



Good Friday Devotional 2016

March 25, 2016

In the Bay Area, fasting is rarely talked about or pursued. Consequently, it is convicting to know that Jesus was a fan of fasting: before starting his ministry Jesus fasted for forty days (Matthew 4:2); Jesus devoted a section of the Sermon on the Mount to talk about the heart behind fasting (Matthew 6:16-18); Jesus also said that Christians will be fasting (Matthew 9:15). Fasting is an action of giving up what is permissible, such as food, for a period of time to depend and focus more on God. We humble ourselves and believe that Jesus, the living water and bread of life, is our true source of fulfillment. Please join me in fasting, if you are able and willing, this Good Friday!

Morning

1. Establish your objective: Why are you fasting? Is it for a spiritual revival, healing, for guidance, or greater knowledge of God? This will help you stay focused and motivated during your fast. Ask the Holy Spirit for more clarity regarding why.
2. Pray and ask Jesus to help you experience him in a deeper way.
3. Read John 17 out loud and remember that he was thinking of you and the church.
4. When you feel the desire to break your fast, recite John 6:35 and pray for strength.

Noon

1. Pray that Jesus' presence be more salient.
2. Read Matthew 27:45-56. Write down and highlight anything that comes to your mind.
3. Repent of the times when you felt and believed you were "forsaken" by God.
4. Make a list of things you received from Jesus: justification, divine adoption, etc.

Evening

1. Read Luke 22.
2. Join us for prayer from 6:30-8:30pm at Thousand Oaks Baptist Church, 1821 Catalina Ave, Berkeley.