



JOURNEY TO THE CROSS

*5 Days of Prayer
and Fasting*

30th Mar - 3rd Apr '26

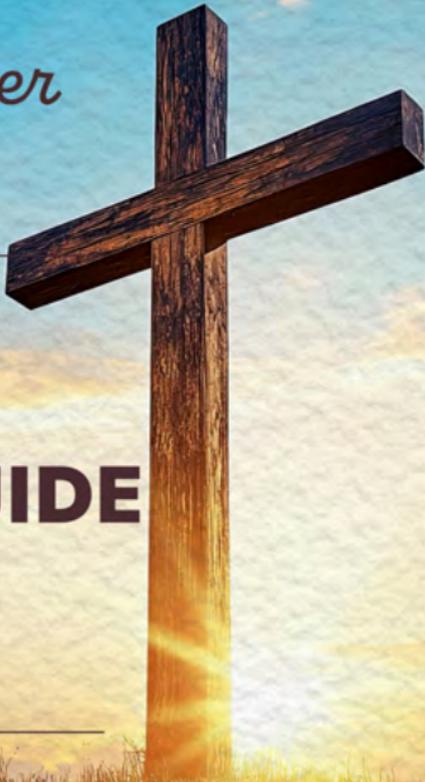
PRAYER & FASTING GUIDE



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HOW TO FAST EFFECTIVELY (GUIDE)

WHAT IS FASTING?

Biblical fasting is a spiritual discipline that Jesus Himself encouraged while He was on earth. (Mathew 6:17-18) It refers to voluntary abstaining from food and drink for a specific period and for spiritual purposes (humbling yourself to seek God's face.) (Read Isaiah 58)

Fasting means putting away things you find pleasure in for the sake of God. It means pushing away things that are pleasant for you to seek God's face - for instance, love of tea, coffee, cake, chips, chocolate, etc. It could also include things like social media, TV, etc. Fasting is essentially saying, *"This much Oh God, I need you, I thirst for you"*

This is an "I GET TO experience God thing". It is like going into heaven for a tune-up, so we can keep our passion for God and enjoyment of Him at a high level. Figure out what works for you, commit to it, and make it a part of your Christian experience forever. It should be a lifestyle for every Christian. Fasting should go hand in hand with prayer, otherwise, it'll just be a hunger strike!

WHAT DOES FASTING DO?

Fasting increases your control over your life. We are spirits enclosed in bodies, however, most of the time, we let our bodies control our spirits. Fasting puts the control back in our hands so that our bodies can become servants to the Lord. Fasting does not change God and His standards of righteousness or His will, but it changes us. In other words, God doesn't need it, we do!

- **Fasting Changes things:** Fasting changes the destiny of nations and individuals. (Jonah 3:5-10). God will not despise a broken and contrite heart (Psalm 51:17)
- **Fasting brings God's power into difficult situations:** Divine guidance and wisdom come as we wait on God in prayer and fasting. (Deuteronomy 9:7-11)
- **Fasting revives us:** The power of self is reduced through surrender and God can then have greater freedom to work in us. (Philippians 2:13)
- **Fasting purifies us spiritually:** It is a spiritual discipline that keeps us engaged with God when we willingly give up our pleasures to focus on God.
- **Fasting leads to brokenness:** Fasting being an expression of humility and repentance, helps us in our submission and reverence of God as He works in us.

Substituting Meals

- Each day many of us are likely to spend a lot of our time on meals - thinking about what we're going to eat, then shopping, then cooking, then serving it, eating, and eventually cleaning up! It's possible to spend multiple hours of our day just on food.
- However, when you are on a fast, you are able to clear out that extra space so you can create time with God, and that is something that pleases God.
- Fasting can ideally save you so much time, that you may not even know what to do with it! That is why our encouragement is that during the fast, all meal times should be spent in prayer and the word.

- In essence, at meal times, don't stick around your office or class, vanish! Take a prayer walk, or sit somewhere outside and read your bible and pray. Every one of those days, spend extra time with the Lord. You could for example read 5 books of the bible in one week! In the evening, cook and take care of your family if they are not fasting - sit on the table and bless them - and participate in your family devotions! Pray for your family.

