



ALL NATIONS FELLOWSHIP

How to Participate in 2020 Passion Week Early Morning Prayer and Fasting (Virtual)

1. Designate two people on the [sign-up sheet](#) to be your prayer partners throughout the week.
 - Prayer partners can be from your house church or from other house churches.
 - Each group should consist of up to three members.
 - Brothers with brothers, sisters with sisters.
 - Each prayer partner is responsible for providing morning calls and praying for the other two throughout the day.
2. Fast at least one meal per day.
 - If you are sick or have any underlying health issues, please feel free to refrain from fasting.
3. In addition to social media fasting, fast one more thing that would be beneficial to your spiritual growth. It could be related to an addiction, something that you are overly dependent on or something that stunts your spiritual growth.
4. During your fast, devote some time to praying and reading the Word. Meditate on the life of Jesus during this Passion Week by reading and reflecting on the passages provided on Daily Bible Passages for the Passion Week.
5. Attend Corporate Early Morning Prayer @ 6 am via *Zoom*. If you are unable to attend via *Zoom*, conduct your own early morning prayer time following the *ANF Passion Week Early Morning Prayer and Fasting Guide*.
6. Attend Good Friday Service @ 9 pm via *Zoom*.