

Good Friday Prayer & Fasting Guide

This Good Friday, we invite you to join us for a **24-hour fast** as a way to slow down and focus our hearts on the suffering and sacrifice of Jesus. Our prayer is that during this time you will **come and see the cross more clearly, experience Christ's love more deeply, and prepare your heart for the hope of Easter.**

What is fasting?

Fasting is a biblical practice, the voluntary denial of something— often food – in order to turn our attention to God. When we fast (especially from food), our hunger pangs become a reminder to intentionally pause, pray, and redirect our attention onto Jesus.

Why Fast?

Throughout Scripture, fasting helps people humble themselves, seek God, and prepare their hearts to encounter Him. This is not about earning God's favor or doing it perfectly – it's about drawing near to Him with an open heart. When we take steps toward God, He meets us there.

Scriptures:

Matthew 6:17-18 – “But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Joel 2:12 – “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”

James 4:8 – “Come near to God, and he will come near to you.”

24-hour Fast

- Begin fasting **after breakfast on Friday**
- Break the fast **at breakfast on Saturday**
- Use the provided **C.R.O.S.S reflection guide** (in addition to your hunger) to **come and see Jesus**, reflecting on His suffering, His sacrifice, and drawing near to Him in prayer.

Alternative Options

If you'd like to fast for a different length of time, consider one of these options:

Shorter Option

- **14-Hour Fast:** Begin fasting **after breakfast on Friday** and break the fast **after the Good Friday service.**

Longer Options

- **36-Hour Fast:** Begin fasting **after breakfast on Friday** and break the fast **at dinner on Saturday.**
- **48-Hour Fast:** Begin fasting **after breakfast on Friday** and break the fast **on Easter morning** as we celebrate the resurrection.

If you have medical conditions or other concerns, choose the option that is most appropriate for you.

C.R.O.S.S. – A Reflection Guide for Good Friday Fast

Use this guide to help keep focused on the cross throughout the fast. Each section includes:

- **Scripture** – Read the passages slowly, re-reading as often as needed.
- **Reflection** – Consider the prompts and write your thoughts down in a journal.
- **Prayer** – Use the prompts to guide your prayer time at the end of each section.

Move through these sections during the day, and allow your hunger to remind you to turn your attention back to Jesus. **Come and see what Christ has done!**

C *Consider His Character (Morning)*

- **Scripture:** Philippians 2:3-8; John 13:1-17; 1 Peter 2:21-24
- **Reflect: Come and see** the heart of Christ — the humility, obedience, and love that carried Him all the way to the cross.
 - Where are you holding tightly to control, comfort, or recognition? What might it look like to release that to God today?
 - What pain or wound(s) are you carrying? Jesus didn't hide His pain, He entrusted it to His Father. What would it look like for you to do the same?
 - What would it look like today to have the "same mind as Christ Jesus?"
- **Pray:**
 - **Praise** Jesus for the humility and love He displayed on the way to the cross.
 - **Confess** areas where you have resisted God's will or held onto control.
 - **Ask** God to help you become more like Christ.

R *Reflect on His Suffering & Sacrifice (Lunchtime)*

- **Scripture:** Isaiah 53:3-6; Matthew 26:38-46; Romans 5:6-8; 1 John 3:16
- **Reflect:** Don't turn away from the suffering of the cross. **Come and see** the cost of love.
 - Consider what Jesus endured – physically, emotionally, spiritually. What emotions rise in you as you reflect on this? Gratitude? Grief? Awe? Sit with those feelings.
 - How does the cross shape the way you understand God's love for you **personally**?
 - Is anything making it difficult for you to receive that love right now?
- **Pray:**
 - **Thank** Jesus for the sacrifice He made for you.
 - **Confess** anything that has kept you from receiving His love fully.
 - **Rest** in the truth Jesus declared on the cross, "It is finished." (John 19:30)

O *Own Your Sin & Need for Forgiveness (Mid-afternoon)*

- **Scripture:** Ps. 51:1-4, 10-12; Isaiah 59:1-2; Prov. 28:13; Romans 3:23-24; 1 John 1:8-9
- **Reflect: Come and see** both the seriousness of sin and the depth of God's mercy.
 - What sins, regrets, or burdens have you been carrying?
 - What has made it difficult to bring these honestly before God?
 - Do you truly believe you are forgiven through Christ?

- **Pray:**
 - **Confess** your sins openly to God.
 - **Thank** Jesus that the debt of your sin was nailed to the cross.
 - **Ask** God to help you walk in the freedom of His forgiveness.

S *Surrender Your Heart (Evening)* _____

- **Scripture:** Prov. 3:5-6; Luke 9:23; Romans 12:1-2; Galatians 2:20
- **Reflect: You have come and seen** what Jesus has done — how will you respond?
 - What would it look like for your life to reflect the love Jesus showed on the cross- in your relationships, priorities, and daily choices?
 - Are there areas of your life you have been holding back from God?
 - What “cross” might Jesus be asking you to carry in faithful obedience?
- **Pray:**
 - **Surrender** anything you’ve been holding back.
 - **Ask** God for strength and courage to live a life shaped by the cross.
 - **Declare the truth of Galatians 2:20!**

S *Seek His Presence (Breaking the fast, next morning)* _____

- **Scripture:** Psalm 16:11; Ps. 27:4; Isaiah 55:6; Matt. 11:28-30
- **Reflect:** You have come and seen the cross. Now **come and see** Jesus here in this moment – the risen Savior who invites you to remain with Him.
 - What has God shown you about Himself or yourself during this fast?
 - Has this time created a deeper hunger for God?
 - How can you carry that hunger into your daily life moving forward?
- **Pray:**
 - **Sit** quietly in God’s presence.
 - **Thank Him** for meeting you during this fast.
 - **Ask Him** to deepen your desire to know Christ and live in the power of His sacrifice.