



MEMORIAL TABERNACLE CHURCH

Christian, Bible-based, Mission-driven Church

Guidelines for 24-HOUR GOOD FRIDAY FAST

- **Duration**—ONE DAY ONLY: APRIL 18, 2019 at noon until NOON, APRIL 19, 2019
- **Prayer Hours:** AT 12:00 PM (NOON) UNTIL 1:00 PM, GOOD FRIDAY, APRIL 19 AT MTC

RESURRECTION SUNDAY and HOLY COMMUNION, APRIL 21, 2019:

- Sunday, APRIL 21, 2019, Holy Communion Service 10:30 AM

Theme: **"OVERCOMING, VICTORIOUSLY!"**

Theme Text: Matthew 4:11

Purpose: *Corporate.* To commemorate and be reminded of all Christ did for us so that we might be saved! And To consecrate (literally, to set apart) ourselves to the Lord and to give our attention to the Holy Spirit's voice and direction for the spiritual life, empowering, growth, health, and prosperity of the local church and its ministry through prayer and fasting.

Personal. As I attend to the Holy Spirit's direction and purpose for my life and I am consecrating my life to the Lord so that He may . . . **[insert your personal spiritual goals here]."**

Special note: God has appointed this time of consecration for us to seek Him and call upon Him, to hear Him, and to answer our prayers.

1. **Remember Biblical fasting is not a diet or starvation.** The purpose of fasting is to help bring you into close relationship with God.
2. If for some reason you break your fast, **establish a new beginning time and press on and don't give up.** Victory comes through perseverance.
3. **Have a room in your home for prayer and meditation; inform your family and friends of your prayer times.** Remember to be considerate of your family. Everyone in the house may not be fasting with you.
4. **Be an intercessor.** Pray for someone else. Make a prayer list of people and personal prayer request to focus on each day. Keep it in your Bible, or book you

may be reading. I personally write my list on a 3 x 5 index card to carry around with me.

5. **Use your CELL PHONE AND telephone as little as possible.**
6. **Find a prayer partner.** Make certain he or she shares with you spiritually and will pray with you, someone who will help you stay focus on your prayer goals.
7. **Pray the Psalms.** When you feel you don't know what to pray for or about, pray the Psalms. Read them aloud (not loudly) as you pray and meditate on the Word.
8. **Set spiritual goals.** Remember your purpose is to develop an intimate relationship with God; to be able to hear His voice; to grow close to Him; to receive direction for your life; to receive healing, deliverance, and salvation.

The Menu

1. Drink plenty of water (unsweetened juices are acceptable).
2. Eat fresh vegetables and fruits, cooked or uncooked. Do not cook vegetables in oils made from animal and saturated fats (e.g., bacon grease; preferably unsaturated vegetable oils or olive oil. Steamed are best! No salt! Lemon pepper or lemon juice taste great on vegetables!)
3. Unsalted wheat cracker or unleavened bread is expectable.

The Body

1. If you have any type of medical condition or physical ailments, **CHECK WITH YOUR PHYSICIAN FIRST BEFORE YOU BEGIN THIS FAST.**

The Schedule

1. Fasting will **begin at 12 NOON, THURSDAY, APRIL 18, 2019** UNTIL NOON, APRIL 19, 2019
2. Prayer hour Friday, April 19, 2019: 12:00 PM (noon) UNTIL 1:00 PM

Tools

1. Tools during fasting: (1) Bible, (2) a notebook for journaling and recording scriptures and lessons learned during your journey, (3) if you have a CD player or tape cassette recorder to play your favorite inspiration/gospel music and sermons during times of meditation, (4) find a good book to read, preferably an bio/autobiography, nonfiction, or a Christian fiction, periodicals, journals, and magazines. Note: Write or journal something you've learned from your reading.