

A Guide for a Day of Prayer & Fasting on Good Friday

On a day of fasting, it is important to spend time in the Word of God and in Prayer. Since this is Good Friday, I recommend the following approach.

First, determine what you are going to fast and commit this to the Lord. Some people fast food, others a specific meal, others music, etc. The idea is here is to say “NO” to something that our flesh depends on in order to depend on the Holy Spirit and draw near to God.

Second, Use the Good Friday Liturgy as your guide for the day. It begins on pages 565-577 of the Book of Common Prayer or can be accessed from the ACNA website.

Third, between the Bible readings in the Liturgy, allow plenty of time for silence, reflection, and listening. Write down what you hear.

Fourth, in praying the Solemn Collects during the liturgy, use the “silence” placed before each collect to add your own petitions as well as listening. In the collect regarding evil, pestilence, and famine, pray specifically for the eradication of the Covid-19 virus, for those who are sick to be healed, and for those on the front line fighting this battler for us: nurses, doctors, dispatchers, ambulance drivers, etc.

Fifth, use any of the anthems on pages 571-574 or other appropriate psalms, hymns, and songs.

Lord Jesus Christ, Son of the Living God, we pray you to set your passion, Cross, and death between your judgment and our souls, now and in the hour our death. Give mercy and grace to the living; peace and rest to the dead; to your holy Church unity and concord; and to us sinners everlasting life and glory; for with the Father and the Holy Spirit you live and reign, one God, now and forever. Amen BCP2019, p.577