

Good Friday Fast, April 10

Fasting is doing without something, usually food, for a determined amount of time in order to seek God in prayer.

BEFORE THE FAST

- **Read the following Scriptures:** Deuteronomy 8:2–3; Isaiah 58:2–12; Nehemiah 1:4–6; Matthew 6:16–18; Matthew 9:15; Luke 2:36–38; Acts 13:2–3; and Acts 14:23.
- **Decide whether you will keep the fast or not.**
- **Plan what you will give up, and when, where, and what you will pray.** Generally, a fast lasts from sunrise to sundown. Many people choose to forgo breakfast and lunch, taking only water throughout the day. Seek God's wisdom in what you choose to give up and for how long.
- **Choose relevant Scriptures** to pray back to God to help you continue in prayer if you should run out of words.
- **Ask the Lord to prepare you** physically and spiritually for the fast.

DURING THE FAST

- Keep your physical appearance neat and clean. Be joyful rather than irritable.
- Stay focused on why you are fasting so that you will remain faithful to see it through. Fasting is difficult, and its benefits are not always seen in the moment.
- Remember grace. Fight discouragement if you fail and pride if you endure.
- Seek God Himself in fasting and not anything you might get from Him.



15 Days of Prayer

March 29 – April 12, 2020

"These I will bring to my holy mountain,
and make them joyful in my house of prayer;
their burnt offerings and their sacrifices
will be accepted on my altar;
for my house shall be called
a house of prayer for all peoples."

Isaiah 56:7

WHY THIS GUIDE?

As we enter into the season of Jesus' Resurrection still facing a world in crisis, let's set aside the next fifteen days to join our hearts in focused prayer.

We have access to God in prayer because Christ has become our high priest through His incarnation, death for our sin on the cross, and resurrection. Because of Him, we are invited into intimate communion with our Creator.

We also have a God-given mission: We glorify God by multiplying God-centered, big-hearted, hope-filled disciples of Jesus Christ.

Our mission together can't be accomplished in our own strength. "Unless the Lord builds the house, those who build it labor in vain," says Psalm 127:1. Yet, our God "is able to do far more abundantly than all that we ask or think, according to the power at work within us" (Ephesians 3:20).

Therefore, let us pray.

May God use this guide to strengthen your faith in this time of global crisis, unite us all the more as a church family, prepare our hearts for the days ahead, and ignite us to make the best use of this unique time we've been given.

-Pastor Adam

WAYS TO PRAY

1. *Your personal devotional time.* Use this prayer guide to shape your daily prayers for our church.
2. *Good Friday Fast.* You are invited to set aside Friday, April 10, for a day of fasting and prayer (see "Good Friday Fast" on back cover).
3. *Community Groups.* Our prayer times during the week of 3/30 will be devoted to this prayer emphasis.

WHAT TO PRAY

- 3/29** That God would heal those who are sick with COVID-19 and comfort their families
- 3/30** That God would increase our faith and trust in Jesus Christ, our refuge and strength
- 3/31** For the elderly and those with pre-existing medical conditions who are at risk with COVID-19
- 4/1** For those who have lost their jobs, that God would provide for their financial needs
- 4/2** That all God's children would find rest in Him in the midst of suffering or isolation
- 4/3** That God would provide for our individual and corporate needs, both physical and spiritual, in the year ahead
- 4/4** For endurance, patience, and health for all those who work in the medical field
- 4/5** That God would give us eyes to see others as He sees them and hearts to love them as He has loved us
- 4/6** For wisdom, integrity, and courage for our leaders at the national, state, and local levels
- 4/7** For families with children at home and out of school, for godly grace, mercy and patience
- 4/8** That together as a church, we would powerfully display the love of Christ to each other and to people outside the church
- 4/9** That we would be bold in telling the gospel and communicating our hope in Jesus as we face this pandemic
- 4/10 - FAST** That we would fear God more than anything, and give greater praise to God for the atoning death of Christ
- 4/11** For emotional health and physical healing for those in the hospital who are not allowed visitors
- 4/12** Praise God that victory over death is ours through our resurrected Lord, Jesus Christ