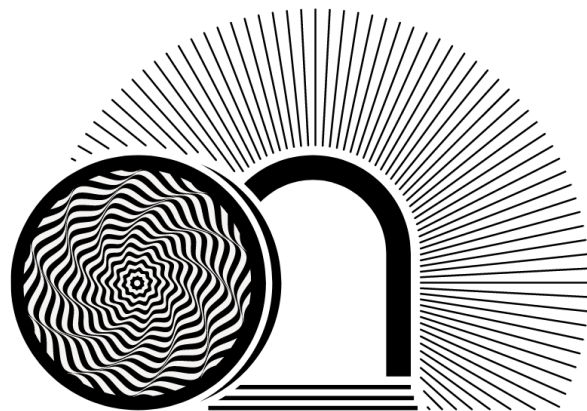


GOOD FRIDAY



FASTING AND PRAYER GUIDE

Saint John Chrysostom said, “As food builds the body, so fasting strengthens the soul; imparting it an easy flight, fasting makes it able to ascend on high, to contemplate lofty things and to put the heavenly higher than the pleasant and pleasurable things of life.”

There is no universal feeling quite like hunger. When you really want something, you hunger for it. Too often, we choose something that will make the feeling go away, rather than finding something that will truly satisfy it. But sometimes, the waiting makes the receiving that much better.

Reflect on something you have hungered for but had to wait to receive it. How did you feel when you finally received it? Take a moment and pray about having that sense of gratitude more often.

When we fast, we intentionally go against our hunger. But like a barking dog, hunger will make itself known. Since we know this is intentional, we can use those pangs as a reminder to pray. In 1 Thessalonians 5:16-18, Paul calls us to “¹⁶Rejoice always, ¹⁷pray without ceasing,¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

How often do you pray? We can tend to think this means trying to carve out hours from an impossibly filled day. However, prayer can be as simple as saying, “God, You are enough,” when you hear your stomach rumble, or saying, “Jesus, watch over my kids,” when you send them off to school.

Identify 5 one-sentence prayers you could say anytime you feel the hunger as you fast today, and pre-plan to commune with God using the sentences in those moments of want. (These could include a prayer of thankfulness, a prayer for yourself, for your family, for your neighbor, for the world, or for that one thing you can’t tell anyone else.)

We wait in hope to celebrate the resurrection with you on Sunday, March 31, at 8:30 am, 10:00 am, or 11:30 am.

We hope you’ll also join us for our Good Friday service at 6:00 pm on March 29, and for the meal immediately following where we will break the fast together. If you plan to join us for the meal, please RSVP on our website at venturamissionary.com.