

Holy Week 2020 / Prayer and Fasting Resources / Franconia Mennonite Church

Date	Scripture	Prayer focus	Fasting	Practice
Sunday April 5	1 Tim 6:11-16	<i>Adoration.</i> Spend time today adoring God for who he is.	Fast from 1 meal today.	Watch or read the evening news. Spend 10 minutes praying for the world.
Monday April 6	Phil 2:1-11	<i>Confession.</i> Spend time today confessing and repenting of your sins.	Fast from social media today.	Pray the Lord's Prayer at 9am, 12pm, 3pm, 6pm, and 9pm.
Tuesday April 7	Phil 3:1-14	<i>Thanksgiving.</i> Spend time today thanking God for his goodness and grace in your life.	Fast from breakfast today.	Write a list of things you're grateful for. Carry it with you all day, and pull it out when you catch yourself complaining.
Wednesday April 8	Phil 4:4-13	<i>Local church.</i> Spend time today praying for our congregation (Franconia Mennonite).	Fast from complaining or criticizing others today.	Scripture calls us to encourage others. Make a point to say something encouraging to each person you interact with.
Thursday April 9	John 13:1-17	<i>Global church.</i> Spend time today praying for God's church around the world, remembering especially those who are persecuted for their faith.	Fast from lunch today.	Spend 10 minutes in silence remembering Jesus' death.
Friday April 10	Isa 52:13-53:12	<i>Listening.</i> Spend time today simply listening to God in prayer.	Fast from any drinks other than water today.	Watch the virtual Good Friday service tonight (franconiamennonite.org).
Saturday April 11	John 17:1-26	<i>Family.</i> Spend time today praying for your family, that they would experience God's presence in a particularly deep and meaningful way this weekend.	Fast from dinner today.	Send a handwritten note to someone you love and tell them what you love about them.
Sunday Apr 12	1 Pet 1:3-9	<i>Nonbelievers.</i> Spend time praying today for nonbelievers, especially those in your own life who do not yet know Christ.	Celebrate Resurrection Sunday! Watch this video and <i>praise the name of the Lord our God:</i> https://tinyurl.com/y82r6ssk .	Write a prayer to God expressing gratefulness for the new life you have in Christ.