DIFFERENT TYPES OF FASTS

A number of fasts exist; these include:

- **PARTIAL FAST** – Having a restricted diet like Daniel did for the duration you have proposed. (Daniel 10:2-3)
- **NORMAL FAST** — when you skip meals all through the day and have one meal at night OR a **Liquid Fast** when you skip all meals and only take water and juices
- **ABSOLUTE FAST** –This is a dry fast where you can go up to 3 days without water and food. (Esther 4:16)
- We are encouraging our community to engage in a normal or liquid fast for the 5 days but as you feel led!
- A liquid fast means no solid food, when you are essentially denying yourself the greatest pleasure of life - eating food! In the scriptures, we see the likes of Moses, Daniel, Ezekiel, and Jesus engaging in these types of fasts at different points.

PREPARING FOR YOUR FAST

Here are some of the simple tips to help you prepare for your fast:

1. Set an objective for your fast.

Is there something you want to trust God for this season? Is it a spiritual renewal and growth? Is it for guidance? For healing? For the resolution of a certain problem in your life and family? For special grace to handle a difficult situation?

Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.

2. Commit to your fast

For Jesus, it was a matter of when, not if, his followers would fast. (Matthew 6:16-18; 9:14-15). Before you fast, decide on...

- a. How long will you fast?

We are doing a 5 day community fast.

- b. What type of fast?

We are encouraging a liquid fast for our community, but if you have a serious health condition, please consult with your doctor before you begin.

- c. What physical or social activities will you restrict?

While you should be able to carry on with many of your normal activities, you could choose to restrict some in order to focus on prayer

- d. How much time each day will you devote to prayer and God's Word?

The idea is to substitute your normal meal times with time in prayer. However, you could, for example, decide to do a one-hour prayer walk each lunch time to pray through the items on the prayer guide.

Making these commitments ahead of time, writing them down and even sharing with someone you trust will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

3. Prepare Spiritually

Pray about your upcoming time of fasting. Ask God to give you an expectant heart and show you any areas of your life that need to be aligned to His will.

Pray for spiritual protection over yourself and your family as you fast. The enemy will often intensify the natural battle between body and spirit (Galatians 5:16-17).

4. Prepare Physically

Don't binge eat before the fast begins! Cut down on caffeine, high fat and sugary foods several days before the fast. Raw fruits and veggies are a great way to condition your body for the fast!

The Importance of Water:

While fasting, drink a lot of room-temperature water.

The average temperature in your body is 56 degrees - cold water could easily shock your system leading you to end up with gastric cramps. Even for juice — don't drink iced drinks, especially after the 3rd day of your fast. Hot drinks can also help.



Try and drink at least 8 glasses (2l) of room-temperature water a day; this will help your system clean itself up. For juices, stick to non-acidic juices such as apple, papaya, sugarcane, watermelon, grapefruit, or coconut. Herbal tea without caffeine with a little honey also works. Remember, whenever gastric juices cause you irritation and acidity - drink water.

TIPS WHEN FASTING

1. Drink lots of water. (at least 2L daily at room temperature)
2. Spend your freed-up meal times in prayer and reading God's word
3. Go to work – you'll be even more productive! Exercise regularly. (Though modest)
4. Look nice, dress up, clean up. Don't go around announcing to everyone! If anyone asks, why aren't you eating? Then say; oh, I am not eating today; That's it! Don't get into any arguments about it.
5. When breaking your fast, do it gradually, begin by drinking fluids or very light meals as your body adjusts. Never break a long fast with solid protein, could cause you harm!
6. Have an accountability partner or a prayer partner; After all the Bible says, two are better than one! (Ecclesiastes 4:9)
7. Expect Transformation- Long for and expect change as you fast. Seek to draw closer to God and learn His will.

There's more of the Spirit and more of God than any of us are experiencing. I want to go there, not just intellectually, but in life, with everything I am (Francis Chan..) Can this be our prayer too? As an individual? As a Church?

