

## **Good Friday Devotional**

**April 10, 2009**

Once in awhile it is good to remind ourselves that there is something we need even more than the next morning bun from *La Farine* (as tasty as they are!). We need spiritual bread: Jesus Christ. I'm not a faster by nature. I'm an eater. It took a lot to get me to my first fast, but now I'm hooked.

One of my favorite fasts is the Good Friday fast. I love being encouraged by every hunger pang to reflect on the sacrifice of Christ. I love praying and opening my heart in a special way to what the living Christ is doing in my life. I love sinking my teeth into the first bite of food afterward (helps me think about resurrection!).

Below is an outline for Good Friday devotions. These do not require a fast, but if you'd like to add the fast to your day, please see the "how-to" note below. Either way, we'll see you at 6:30pm at [1319 Solano Ave.](#) (Church on the Corner) for corporate prayer.

### **GOOD FRIDAY DEVOTIONAL PLAN**

#### **Morning: The Roots of Redemption**

1. Pray a short prayer dedicating yourself and this day to Christ. Invite him to lead, guide and speak to you today.
2. Read Hebrews 9
3. How was Christ's sacrifice like the sacrifices offered by the priests? How was it different? What is the goal of the sacrificial system? Who is it intended to benefit?
4. Pray for the people you will see today.

#### **Lunch: The Promise of Redemption**

1. Pray a short prayer asking God to speak through his word.
2. Read Isaiah 52:13-53:12. Underline or note any verses that stand out to you.
3. Reflect on why your noted verses are significant.
4. Pray for several people you know who have need.

#### **Evening: The Fulfillment of Redemption**

1. Mark 15
2. Join us for prayer

Notes on fasting. I'll be doing a fast from solid foods that begins when I wake up and ends after our prayer meeting on Friday night. In place of breakfast and lunch I'll read scripture and pray (using the above devotional). If you choose to fast, make sure to drink lots of liquids. Keep your head up, don't complain (Matthew 6:16-18), replace each hunger pang with a prayer and pay attention to Christ's movement and/or promptings.