



PRAY + FAST + GIVE

## GOOD FRIDAY: PRAYING IN THE SILENCE OF THE SPIRIT & PRAYING FOR YOUR ENEMIES

### **Silent in the Spirit**

Try this simple exercise. Be silent for five minutes. Notice what things rush in to fill the silence. Pray about them.

### **Pray for an Enemy**

*"I tell you, love your enemies and pray for those who persecute you."*

*—Matthew 5:44*

Who are your enemies, enemies of the State, enemies of humanity? Who wishes you ill? Who holds a grudge against you? Who you wouldn't get in trouble for it, who would you like to get vengeance on?

If you can pray for them, or for your relationship with them, or for their conversion from enemy to just another human being.