



## **A Good Friday Meditation**

As we are no longer able to have our Good Friday meditations in church this year, I have prepared something that you might like to join in with at home or on a walk. It is traditional to do this at 3pm, as that was the time Jesus died, but any time that works for you would be fine.

If you are walking, just use the readings and reflections without the added aids for reflection

If at home I suggest you find a quiet place with as few distractions as possible. You may find it helpful to have some gentle music playing in the background.

Have a small table, with a lighted candle and a glass of water (to aid your meditations)

Also if you can find some large strong nails to form the sign of the Cross as in my image it might also help you to focus

The Bible verses are written out in full on your sheet, unless you want to use a different version

There are 7 meditations so I would recommend spending 5 mins on each, but feel free to take as long as you like

Allow God to speak to you during this time as we remember this most solemn day in our Christian calendar and Jesus' death on the Cross

### **PRAYER**

Eternal God, in the cross of Jesus we see the cost of our sin and the depth of your love: in humble hope and fear may we place at his feet all that we have and all that we are, through Jesus Christ our Lord. Amen





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### Luke 23. v.26, 32-34

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus... Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, 'Father, forgive them; for they do not know what they are doing.'

- *Think if there is anyone you need to forgive or that you want to ask God for forgiveness for*  
**All: Forgive me, Lord, that I may forgive others.**

### Luke 23.v.39-43

One of the criminals who were hanged there kept deriding him and saying, 'Are you not the Messiah? Save yourself and us!' But the other rebuked him, saying, 'Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied, 'Truly I tell you, today you will be with me in Paradise.'

- *What things can you be doing in these days to increase your faith*  
**All: Forgive me, Lord, and increase my faith.**

### John 19.v.25b-27

Standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

- *Is there someone that you can show some specific act of kindness to this week*  
**All: Forgive me, Lord, and show me how to care for others.**

### Mark 15.v.33-34

When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?'

- *Spend some time focusing on the light of the candle and see it as Jesus The Light of the World*  
**All: Forgive me, Lord, and turn my face towards God, my Father**

### **John 19.v.28-29**

After this, when Jesus knew that all was now finished, he said (in order to fulfil the scripture), 'I am thirsty.' A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth.

- *Take a drink from your glass of water and feel how it refreshes you and gives you life*

**All: Forgive me, Lord, and help me to seek the Living Water so that you refresh me so that I may turn towards those in need.**

### **John 19.v.30**

When Jesus had received the wine, he said, 'It is finished.' Then he bowed his head and gave up his spirit.

- *Pray out loud The Lord's Prayer*

**All: Lord, forgive me, and keep me faithful to you.**

### **Luke 23.v.44-49**

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, 'Certainly this man was innocent.' And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

**All: Father into your hands I commit my everything, forgive me, and purify my heart, that your promises may be mine too.**

- *Spend a short time in silence or play some appropriate music if you wish*

### **FINAL PRAYER**

Most merciful God  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
through Jesus Christ your Son our Lord, Amen