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All Scripture references are in the New International Version (NIV)

JOURNEY TO THE CROSS: WALKING WITH OUR LORD AND SAVIOUR JESUS CHRIST

From the anointing with precious perfume to the empty tomb, this “Journey to the Cross” invites us to walk with our Lord and Saviour, JESUS CHRIST, through His final earthly days. He welcomes us to this journey, as highlighted in 2nd Corinthians 5:21: *“God made him who had no sin to be sin for us, so that in him we might become the righteousness of God”*. In Matthew’s account of the alabaster jar, Luke’s portrayal of Gethsemane’s prayers, and John’s narrative of the feet washing, we witness JESUS CHRIST’s sacrificial love unfolding toward Calvary, for our sake, for our redemption - for you, for us!

In this journey, the Last Supper and washing of feet reveal JESUS CHRIST as both Master and Servant, establishing a new covenant through broken bread and poured wine - HIS body and HIS blood. In Gethsemane’s garden, His anguished prayers demonstrate perfect submission to the Father’s will despite knowing the cost. The Cross of Christ stands as the ultimate expression of love—where our Savior bore our sins and pronounced for our sake, *“It is finished.”*

What began in sorrow culminates in triumph as the stone rolls away on Easter morning. This resurrection reality transforms everything: our past is redeemed, our present has purpose, and our future is secure in Jesus. As we journey through April 14th -18th, 2025, we’re invited to reflect deeply on these moments, preparing our hearts to celebrate the victory that changed eternity, looking to JESUS - because in Him we are welcomed to the fullness of GOD.

JOURNEY TO THE CROSS

**Ebenezer: Thus Far the Lord has helped us |
30 Years of God's Faithfulness | Engage**

"Then Samuel took a stone and set it up... He named it Ebenezer, saying, 'Thus far the Lord has helped us.'" 1 Samuel 7:12 (NIV)

"Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross." Hebrews 12:2 (NIV)

DAY 1

HOPE IN CHRIST

Jesus Christ our living Hope as we celebrate thirty years of Faithful Ebenezer

As Karura Community Chapel church raises its stone of remembrance at 30 years, we begin with the hope that first drew us to Him, and the hope that has kept us through every season since. This is not our faithfulness on display. It is His. "Thus far the Lord has helped us", and the cross is the ultimate proof.

Zechariah 9:12 (NIV) "Return to your fortress, you prisoners of hope; even now I announce that I will restore twice as much to you."

The Entry into Jerusalem (Matthew 21:1–11; Mark 11:1–11; Luke 19:28–44; John 12:12–19): As Jesus rode into Jerusalem on a donkey, fulfilling a prophecy, the crowd cried "Hosanna!" which means save us now. They were prisoners of hope, desperate for a King. But Jesus entered not with a sword, but with a purpose that would surpass every expectation. He was heading to the cross to secure a hope that no earthly kingdom could offer. Luke records that as He drew near and saw the city, He wept over it, not because He had lost hope, but because He was hope itself, and so many were yet to receive Him. For 30 years, this church has ridden on the back of that same hope. Every door that opened, every life that was changed, every prayer that was answered was Christ riding in, faithful, purposeful, unstoppable.

Additional Scriptures

1 Corinthians 13:13 (NIV): “And now these three remain: faith, hope and love. But the greatest of these is love.”

Jeremiah 29:11 (NIV): “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”

Psalms 42:5 (NIV): “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

Isaiah 40:31 (NIV): “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Reflection

We begin this year’s journey to the Cross as Karura Community Chapel, not merely looking forward to the cross, we also look back where God has brought us from as a fellowship. For thirty years, this church has been held by a hope it did not manufacture. Every breakthrough, every restored marriage, every Kisima champion, every Tumaini or Dorcas impacted member, every soul who walked through those doors searching and left found; these are Ebenezer stones. They are declarations that “thus far the Lord has helped us.” And the greatest Ebenezer of all is Calvary itself: the moment God staked His own Son in the ground as a stone of help, a marker that says to every generation, I have not forgotten you. I am with you. I will bring you through.

