



We invite you to join in a day of fasting and prayer. This guide will focus on Jesus' last words and hours on the cross. There is a reading and reflection for each hour from 9am-3pm as we remember the six hours Jesus spent on the cross. You may pray the entire six hours, or pray at the top of each hour, or at some point during the six hours. Please join as you are able and in the way that works best for you.

Find a quiet space and begin with a time of silence. Ask the Holy Spirit to lead you as you pray. Take time to listen and interact with God. Trust that God wants to meet with you and share his heart with you as you share your heart with him.

### **9am Reading: Luke 23:32-38**

Two others, who were criminals, were led away to be put to death with him. And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments. And the people stood by, watching, but the rulers scoffed at him, saying, "He saved others; let him save himself, if he is the Christ of God, his Chosen One!" The soldiers also mocked him, coming up and offering him sour wine and saying, "If you are the King of the Jews, save yourself!" There was also an inscription over him, "This is the King of the Jews."

*\*Ask God to reveal any unconfessed sin. Confess, call each sin by name, and repent. Is there anyone from whom you have withheld forgiveness? Ask God to give you the grace to forgive them.*

### **10am Reading: Luke 23:39-43**

One of the criminals who were hanged railed at him, saying, "Are you not the Christ? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed justly, for we are receiving the due reward of our deeds; but this man has done nothing wrong." And he said, "Jesus, remember me when you come into your kingdom." And he said to him, "Truly, I say to you, today you will be with me in paradise."

*\*Praise God today and thank him for so great a salvation, that death has lost its sting and that we may have eternal life with God. Continue by praying for the salvation of family and friends who do not know Christ, for those in our community, our nation, and our world.*

### **11am Reading: John 19:25-27**

but standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, "**Woman, behold, your son!**" Then he said to the disciple, "**Behold, your mother!**" And from that hour the disciple took her to his own home.

*\*Cast all your anxiety on him. Believe that he cares for you in everything you face. Ask God to supply what you need today. Ask God to open your eyes to those who are hurting around you. Pray that God would make us a church family who cares well for one another and for our community.*

### **Noon Reading: Matthew 27:45-46**

Now from the sixth hour[a] there was darkness over all the land until the ninth hour. And about the ninth hour Jesus cried out with a loud voice, saying, "**Eli, Eli, lema sabachthani?**" that is, "**My God, my God, why have you forsaken me?**"

*\*Rejoice in this glorious truth. He was forsaken so that you never have to be. Pray that those who feel forsaken would come to know the acceptance of the One who loves them.*

### **1pm Reading: John 19:28-29**

After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "**I thirst.**" A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth.

*\*Ask God to give you a greater hunger for the Word of God and a deeper commitment to abiding in his Word. Ask God to awaken those who hear the Word of God declared this Good Friday and Easter at All Souls.*

### **2pm Reading: John 19:30 ESV**

When Jesus had received the sour wine, he said, "**It is finished,**" and he bowed his head and gave up his spirit.

*\*Take time in silence to reflect on Christ's death. Thank God for Jesus' finished work. Praise him for the victory won by Jesus' humble submission and obedience unto death.*

### **3pm Reading: Luke 23:44-43 ESV**

Darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "**Father, into your hands I commend my spirit.**" Having said this, he breathed his last.

*\*Pray that God would fill us all with confident assurance as we surrender fully to his purposes and plans. Pray that many would respond in joyful surrender to God and to his gift of eternal life.*

### **FASTING TIPS:**

Fasting is a way to place ourselves in the way of grace by withdrawing our reliance on earthly things so that we can feast on God's presence and power. Our physical hunger brings about a deeper awareness of our spiritual hunger for which only Christ can satisfy.

- \* This fast is a water-only fast (or juice, if needed) for a 24-hour period.
- \* People with medical conditions (e.g. diabetes) or those who are pregnant, should seek the advice of their doctor before fasting. A better fast for them might be to fast from specific foods, television, or media.
- \* Fast with a humble and grateful spirit before the Lord. Pray, worship, and count your blessings when you feel the pangs of hunger.
- \* Pray specifically for a deep hunger for God at All Souls Community Church and in each of our lives that is only satisfied as we learn to delight in His Presence.

**If you are in need of prayer, please let us know.** Our prayer team is available after Sunday Service. You can also email requests and our prayer team will pray for you. We would love to hear how God is at work and how he has met you during this Lenten season.

To share a prayer request or testimony, please email:

[prayer@allsoulscommunity.com](mailto:prayer@allsoulscommunity.com)

