

## Good Friday Reflection at home

*This Reflection is probably easiest followed on our website, so that you can click through to the youtube links. However, it can be printed out and it can also be followed without using youtube (but then, obviously, you won't get the music).*

*When using youtube I suggest you pause each video just before the end so it doesn't automatically start a new video as each time you click below it will open in a new window. Sorry about the adverts. Pasting links like this is the safest way to do this copyright wise.*

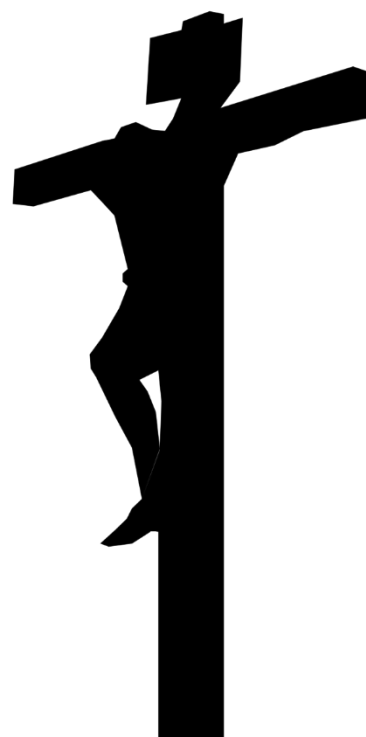
### Opening Prayer

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.**

The cross of Christ  
on which the Saviour of the world was hung.

Father, hear our prayer and forgive us.  
Unstop our ears,  
that we may receive the gospel of the cross.  
Lighten our eyes,  
that we may see your glory in the face of your Son.  
Penetrate our minds,  
that your truth may make us whole.  
Irradiate our hearts with your love,  
that we may love one another for Christ's sake.  
Father, forgive us.



**Hymn** My Song is love unknown

<https://www.youtube.com/watch?v=bNN9DBobCdw>

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|---|---|
| 1. My song is love unknown,<br>My Saviour's love to me;<br>Love to the loveless shown,<br>That they might lovely be.<br>O who am I,<br>That for my sake<br>My Lord should take<br>Frail flesh, and die? | 2. He came from His blest throne<br>Salvation to bestow;<br>But men made strange, and none<br>The longed-for Christ would know:<br>But oh, my Friend,<br>My Friend indeed,<br>Who at my need<br>His life did spend. |
|---|---|

3. Sometimes they strew His way,  
And His sweet praises sing;  
Resounding all the day  
Hosannas to their King:  
Then "Crucify!"  
Is all their breath,  
And for His death  
They thirst and cry.
4. They rise and needs will have  
My dear Lord made away;  
A murderer they save,  
The Prince of life they slay.

Yet cheerful He  
To suffering goes,  
That He His foes  
From thence might free.

5. Here might I stay and sing,  
No story so divine;  
Never was love, dear King,  
Never was grief like Thine.  
This is my Friend,  
In whose sweet praise  
I all my days  
Could gladly spend

### **Gospel Reading: The Crucifixion Matthew 27 verse 27-56**

*If you would like to hear this read aloud, go to*

*<https://www.biblegateway.com/audio/dolan/msg/Matt.27> and either listen to whole chapter or move slider along to 3 minutes 10 seconds.*

<sup>27-31</sup> The soldiers assigned to the governor took Jesus into the governor's palace and got the entire brigade together for some fun. They stripped him and dressed him in a red toga. They plaited a crown from branches of a thorn bush and set it on his head. They put a stick in his right hand for a sceptre. Then they knelt before him in mocking reverence: "Bravo, King of the Jews!" they said. "Bravo!" Then they spit on him and hit him on the head with the stick. When they had had their fun, they took off the toga and put his own clothes back on him. Then they proceeded out to the crucifixion.

<sup>32-34</sup> Along the way they came on a man from Cyrene named Simon and made him carry Jesus' cross. Arriving at Golgotha, the place they call "Skull Hill," they offered him a mild painkiller (a mixture of wine and myrrh), but when he tasted it he wouldn't drink it.

<sup>35-40</sup> After they had finished nailing him to the cross and were waiting for him to die, they whiled away the time by throwing dice for his clothes. Above his head they had posted the criminal charge against him: THIS IS JESUS, THE KING OF THE JEWS. Along with him, they also crucified two criminals, one to his right, the other to his left. People passing along the road jeered, shaking their heads in mock lament: "You bragged that you could tear down the Temple and then rebuild it in three days—so show us your stuff! Save yourself! If you're really God's Son, come down from that cross!"