Zechariah’s word is staggering: God promises to restore double to those who remain prisoners of hope. The cross looked like defeat. The tomb looked like an ending. But God’s arithmetic is always redemptive. As we mark 30 years, we do

not simply celebrate what has been, we lean forward in expectation of what is to come. The same Jesus who wept over Jerusalem, who rode in as a King of peace, is the same Jesus who is building His Church, and the gates of hell shall not prevail against it. We return to our hope Jesus Christ as we start our journey to the cross. We fix our hope in Him by the help of the Holy Spirit.

Engage action point: *As you reflect on 30 years of God's faithfulness, identify one specific Ebenezer; one moment when God came through for you or this church, and share it with someone today.*

Prayer Points

1. Raise your Ebenezer: thank God for 30 years of His faithfulness to this church, for every leader, every member (past or current), every moment of breakthrough that was entirely His doing, not ours.
2. Thank God the Father for the living hope secured through Jesus Christ, a hope announced in the triumphal entry and sealed at the cross, that does not, cannot, and will not disappoint.
3. Surrender every area of personal and corporate life where hope has grown dim. Ask the Holy Spirit to breathe renewed expectation into those places by the same power that raised Christ from the dead.
4. Pray for souls in your sphere of influence who are living without hope, that the testimony of 30 years of God's faithfulness through this church would be the bridge that leads them to the Savior.
5. Declare the promises of Jeremiah 29:11 over this church's next season, that the same God who had plans for the last 30 years has abundant plans for the next chapter.

6. Ask God to renew the strength of those who are weary in well-doing, every leader, servant who has poured themselves out , that they would soar again on eagles' wings.
7. Let us worship Jesus as our Hope and Fortress: proclaim that He rode toward the cross with purpose, and He has been faithful for 30 years, our future is utterly secure in His hands.

DAY 2

GOD IN OUR MIDST

Immanuel in every season: The Mighty Warrior who never left

Among all the Ebenezer stones we can raise as Karura Community Chapel at 30 years, it is foundational to remember and note: God was always in our midst. Through leadership transitions, through challenges, through seasons of growth and seasons of pruning, the Mighty Warrior did not absent Himself. “Thus far the Lord has helped us” because He was always here, with the founders of the Church, the past and present leaders.

Zephaniah 3:17 (NIV) “The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”

The upper room and Gethsemane moments: (John 13–17; Matthew 26:36–46; Mark 14:32–42; Luke 22:39–46): *On the night before the cross, Jesus gathered His disciples in the Upper Room, and then, knowing all that was about to unfold, He did not run. He washed their feet. He broke bread. He prayed the most intimate prayer ever recorded: “Father, I want those you have given me to be with me where I am” (John 17:24). His desire was not distance, it was nearness. Then He went to Gethsemane, and while His disciples slept, He pressed His face to the ground and prayed. Luke tells us an angel came from heaven to strengthen Him (Luke 22:43). Even in His most human moment of anguish, the Father sent presence and strength. This is the God who has been in your midst for 30 years, the God who draws near, not away, in the darkest of times.*

Additional Scriptures

Matthew 28:20b (NIV): *“And surely I am with you always, to the very end of the age.”*

John 14:18 (NIV): *“I will not leave you as orphans; I will come to you.”*

John 17:24 (NIV): *“Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.”*

Matthew 1:23 (NIV): *“The virgin will conceive and give birth to a son, and they will call him Immanuel, which means ‘God with us.’”*

Reflection

There are seasons in the life of every church, nation, and every believer that feel like Gethsemane: heavy, disorienting, even abandoned. But the story of Jesus in the garden reveals something profound about God’s nature. He did not leave His Son alone in the darkness. An angel was sent. Strength was given. And in that same garden, Jesus knowing the cost fully said “not my will, but yours.” That surrender was not weakness; it was a powerful act of trust in God, His Father. And it is what allowed the Mighty Warrior to march toward the cross with unwavering resolve.

For 30 years, God has shown up in the midnight hours, strengthening what was trembling, sustaining what was strained, guiding, encouraging and leading. The same God who rejoices over His people with singing is the same God who intercedes for them through the darkest night. Today, we raise an Ebenezer of His presence, the undeniable, season-spanning faithfulness of Immanuel at 30 as a fellowship, God with us. He has never left. He will never leave. And His song over this church has not ended, it is only growing louder by God’s grace and mercies over us.

