

Good Friday April 15th 2022:

For use by the Central Norfolk Circuit at 10.30 am or at another time.



Sit quietly, perhaps with a cross, if you have one.

Prayer

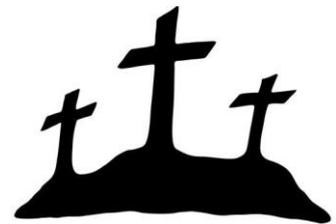
Gracious and eternal God, look with mercy on this your family, for which our Lord Jesus Christ was content to be betrayed and given up into the hands of sinners, and to suffer death upon the cross; who is alive and glorified with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

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Hymn StF 284 H&P 178

There is a green hill far away / outside a city wall,
where the dear Lord was crucified / who died to save us all.
We may not know, we cannot tell / what pains he had to bear,
but we believe it was for us / he hung and suffered there.
There was no other good enough / to pay the price of sin;
He only could unlock the gate / of heaven, and let us in.
O dearly, dearly has he loved / and we must love him too,
and trust in his redeeming blood / and try his works to do.

Cecil Frances Alexander (1818 – 1895)



Read Luke's account of the trial and crucifixion: Luke 22 v 66 – 23 v 49.

Spend a short time in silent reflection.

For Prayer

We pray for all Christians, marking another Good Friday wherever they are in the world.
We pray for our world, our country, our local community, our family and friends, ourselves.
We pray for all who are suffering today – whether from lack of food, involvement in war or violence, loss of homes or family, illness, addiction, abuse, anxiety, fear or despair.

Say the Lord's Prayer...

Hymn StF 287 H&P 180

When I survey the wondrous cross / on which the Prince of Glory died,
my richest gain I count but loss, / and pour contempt on all my pride.
Forbid it, Lord, that I should boast / save in the death of Christ my God;
all the vain things that charm me most / I sacrifice them to his blood.
See from his head, his hands, his feet / sorrow and love flow mingled down;
did e'er such love and sorrow meet / or thorns compose so rich a crown.
Were the whole realm of nature mine / that were an offering far too small;
love so amazing, so divine / demands my soul, my life, my all.

Isaac Watts (1674 – 1748)

Sit in silence until you are ready to move into the rest of the day...

Later in the day you may like to read Luke 23 v 50 – 56.

Maundy Thursday April 14th 2022:

For use by the Central Norfolk Circuit at 7 pm or at another time in the evening.



Have with you something to eat and something to drink as you imagine that you were present at the Last Supper on the night before Jesus was crucified.

Read: Luke 22 v 14 – 20

Eat and drink with Jesus and the disciples at the relevant points in the gospel account.

Collect for Maundy Thursday

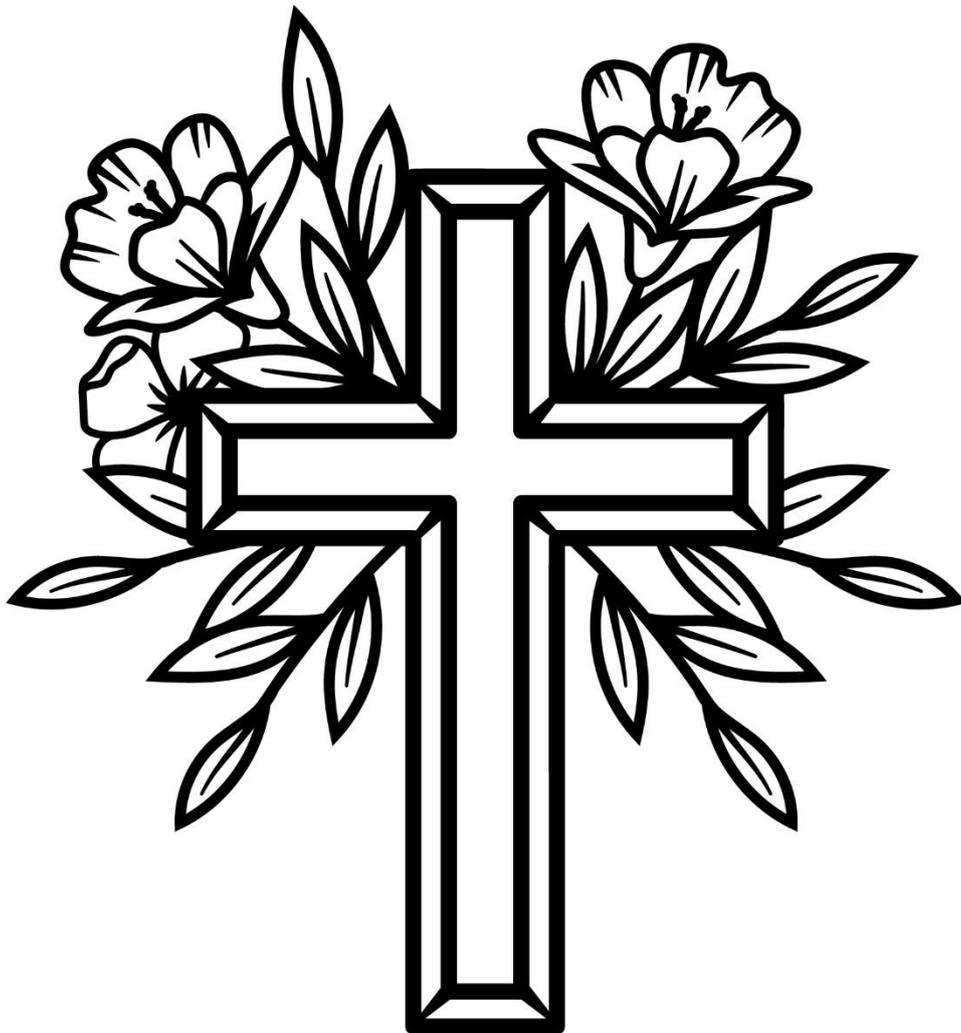
God our Father, you have invited us to share in the supper which your Son gave to his Church.

Nourish us, we pray, by his presence, and unite us in his love; who is alive and reigns with you,

in the unity of the Holy Spirit, one God, now and for ever. Amen.

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You may like to read what happened on the rest of Thursday evening – the whole account is Luke 22 v 7 – 64. Sit and reflect for a short while.



This cross can be coloured in on the evening of Maundy Thursday, or on Good Friday, and then the flowers added on Easter Day.