

GOOD FRIDAY VERSES & MEDITATIONS

1. JESUS IS TEMPTED

Verses

- Matthew 26:38
- Matthew 26:36-46

Meditate

Linger in these scriptures for a moment. As Jesus comes closer and closer to the reality of drinking of the cup of death, He is compelled to desperate prayer. Think of Jesus' complete honesty in prayer. Notice how He calls his community to join Him in this desperate moment of prayer.

Experience

Take a piece of paper and spend a few moments in quiet reflection.

What is something you are currently desperate to see God move in, in your own life? Is it for healing? Is it for help? Is it for connection or community? Something you're going through right now? Your future or your past?

Whatever it is, write it on your strip of paper. **SEE** the many prayers on the Prayer Board. Just as Jesus called out in His moment in the garden, there is power in the collective, desperate prayers of our community,

2. JESUS IS BETRAYED

Verses

- Mark 9:31
- Matthew 26:14-16

Meditate

The son of God was betrayed by a friend. But it wasn't just Judas. The son of God was betrayed by his creation, by me, and by you. Each and every one of us has betrayed Jesus in some way. In what ways can you identify that your life betrays Jesus? For Judas, it was money. For Peter, it was fear and insecurity. For you, is it power? Recognition? Intimacy? Independence?

PRAY

Next, talk to God and lay your heart bare before him. Don't be afraid, He knows you full well. Tell him what you see about ways that you are tempted to betray Him.

Then... Remember that you are FREE! You are forgiven and your sin has been buried with Christ!

3. JESUS IS CONDEMNED

Verses

- John 19:15
- John 19:11
- Luke 22:53
- Luke 22:66-71

Meditate

Jesus is condemned by people who just a week before were celebrating Him as the anticipated Messiah. Now they call for His death. People who both knew Him and people who only knew of Him. Each of them setting themselves up as judge and jury. Who have you made a judgement against recently, (whether fair or not, where you could have shown mercy instead? How has someone hurt you with their judgement?

IMAGINE

As you contemplate these things, take a moment and imagine a courtroom scene with a judge, the stand, a scale, and the gavel. Imagine hitting the gavel with intensity. **HEAR** the harsh snapping sound of judgment.

What is God speaking to you about in this station? Does He want you to give up your own judgment and offer mercy? Does He want you to forgive someone who has judged you?

4. JESUS IS MOCKED

Verses

- Matthew 27:28-30
- Luke 23:35-39

Meditate

Throughout the entire ordeal, Jesus is relentlessly mocked. The people and the soldiers brutalized Jesus adding insult to his grave injuries. Place yourself in the scene by imagining the Son of God being brutalized like this. Can you hear the shouts? Can you see the pain and fear and sadness of this scene? What stands out to you the most in the scripture above? Why?

IMAGINE

Imagine the crown of thorns. Hold it in your hands. Then gently place it on your head. Imagine the crown pressed down and complete the following statements....

Wearing a crown of thorns is _____.

Wearing a crown of thorns feels like _____.

Wearing a crown of thorns makes me want to _____.

5. JESUS IS GIVEN HIS CROSS

Verses

- John 3:14-15
- John 19:16-18

Meditate

The cross was a public murder device for criminals. This is how Jesus was killed. What emotions do you feel as you imagine the scene from the scriptures? Pain? Sorrow? Frustration? Anger? Sit in those emotions as you participate in the Experience for this station.

IMAGINE

SEE the cross before you. Imagine you are carrying the wood of the cross... up the hill to your eventual slow and public death.

6. JESUS FALLS

Verses

- Mark 15:21-22
- John 12:24

Meditate

This station, although not found in scripture, is traditionally in three stations. It symbolizes his humanity and his ever-decreasing strength as he moves towards his public death. Imagine the exhaustion of the last 24 hours. Imagine Jesus experiencing weakness and distress in a public setting with nowhere to hide. In what place or places are you utterly exhausted in your life right now?

7. SIMON CARRIES JESUS' CROSS

Verses

- Luke 23:26
- Matthew 16:24

Meditate

Imagine it's you who is pulled from the crowd and carrying this man's device of death. What is it like to walk alongside Jesus in this?

Pray & Ponder

Has Jesus ever asked you to give up something for Him as an act of self-sacrifice? How did that go? Did you do it at all? If so, what was that experience like for you and how did that help you to get closer to Jesus? During Lent, people give up all sorts of things (sugar, alcohol, spending money on coffee, television, fasting from food for a time). If you didn't do this, there is still time! You can make a commitment for the next few days to FAST from something in order to make space to experience a deeper connection to Christ.

8. JESUS IS STRIPPED

Verses

- Matthew 27:28-30
- Luke 23:35-38
- Luke 23:34

Meditate

Romans crucified criminals naked. But they didn't just take His clothing, they stripped Him of His dignity. Reflect on the shame of nakedness in the Garden of Eden. And the shame of nakedness in this moment. Again put yourself into the story. Imagine the thirst and only being given this.

9. JESUS IS NAILED TO THE CROSS

Verses

- John 8:28
- John 12:32
- Matthew 27:45-46

Meditate

The long physical pain of crucifixion was excruciating. In fact, the word excruciating is derived from crucifixion. Sit in the pain of this moment. Remember Jesus was crucified because of our actions and behaviors. We are responsible for this... He chose this for us.

10. JESUS DIES

Verses

Isaiah 53:7

- John 15:13
- John 19:30
- Luke 23:46
- Matthew 27:45-56

Meditate

Jesus died. He died. Our greatest fear is death. And He was not insulated from that fear. His physical body stopped working. His friends watched Him die.

Listen & Reflect

Still yourself. Close your eyes and **LISTEN** to the song "How Deep The Father's Love For Us". Really take in and hear the lyrics. This is what all this is for.

11. JESUS IS BURIED

Verses

- Matthew 26:12
- Luke 23:50-56

Meditate

His friends buried Him. Have you ever buried a loved one? There is nothing harder than this. Imagine doing that with the one you believed was going to change the world and bring ultimate justice and healing.

12. AND SO WE WAIT...

Verses

Psalm 27:14
Psalm 13:1-2

Meditate

Even as the disciples were sent reeling, confused, and broken, God was on the move. Unlike Jesus' friends, we get the privilege of knowing what Easter will bring. Yet we still feel the effects of sin and darkness on our lives. So today, as we finish up our journey, may we also sit in the tension of the Already and the not yet of the Kingdom.

Pray this prayer as you end your time... **“Dear Lord, may I realize afresh today what Your death and resurrection mean for me. Forgiveness, freedom, and the ability to walk with You through this fallen world into eternity. May I always find my satisfaction in You and Your willingness to offer Yourself to me. Amen.”**

Experience

Partake in communion, Jesus' body broken for you and His blood poured out for your forgiveness. As you do this, spend a few minutes to sit with the Lord remembering what he has spoken to you and what he wants you to take from this experience with him. What is one thing you want to commit to coming out of today?