREAD

READ MATTHEW 26:17-30

Here we find Jesus sitting with His disciples at the Last Supper. As He broke the bread, He said, "Take and eat; this is my body." Then, as He took the cup, He declared, "Drink from it, all of you. This is my blood... poured out for many for the forgiveness of sins." The disciples likely didn't comprehend the gravity of this moment. The meal was part of the Jewish tradition of Passover, but Jesus was reinterpreting it and revealing Himself as the sacrifice for their redemption. In just a few hours, His body would be broken on the cross for all. The meal they shared was not just about feeding them — it was the gift of His very life, offered for the salvation of the world.

When we pray, "Give us today our daily bread," we acknowledge Jesus as the true source of all our sustenance. This is a prayer of daily

dependence, recognising that everyday we need His provision — physically, spiritually, and emotionally. Just as He broke the bread for His disciples, He invites us to receive Him as the nourishment we need to live. He is the Bread of Life, offering Himself to satisfy our deepest needs.

Our daily bread is about more than food; it's about depending on Jesus for everything. When we are hungry, He fills us. When we are weary, He strengthens us. When we are broken, He heals us. This prayer teaches us to come to Him daily, trusting in His sufficiency for all we need.

When we take communion, we remember that Jesus gave His body for us. Just as He shared the bread with His disciples, He invites us to partake in His sacrifice and receive His life-giving presence. In doing so, we are reminded that He is not

only the source of our daily bread, but the sustainer of every part of our lives.

With every meal, every moment, we are invited to draw from the abundance of His provision and let His presence fill and renew us.

PRAYER

Imagine sitting at the table with Jesus, watching as He breaks the bread, knowing that in just a few hours, His body will be broken for you. See the love in His eyes as He invites you to receive what He offers — His very life.

Now, as you reflect on this, consider taking communion, remembering His sacrifice and receiving His presence in a tangible way. Ask yourself: Where in your life do you need to be reminded that Jesus is your true source? Where have you been relying on things other than Him for sustenance?

Take a moment to reflect on how He is inviting you to depend on Him — physically, spiritually, and emotionally. Ask Him to be your daily bread, to sustain you with His presence, provide for your needs, and deepen your trust in Him.

FASTING

As you fast, picture yourself with Jesus, receiving the bread He offers. Let your hunger remind you that true nourishment comes from Him alone. What are you setting aside to make more space for His presence? Let this fast clear distractions, allowing you to be filled with the peace and strength only He can provide.



THURSDAY 17TH APRIL 2025

YOUR WILL BE DONE

READ MATTHEW 26:36-46

In this passage, we find Jesus in the Garden of Gethsemane, deeply anguished as He faces the weight of what's to come — the suffering and sacrifice of the cross. Yet, in this moment of agony, He models the ultimate act of surrender. He prays, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as You will" (Matthew 26:39). The "cup" represents the immense suffering He would endure, bearing the weight of sin for all humanity. Though fully aware of the pain ahead, Jesus chooses obedience over self-preservation,

trusting the Father's will above His own. His prayer, "Your will be done," is not passive resignation — it is a powerful declaration of trust. Hebrews 5:7-8 tells us, "During the days of Jesus' life on earth, He offered up prayers and petitions with fervent cries and tears... Son though He was, He learned obedience from what He suffered." True obedience often requires sacrifice, but it deepens our dependence on God.

As Jesus prayed in the garden and taught us to pray in the Lord's Prayer, He showed that the Kingdom of God is not revealed

through force or control but through surrender, trust and obedience.

When we pray, “Your will be done,” we invite God to take full control of our lives — even when it’s difficult, even when we don’t understand, and even when it leads us through seasons of hardship. Jesus’ surrender in Gethsemane calls us to lay down our will, trusting that in doing so, we make space for His Kingdom to come and His glory to be revealed.

