

Good Friday Fast

A day-long guide

Fasting is one of the most ancient practices linked to Lent, and continues to this day as a powerful spiritual practice, and as a means for social change. Both Mahatma Gandhi and Nelson Mandela used fasting as a political tool, to show their commitment to their causes. DEVELOPMENT AND PEACE invites you to join the **Good Friday Fast** in order to continue this ancient tradition.

Good Friday is a day that combines prayer, fasting, and almsgiving, to commemorate the death of Jesus Christ on the Cross. It is a day to remind us of Christ's sacrifice and to put the world into perspective.

Offering a spiritual link with those who do not have enough to eat, fasting reminds us to be grateful for the many blessings in our lives that often go unnoticed, and to share these blessings with others. By moving from prayer and reflection to action adds meaning to our observance of Good Friday.

Friday, April 3, 2015

Start your day with a grateful spirit through a prayer of thankfulness to God. If you would like to journal today, write out a list of things that you are grateful for and write out your personal prayer of thanksgiving.

To set a reflective and hopeful tone for the day, you could light a small candle and say a prayer.

Dear Creator,

*Thank You for the smile of the child:
eyes bright, belly full, licking
the last caked crumbs from his spoon.*

*Thank You for the pride of the woman:
arms spread, palms stretched, heavy
with her first year's harvest.*

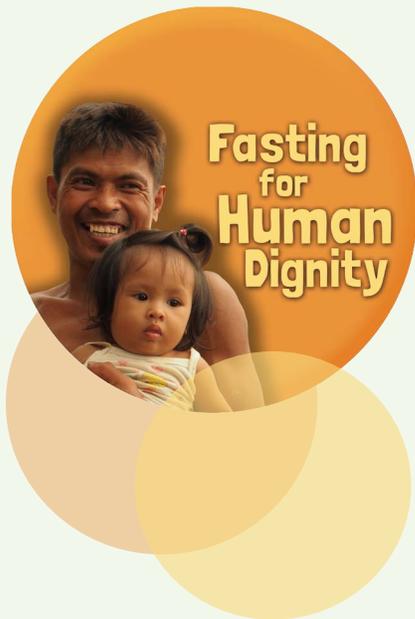
*Thank You for the joy of the man:
coming home to his family's future
with fair payment for his crops.*

*Thank You for the love
of the neighbour:
seeing another's need, sharing
from the little she owns.*

*Thank You for the hope that we share:
determination that all should enjoy
the richness of your harvest.*

Amen.

Written by Amy Fox/CAFOD
From the Share Lent 2014 prayer card




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TO GIVE** 

Morning:

Decide on your intention for your day of fasting. You could fast for peace in the Middle East, for enough food for all in Mali, for human dignity in the Philippines, or for justice in Peru. Read a few stories to inspire you at devp.org/sharelent.

Make a personal donation to DEVELOPMENT AND PEACE that represents the money you did not spend on food today.

Suggested journal entry: write an imaginary letter to one of the people featured on the **Solidarity Cards**, available at devp.org/sharelent. Share your experience today of fasting and reflecting on their situation in life.



Daytime:

Good Friday is a day to express your solidarity and to take action to ensure that all people share in the abundance of God's creation. The prophet Isaiah explains that fasting should go beyond just suppressing our appetites:

"This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own" (Is 58:6-7).

Here are some ideas of activities that you could plan to do on Good Friday to express your solidarity:

- Volunteer at your local food bank or soup kitchen for the homeless.
- Bring some treats to your elders and those who are on their own.
- Help out a single parent by offering to bring a meal to their family or look after their children.
- Commit to buying fair trade and local food products for you and your family.



3 pm:

Attend your parish prayer service and take part in a Way of the Cross if there is one in your area.

Dinner:

Have a light supper of fish and vegetables, to break your fast.

Evening:

Pope Francis challenges us to take action: "In imitation of our Master, we Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it." Take a moment to think about how to confront poverty, both here in Canada, and in the poorest countries around the world.

Suggested journal entry: Write out your dreams for change and how you can be part of that change.



"A future without hunger can become a reality if the only things we are hungry for are sharing, solidarity and justice."

- Cardinal Rodriguez Maradiaga