Engage action point: *Identify one moment in the last 30 years, or in your own walk, or your family, or CLG, or in your sphere of influence, when God's presence in a dark season was undeniable. Write it down. Share it with your family or CLG as your personal Ebenezer moment this week.*

Prayer Points

1. Raise an Ebenezer of His presence: thank God for every moment in this church's 30-year history when He showed up as Immanuel, visibly, undeniably, personally present in your midst.
2. Praise God for the grace in the upper room, that Almighty God chose not only to dwell among us in flesh but to pray for us by name before the foundation of the world.
3. Ask the Holy Spirit to make the reality of God's presence tangible in the daily life of each member, in the ordinary, the mundane, and the difficult moments of the next season.
4. Pray for those experiencing deep loneliness and abandonment in our congregation and community, that the God who sings over them would make His nearness unmistakably real.
5. Intercede for your household: declare that the Lord your God is a Mighty Warrior in your midst, and ask for His salvation, protection, and peace over every member by name.
6. Thank Jesus for His High Priestly prayer in John 17, that on the eve of the cross, He prayed specifically for unity, protection, and sanctification for all who would believe. Receive that prayer as yours.
7. Pray and bring every anxiety about Karura Community Chapel's future, your own future, and the world's uncertainty, and lay it at the feet of Jesus Christ, the Mighty Warrior who has been with us for 30 years as a Church and promises to be with you always.

DAY 3

HEAR WHAT THE SPIRIT SAYS

Thirty years of God's faithfulness is not just a reason to celebrate, it is a summons to greater wakefulness and engagement. The stone of Ebenezer was not set up so Israel could rest in past victories; it was set up to ignite faith for battles still ahead. To Engage! The Spirit's word to the church at Sardis cuts through every Church including ours and calls us to engage: "You have a reputation for being alive, but you are dead. Wake up." Engage.

Revelation 3:2, 6 (NIV): To the Church in Sardis "Wake up! Strengthen what remains and is about to die, for I have found your deeds unfinished in the sight of my God... He who has an ear, let him hear what the Spirit says to the churches."

The Trial, Denial, and the Sleeping Disciples (Matthew 26:47–75; Mark 14:43–72; Luke 22:47–62; John 18:1–27): *On the night of the arrest, the disciples who had pledged everything scattered. Peter, the rock, warmed himself at the enemy's fire and denied Jesus three times before the rooster crowed. The disciples who had slept in Gethsemane when Jesus asked them to watch and pray were now witnessing the cost of their spiritual passivity. Three hours of prayerlessness had not prepared them for the moment of testing. Luke records that when the rooster crowed and Jesus turned and looked straight at Peter, Peter went out and wept bitterly (Luke 22:61–62). That look was not one of condemnation, it was the look of a Shepherd who had warned, who still loved, and who would restore. But the lesson was written in tears: the Church cannot afford to sleep. We in Karura Community Chapel can not afford to sleep, men, women, children, in our families, CLGs, and all Spheres of influence. We must engage.*

For 30 years, the Spirit has been speaking. Some of what He has said has been obeyed with faithfulness. Some of His invitations remain unfinished. On this midpoint of our journey to the cross, we pause for honest, individual and corporate self-examination. Not to condemn, Jesus' look at Peter was not condemnation, but to wake up. To engage. To strengthen what remains.

Additional Scriptures

Revelation 3:4 (NIV): *“But you have a few people in Sardis who have not soiled their clothes. They will walk with me, dressed in white, for they are worthy.”*

Matthew 26:39 (NIV): *“Going a little farther, he fell with his face to the ground and prayed, ‘My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.’”*

Mark 14:37b–38 (NIV): *“Could you not keep watch for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”*

John 16:33 (NIV): *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*

Reflection

The word “Engage” is not just a 2026 theme for Karura Community Chapel, it is also a theological, prophetic and apostolic imperative rooted in the character of a God who has always been fully engaged with His people since the beginning. The cross was the ultimate act of engagement: God did not observe our suffering from a distance. He entered it. He endured it. He overcame it. And He now calls a Church that has been rescued by that engagement to live, fully present, fully awake, fully committed to the mission He placed in its hands as our vision reminds us to become Christlike as we engage the world.