PRAYER

Imagine yourself in the Garden of Gethsemane, watching Jesus as He kneels in anguish, wrestling with the weight of the cross ahead. Hear His heartfelt prayer, “Not my will, but Yours be done,” echoing through the stillness. See the profound trust He places in His Father’s plan, despite the overwhelming cost. Now, ask yourself: Where in your life is God inviting you to surrender to His will, even when it’s difficult? Where do you struggle to trust Him fully? Reflect on the areas where you’re holding on tightly, and invite God to help you let go, submitting your plans and desires to His greater purpose. Ask Him to give you the courage to say, “Your will be done,” in every situation, knowing that His way leads to life.

FASTING

As you fast, picture yourself standing with Jesus in the Garden of Gethsemane, feeling the weight of His surrender — the tension between human longing and divine obedience.

Today, let your hunger remind you of a deeper longing for God’s presence. What areas of your life are you being called to surrender, to let go of your own desires in order to follow God’s will? Use this time of fasting to depend on Him alone, making space for His will to take root in your heart.



FRIDAY 18TH APRIL 2025

FORGIVE US OUR SINS, AS WE FORGIVE OTHERS



READ MATTHEW 26:69:75

As we enter the final moments before Jesus' crucifixion, we witness one of the most heartbreaking scenes in the Gospels: Peter, one of Jesus' closest disciples, denies Him three times. Despite his bold promises of loyalty, fear overtakes him, and he swears he does not know Jesus. Imagine the anguish Peter must have felt when he heard the rooster crow, signalling the fulfilment of Jesus' words. In this moment, "the Lord turned and looked straight at Peter" (Luke 22:61), and Peter, realising his failure, wept bitterly.

Yet even on His journey to the cross, Jesus demonstrated true forgiveness. He did not hold Peter's denial against him, just as He did not retaliate against those who falsely accused, betrayed, and condemned Him. Even as He stood before the authorities, Jesus endured the trial, knowing His suffering would make way for grace. And after His resurrection, Jesus did not leave Peter in his shame — He restored him. Just as Peter had denied Him three times, Jesus gave him the chance to declare his love three times (John 21:15-19), showing that His forgiveness leads to full redemption.

Forgiveness is not just something

Jesus offers — it is who He is. On the cross, He bore the weight of all sin so that we could be free. As we pray, "Forgive us our sins, as we forgive others," we are invited to follow Jesus' example. His grace is not limited by the depth of our failure, and in receiving it, we are called to extend it. Jesus' journey to the cross reminds us that forgiveness is not only about being forgiven — it is an invitation to live as people of mercy, offering the same grace we have received. Jesus's example is a call to forgive.

PRAYER

Imagine standing with Peter as his eyes meet Jesus'. Feel the grief and regret — but also the depth of Jesus' gaze, filled not with condemnation, but with compassion and forgiveness.

Take a moment to bring before Jesus any areas of guilt or shame. Where have you experienced His forgiveness in your own life? Thank Him for the grace He freely gives. Now, ask God to reveal any areas where you are holding on to unforgiveness. Is there someone you need to forgive? Surrender that hurt to Him, asking for the grace to release it. Invite the Holy Spirit to fill you with His peace, so you can extend the same forgiveness you have received.

FASTING

Fasting invites us to confront our failures and acknowledge our need for forgiveness. As we reflect on Peter's denial and Jesus' forgiveness, we are reminded to bring our own failures before Him, trusting in His restoration.

By denying ourselves, we create space for God's presence to transform our hearts. In this time, we experience both the pain of brokenness and the freedom of forgiveness, opening our hearts to receive His love and mercy — and extend it to others.

Join us tonight at 7pm for our Good Friday service. Together, we will worship, reflect and share communion together to break our fast this week.

SATURDAY 19TH APRIL 2025

DELIVER US FROM EVIL

READ MATTHEW 27:32-61

Jesus, the Son of God, bore the weight of the world's sin on the cross. There, He faced the ultimate battle between sin and redemption. Innocent and pure, He embraced the suffering of the cross, taking upon Himself our sin, shame, and evil. In His crucifixion, Jesus confronted the fullness of evil in its most brutal forms — mockery, torture, and death. Yet, He was not defeated. His cry of "It is finished" declared His victory over the power of evil. Through His death, Jesus delivered us from sin and death, securing our freedom to live in the light of His victory. The cross was not just suffering — it was the moment evil was defeated, and redemption was made available to all.

