



GOOD FRIDAY MEDITATION

10TH April 2020

As we remember this day of sorrow, the last day of Jesus' earthly life, you may wish to light a single candle as part of the meditative process. This is of course optional and should be done safely.

Welcome - Today we remember a man, who had dreams,
who had those dreams shattered,
who needed time to think and pray,
who knew he was likely to die for what he believed...
A man of extraordinary insight.
A man who did die - a cruel death.
On this day we look at the cross, and we remember...
the betrayal of friendship and its consequences,
the casual cruelty of authority and execution,
and how unreliable others proved to be in a crisis.

PRAYER

On this day, God of all tears, you call us in the midst of our busy lives to look at the suffering and death of the One who came to carry the pain of the world into your heart
Give us eyes to see your love this day.

On this day you would gather everyone to your side, but we leave you to carry the cross alone...
You came simply as love incarnate, but hate and bitterness were the gifts we offered to you...
You poured out your love so our emptiness might be filled...
Give us ears to hear your pain this day.

On this day, you would pray for us, for we cannot find the words on our own –
Shattered Spirit, hear the cries of those in need and those who are sick –
Listen to the lament of the lonely and those who are bereaved –
Set free the dreams of prisoners and captives and those who are exploited –
Give us hearts to pray with you this day.

God in Community, Holy in One, we lift our prayers to you
in the name of the One who suffered and died for us this day,
our Lord and Saviour Jesus Christ. Amen.

Gospel of Luke Chapter 23: 33 - 34a & 44 - 47

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**

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.

Meditation

It is the end, the very end
the end of the ordeal, the end of the suffering
and Jesus,
alone on the cross
tortured
exhausted
abandoned by his friends
forsaken by God
gasps for a last breath and gathers the strength for one final cry.

Why would he choose to speak so close to the end?
Why would he muster the last energy he had
to cry out with a loud voice?
Couldn't God have heard his thoughts?

Unless God wasn't the only one intended to hear.
Unless his voice was pitched loud
so that we too might hear this final dedication of his soul.

A dedication made despite the pain,
despite the mocking,
despite the agony,
despite the sense of horrible aloneness he felt.

A dedication made to God
before the resurrection,
before the victory of the kingdom,
before any assurance other than that
which faith could bring.

Jesus entrusts his spirit - his life
and all that has given it meaning
to God in faith,
even at the point of his own abandonment
when the good seems so very far away
he proclaims his faith in God,
the darkness cannot overcome it.

"Father, into your hands, I commit my spirit"

Extinguish the Candle (if using)

Lord Jesus - you gave your life for us.
You suffered and died that we might be made whole.

BENEDICTION

May the Spirit of Christ, be with you, in three days the risen Lord will bring Joy.
Jesus came into the world to give life, He died that we might have life in all its fullness.
May his peace be yours, now, and always, Amen.