The church at Sardis had a name. It had a history. It had a reputation. But the Holy Spirit looked past the reputation and saw deeds that were unfinished. As we mark three decades of God's faithfulness, we must ask honestly: what has He asked of us that remains undone, in our personal lives, in our families, in our CLGs? What assignments, in prayer, in community, in evangelism, in justice, have we left incomplete? The stone of Ebenezer is not a retirement monument. It is a launching pad. "Thus far the Lord has helped us" means there is further still to go, and He will help us there too. Wake up. Strengthen what remains. Engage.

Engage action point: *Identify one area of personal or corporate spiritual life that needs re-engagement this year. Write it down as a commitment before God. Share it with an accountability partner this week, pray over it and commit to Engage.*

Prayer Points

1. Ask the Holy Spirit to search your heart and the heart of this congregation, revealing every area of spiritual sleepiness, unfinished obedience, or ministry that has faded from its first love.
2. As a church community, repent corporately for any assignment God gave in these 30 years that remains unfinished, and ask for fresh grace, courage, and strategy to complete it for His glory.
3. Intercede for the global Church: pray that congregations with great history but diminishing fire would hear the Spirit's call to wake up and be re-ignited by the presence of God and remembering the cross of Jesus Christ.
4. Pray for Karura Community Chapel's mission, for its next decades of ministry, for clarity on what the Spirit is saying now, and for boldness to respond to those words with full engagement.

5. Ask God to deepen your personal relationship and personal prayer life: that Gethsemane-quality intercession, “not my will, but yours” , would define our posture in the next season.
6. Thank Jesus that when He looked at Peter in his worst moment, it was a look of love, and received that same gaze over every place in your life where you have been spiritually passive or afraid.
7. Pray that you as a church, and we corporately as a church will walk in white by God’s grace, engaged, unsoiled, fully awake, and ask the Holy Spirit to equip every member to be the answer to what He is calling the body of Christ to do.

DAY 4

THE GOOD ETERNAL SHEPHERD

Of all the Ebenezer stones that can be raised at 30 years, one of the most personal is this: He never stopped leading you and us as the body of Christ. Through every transition, every valley, every moment when the road was unclear, Jesus Christ our Good Shepherd was in front. "Thus far the Lord has helped us" is Psalm 23:6 spoken in real time: goodness and mercy have followed this church all the days of its life. The Holy Spirit has been with you, in you, with your family, CLG, in the market place, in the nation, and in the body of Christ.

Psalm 23:6 (NIV) *"Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."*

The Cross and the cry of Forsakenness (Matthew 27:27–56; Mark 15:16–41; Luke 23:26–49; John 19:16–30): *Psalm 22, which Jesus quotes from the cross, "My God, my God, why have you forsaken me?", was on His lips as He hung between heaven and earth. It is the cry of the Good Shepherd becoming the Lamb, walking through the darkest valley not beside His sheep but instead of them. The great substitution, where His relationship with Abba, became God and God's lamb for a moment. Luke records that one of the criminals crucified alongside Him called out in desperation, and Jesus responded: "Today you will be with me in paradise" (Luke 23:43). Even on the cross, He was shepherding. Even in His "dying", He was seeking and saving the lost. Mark notes that when He breathed His last, the centurion, a Gentile soldier, not one of the inner circle, declared, "Surely this man was the Son of God!" (Mark 15:39). The Shepherd's death was not a defeat. It was a declaration. It was the moment God's goodness and mercy became available to all. Yes, available to you, and I. Available to us, to Karura Community Chapel and the body of Christ!*

Additional Scriptures

John 10:11 (NIV): “I am the good shepherd. The good shepherd lays down his life for the sheep.”

Psalms 23:4 (NIV): “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

John 21:17b (NIV): “Simon son of John, do you love me?... Feed my sheep.”

