

Friday, March 29, 2024 - Day 39 of Lent

Open in Prayer:

Father, allow me to fast from judging others; while feasting on Christ, dwelling in me. May I fast from the fear of illness, while feasting on the healing power of God. May I fast from words which seek to pollute the area around me, while feasting on speech which purifies. Help me to fast from discontent, while feasting on gratitude. May I fast from anger and feast on patience, fast on pessimism and feast on hope. May I fast from all that is negative while feasting on the encouragement of others and the encouragement You give. During this week, help me to fast from bitterness, while feasting on forgiveness, fast from self-concern as I feast on compassion. Help me to fast from suspicion and feast on truth...to fast from gossip while intentionally feasting on purposeful silence. May I fast from problems which overwhelm me, while feasting on prayer, which can sustain me. Finally, Oh Lord, may I fast from anxiety while feasting on faith. Guide and direct me, as I journey to the cross and the resurrection this week.

-Adapted from "The Fast Life" by Author Unknown.

Today is Good Friday – also known as God’s Friday. We hope you will join us tonight for worship at 7:00 pm as we explore the depths of God’s love for us during our service of shadows – a Tenebrae Experience.

Let’s get into God’s Word today!

Read Psalm 130:1-7 (NIV)

Out of the depths I cry to you, LORD; Lord, hear my voice. Let your ears be attentive to my cry for mercy. If you, LORD, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you. I wait for the LORD, my whole being waits, and in his word, I put my hope. I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption.

Answer the following questions:

1. The Psalms are the song book of the Bible. I can’t help hearing this Psalm in a minor key...kind of eerie or sad. What emotion do you hear shared in this passage today? Where might the Psalmist emotionally as they sing this song?
2. Do you hear the iniquities of the Psalmist being combined with more? What other sin is being added to the sin of the Psalmist?
3. What else does the Psalmist realize as they sit in the pit of despair?

4. With today being God's Friday, the day Jesus went to the cross for the sin of the world, as well as for my sin and yours, what can you learn about the power and need for forgiveness?

5. Have you ever had to identify with the Psalmist as he cries twice – "My Soul Waits..."

6. Can you imagine the waiting the 11 disciples had to do on Friday night so many years ago? When did forgiveness light up the darkness? How long did they wait?

Close in Prayer

Almighty God, you know me better than I know myself. You know my comings and my goings. You know my thoughts, and my dreams. You know when I lay down and when I get up. You know...Search the deepest parts of my heart for anything which might be displeasing to you; please examine my intents and my actions. Expose for me the areas in my life which need work, and then, through the power of your Holy Spirit, give me the strength to make the changes you desire. I long to be closer to You, o God. In Christ's name I pray, AMEN.