

A Day of Self-Denial & Reflection

Preparing Our Hearts for Resurrection Sunday

And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me...”

— Luke 9:23

How to Use This Guide

This is a voluntary day of intentional self-denial and Christ-centered reflection. Choose one or more forms of fasting (food, comfort, noise, technology, etc.) and use the time created to focus on Jesus.

The goal is clarity, gratitude, and deeper love for Christ.

Part 1: Choose Your Fast

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward

— Matthew 6:16

I will fast from:

- One or more meals
- All food until dinner (water permitted)
- Social media / phone use
- Entertainment (TV, sports, music, etc.)
- Comfort (coffee, sugar, snacks, etc.)
- Other: _____

Why this fast?

Part 2: Morning Reflection (Silence & Surrender)

Read slowly:

- Isaiah 53
- Psalm 22
- Gospel of John 19:1–30

Reflection Questions

- What did Christ willingly endure for me?
- Where do I resist surrender in my own life?
- What comforts or securities compete with my dependence on Him?

Prayer of Surrender

Part 3: Midday Examination (Confession & Alignment)

Search me, O God, and know my heart!
Try me and know my thoughts!
And see if there be any grievous way in me,
and lead me in the way everlasting.
— Psalm 139 23–24

Take 10–15 minutes in silence.

Ask the Spirit to reveal:

- Hidden pride
- Bitterness or unforgiveness
- Self-reliance
- Areas of spiritual apathy

Write what comes to mind:

Confession & Repentance

- Lord, I confess _____
- I have been trusting in _____
- I surrender _____

Read:

- 1 John 1:5–9

Part 4: Acts of Self-Denial in Action

Self-denial is not only subtraction — it is redirection.

Choose one act of humble service today:

- Write a note of encouragement
- Reconcile with someone
- Give financially beyond normal giving
- Serve someone anonymously
- Pray intentionally for someone who has hurt you
- Other: _____

How did this redirect your heart?

Part 5: Evening Reflection (Waiting in Hope)

Saturday was spent waiting. The tomb was sealed. Hope seemed buried.

Read:

- Lamentations 3:19–26
- Romans 6:1–11

Reflection

- Where in my life am I in a “Saturday” season — waiting?
- How does Christ’s sacrifice and resurrection impact the believer?

Closing Prayer