Isaiah 53:7 (NIV): “He was led like a sheep to the slaughter, and as a lamb before its shearer is silent, so he did not open his mouth.”

Reflection

The cross is the ultimate act of shepherding. Jesus did not stay safely behind the fold while His sheep faced the wolf. He stepped in front of the wolf; death, sin, and condemnation; and absorbed its full force so that not one of His sheep would perish. Every prayer this church has prayed, every soul won, every season survived, every mountain climbed in 30 years, every valley, all of it rests on the foundation of a Shepherd who gave everything and was in everything.

But the story does not end at Golgotha (Place of the skull). John 21 gives us a sobering and beautiful follow through: the resurrected Jesus Christ on a beach, cooking fish, restoring a broken Peter with three questions of love. The Shepherd who died came back to feed His sheep, to recommission His servants, and to prove that His goodness and mercy are not defeated by our failures. “Feed my sheep”, this is the commission that has also carried Karura Community Chapel for 30 years and still carries it. The Kingdom of the God is your destination where Christ Jesus is the Kings of Kings and Lords of Lords (Revelations 19:16). The Good Shepherd has not changed direction. He is still leading us and we are following our Shepherd by grace as we become Christ-like daily and engaging the world, and into eternity beyond this age.

Engage action point: *Ask God to show you one person He has placed in your life who needs to encounter the Good Shepherd. Commit to reaching out to them intentionally this week, not with a programme, not with a complicated approach, but with the personal love of a shepherd who knows every sheep by name. A simple word or message of love.*

Prayer Points

1. Thank Jesus for being the Good Shepherd who laid down His life willingly at Calvary, for you, your family, every member of this church, for the nations represented in our midst, for every soul this church has ever reached, for you personally.
2. Raise an Ebenezer of His leadership: thank God for 30 years of God's presence, direction, provision, protection, God's favour, His reverence in our hearts and for the paths He chose, including the ones that went through valleys, because they all led somewhere good.
3. Pray for every lost sheep in the spheres of influence of this congregation, family members, neighbours, colleagues, in our communities, in the nation and across the world that the Good Shepherd would pursue them relentlessly and bring them home.
4. Intercede for those in this congregation walking through their own darkest valley right now: name them before God. Ask the Shepherd to make His rod and staff, His comfort and His correction, unmistakably real.
5. As Jesus restored Peter on the beach, ask God to bring complete restoration wherever failure or shame has caused any member to feel disqualified from ministry, from community, or from His love.

6. Pray for the shepherds of this flock, Bishop, Senior pastor, Executive pastor, pastors, elders, deacons, ministry leaders, CLG leaders, youth leaders, kisima champions,volunteers, and the entire membership and congregation, that they would lead from the overflow of their personal intimacy with the Chief Shepherd, especially in the next chapter of growth.
7. Pray over your life, your family, your household, the market place, the nation, and the church that because of the cross, goodness and mercy will follow every remaining day, and the house of the Lord is where we are headed, together as a body of Christ.

DAY 5

GLORY TO GOD

It is Finished: Free to Engage the Next phase by the power of the Holy Spirit for His Glory

Thirty years of Ebenezer arrives at its culmination here, at the cross, at the empty tomb, and at the open commission. “Thus far the Lord has helped us” is not the final line. It is the foundation for the next line. Galatians 5:1 is the church’s forward declaration: we are free, free to engage the world, free to advance the mission, free to live fully for the glory of the God who has been faithful for three decades and will be faithful for three decades more.

Galatians 5:1 (NIV) “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

The Resurrection and the Commission (Matthew 28:1–20; Mark 16:1–20; Luke 24:1–53; John 20–21): All Gospels converge in triumphant agreement: the tomb is empty. Matthew records an angel who rolled back the stone and declared, “He is not here; he has risen, just as he said” (Matthew 28:6). Luke describes two disciples on the road to Emmaus who asked why didn’t their hearts burn as the risen Jesus walked and talked with them and opened the Scriptures. John gives us the intimate resurrection morning; Mary at the tomb, weeping, until the risen Shepherd speaks her name and she recognises Him. And from all witnesses, the same commission rings out: Go. Make disciples. Preach the gospel. Be witnesses to the ends of the earth. The cross did not conclude the story, it commissioned the Church. “It is finished” did not mean the work of the Church was done; it meant the work of redemption was complete and the Church was now free and fully equipped to engage the world with it. You are fully equipped to engage. Yes you!