The word "deliverance" means to be rescued and set free from bondage. Jesus' sacrifice on the cross brought us deliverance from the control of

sin, fear, addiction, pride, and bitterness. We are no longer enslaved by these forces; through Jesus, the grip of evil was broken once and for all.

As we pray, "Deliver us from evil," we remember that Jesus has already secured our freedom. We can live each day in the hope of His victory, walking in His light and resisting the power of darkness. In a world filled with both good and evil, we stand firm in the confidence that His triumph is final and unshakable.



PRAYER

Imagine standing beneath the cross, witnessing the agony and love of Jesus. See how He bore the weight of your sin and shame. What are the things in your life that hold you captive — perhaps fear, addiction, pride, or bitterness? Bring them before Jesus at the cross and thank Him for His victory over sin and death. Ask for His deliverance from anything that keeps you from experiencing His full freedom. Let this moment be a reminder of His power to break every chain and receive His gift of redemption and freedom today.

WAITING

We broke the fast at our Good Friday service. Now, we lie in wait. Holy Saturday is the space between sorrow and joy, between death and resurrection. Jesus' body lay in the tomb. The crowds had dispersed. The disciples were scattered, afraid, grieving, and uncertain. Everything they had hoped for seemed lost. We know the end of the story, but they didn't — not yet. They sat in the tension of the in-between, in the silence of waiting.

Waiting is never easy. It stretches our faith, exposes our fears, and forces us to trust when answers are

unclear. Silent Saturday reminds us that even when God seems quiet, He is still at work. Beneath the surface, beyond what we can see, the resurrection was already on its way. As we sit in this waiting today, may we hold onto hope, trusting that even in the silence, God is moving.





SUNDAY 20TH APRIL 2025

YOURS IS THE
KINGDOM, THE
POWER, AND
THE GLORY

READ MATTHEW 28

On this glorious Easter Sunday, we proclaim with full hearts, “Yours is the Kingdom, the power, and the glory.” Today, we celebrate the ultimate victory: Jesus has risen from the dead! The resurrection is the ultimate sign of God’s Kingdom breaking into our world, His power defeating death, and His glory revealed in the empty tomb.

The empty tomb is our living hope. Jesus’ triumph over death means He holds all authority, and nothing — no sin, no fear, no death — has the final word. When the women arrived at the tomb, they were met with joy and awe. The angel’s declaration, “He is not here; He has risen!” (Matthew 28:6), is the good news that changes everything. It marks the beginning of God’s Kingdom established in a new way, with Jesus reigning as King over all things. His resurrection assures us that sin and death no longer have power over us, and we are invited into His glory.

The resurrection isn’t just an event from 2,000 years ago — it’s the foundation of our hope, our identity, and our future. In Jesus, we have new life, and His victory is ours. Today, we celebrate that His kingdom is alive and active, His power is at work within us, and His

glory is eternal. As we pray, “Yours is the Kingdom, the power, and the glory,” we recognise Jesus as our risen King. We stand in awe of His resurrection, declaring that He reigns over every part of our lives, today and forever. This is the victory we live in.

PRAYER

Worship Jesus as the risen King! Declare His victory over every part of your life and give Him glory for His resurrection. Thank Him for the hope, power, and freedom we have because He conquered the grave. Rejoice today in the truth that, because of Jesus, we live in resurrection power, and His glory fills our lives and the world forever!

FEASTING

The fast is over, and now it’s time to feast! After a season of hunger and longing, we celebrate the fullness of what Christ has done for us. We now rejoice in His victory! Celebration and feasting are also a discipline, one that calls us to be intentional in marking the moments of joy and victory in our lives. Today, let your heart overflow with gratitude, as you partake in the feast of His grace and resurrection. The fast has prepared us, but now we feast in His abundance, celebrating the joy of His presence and the hope of new life!