Thirty years ago, this church received that commission. Today, we re-receive it, not as a burden, but as the glorious privilege of free people who have been transformed by the One who is alive, Jesus Christ, by the power and counsel of the Holy Spirit and with the love of the Father and our God.

Additional Scriptures

John 19:30 (NIV): “When he had received the drink, Jesus said, ‘It is finished.’ With that, he bowed his head and gave up his spirit.”

John 17:1 (NIV): “Father, the hour has come. Glorify your Son, that your Son may glorify you.”

Matthew 27:51–52a (NIV): “The curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split and the tombs broke open.”

Philippians 2:9 –11 (NIV): “Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow... and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.”

Matthew 28:19–20 (NIV): “Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Reflection

Tetelestai. It is finished and to make the ultimate restitution. In the ancient world, this word was stamped on paid invoices, the debt is cancelled, the account is settled, nothing more is owed. When Jesus cried it from the cross, He was declaring the complete and total settlement of humanity’s debt to God. The curtain tore. The barrier fell. The access was opened, not to a select few, but to all.

And then, three days later, the stone rolled away. Not to let Jesus out, but to let us look in and see that death could not hold the author of Life. The resurrection is God's loud ratification of everything Jesus said and did. And in the light of the empty tomb, a 30-year-old Karura Community Chapel is not a church that has arrived. It is a church that is commissioned. Free people do not sit still, they engage, they engage for God's glory. They carry the DNA of the One who conquered death into every room, every neighbourhood, every nation they inhabit. "Thus far the Lord has helped us", and He will still help us. We remember beyond the cross to the glorified Messiah, Our Lord and King. To God be all the glory and honour.

Engage action point: *As a personal and corporate act of commitment, write down one specific way you will engage, more deeply in prayer, in service, in discipleship, in this next season. Lay it before the cross as your offering and your Ebenezer stone for the years ahead.*

Prayer Points

1. Worship Jesus at the cross and the empty tomb: thank Him that "It is finished" means the debt is paid, the curtain is torn, the grave is empty, and you are completely and irrevocably free.
2. Raise your 30-year Ebenezer before God: declare together, "Thus far the Lord has helped us", and let that testimony become the fuel for the next season of mission, faith, and obedience.
3. Ask the Holy Spirit to reveal anywhere this church or individual members have returned to a yoke of slavery, performance, fear, division, or spiritual complacency, and receive the grace of Christ afresh, His mercies are new every morning.
4. Thank God for the torn curtain: pray that you as a church, and we corporately as

Karura Community Chapel would live and lead with bold access to the Father, approaching His throne of grace with confidence because of the blood of Jesus alone and led by the Holy Spirit's counsel.

5. Intercede for those still in bondage in your community and nation: pray that the message of the cross, its complete sufficiency, its undefeatable power, its offer of total freedom, would reach every corner of the communities this church is called to serve.
6. Receive the Great Commission as your corporate mandate for the next chapter: pray for missional clarity, Spirit-filled boldness, and strategic engagement, that this church would make disciples who make disciples, to the glory of God.
7. Pray in gratitude for your life, your family, the church, the nation, 30 year Karura Community Chapel journey, the body of Christ, and this 5 day journey to the cross by standing together in faith: We proclaim Jesus Christ was Crucified, is Risen, Exalted, and Returning. We go forward with expectant hope, fully engaged, for His glory and His glory alone. Thus far the Lord has helped us. Thus far, and further still. Amen.

“For no one can lay any foundation other than the one already laid, which is Jesus Christ.”

1 Corinthians 3:11

“Thus far the Lord has helped us.” 1 Samuel 7:12

To God be all the glory, for 30 years for Karura Community Chapel, and for all that is yet to come for all.

HAPPY EASTER!

Please note that we will partake in the Lord's table during the corporate prayer meeting in the evening.

all
glory
to
god