<sup>41-44</sup> The high priests, along with the religion scholars and leaders, were right there mixing it up with the rest of them, having a great time poking fun at him: "He saved others—he can't save himself! King of Israel, is he? Then let him get down from that cross. We'll *all* become believers then! He was so sure of God—well, let him rescue

his 'Son' now—if he wants him! He did claim to be God's Son, didn't he?" Even the two criminals crucified next to him joined in the mockery.

<sup>45-46</sup> From noon to three, the whole earth was dark. Around mid afternoon Jesus groaned out of the depths, crying loudly, "*Eli, Eli, lama sabachthani?*" which means, "My God, my God, why have you abandoned me?"

<sup>47-49</sup> Some bystanders who heard him said, "He's calling for Elijah." One of them ran and got a sponge soaked in sour wine and lifted it on a stick so he could drink. The others joked, "Don't be in such a hurry. Let's see if Elijah comes and saves him."

<sup>50</sup> But Jesus, again crying out loudly, breathed his last.

<sup>51-53</sup> At that moment, the Temple curtain was ripped in two, top to bottom. There was an earthquake, and rocks were split in pieces. What's more, tombs were opened up, and many bodies of believers asleep in their graves were raised. (After Jesus' resurrection, they left the tombs, entered the holy city, and appeared to many.)

<sup>54</sup> The captain of the guard and those with him, when they saw the earthquake and everything else that was happening, were scared to death. They said, "This has to be the Son of God!"

<sup>55-56</sup> There were also quite a few women watching from a distance, women who had followed Jesus from Galilee in order to serve him. Among them were Mary Magdalene, Mary the mother of James and Joseph, and the mother of the Zebedee brothers.

*Pause –*

*Imagine the events unfolding before you.*

*Where are you standing?*

*What can you see?*

*What can you hear, or smell?*

*As Jesus hangs on the cross, his eyes come to rest on you. How do you respond?*

Hymn When I survey the wondrous cross

<https://www.youtube.com/watch?v=mDkuxElcpdl>

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|--|--|
| 1. When I survey the wondrous cross<br>Oh which the Prince of glory died<br>My richest gain I count but loss<br>And pour contempt on all my pride                | 3. See from his dead, his hands,<br>His feet, Sorrow and love flow<br>mingled down!<br>Did e'er such love and sorrow<br>meet,<br>Or thorns compose so rich a<br>crown? |
| 2. Forbid it, Lord, that I should boast,<br>Save in the death of Christ my<br>God<br>All the vain things that charm me<br>most,<br>I sacrifice them to His blood | 4. His dying crimson, from His head<br>Spreads o'er His body on the tree;<br>To all the world then am I dead,<br>And all the world is dead to me.                      |

5. Were the whole realm of nature mine,  
That were a present far too small,

Love so amazing, so divine,  
Demands my soul, my life, my all.

### **A reflection on the cross based on the words of Isaiah and music from Handel's Messiah,**

Although these words were written 500 years before Jesus lived and died, they speak very clearly of His suffering, the reason for it and the impact it has on us.

Jesus suffered and died, because we have turned away from God, we have done things wrong and we have spoiled our relationship with him.

Jesus' suffering and death brings us ultimate healing.

As you reflect on these words from the Old Testament may you understand more of what Christ suffered and what that means for you.

*Listening to the music from the Messiah while meditating on the words helps me think about them for longer than I probably would otherwise and reveals new depths of meaning. On the left is the text from the Messiah and on the right from The Message translation.*

All we like sheep have gone astray,  
We have turned ev'ry one to his own way  
And the Lord hath laid on him, the iniquity  
of us all.

We're all like sheep who've wandered off  
and gotten lost.

We've all done our own thing, gone  
our own way.

And GOD has piled all our sins,  
everything we've done wrong,

on him, on him. Isaiah 53 verse 6

Listen here: <https://www.youtube.com/watch?v=7o6BCw8ymmU> (3 mins)

He was despised and rejected of men; a  
man of sorrows, and acquainted with  
grief:

He gave his back to the smiters, and his  
cheeks to them that plucked off the hair;  
He hid not his face from shame and  
spitting.

He was looked down on and passed  
over,

a man who suffered, who knew pain  
firsthand.

One look at him and people turned away.

We looked down on him, thought he  
was scum. Isaiah 53

verse 3

I followed orders,

stood there and took it while they beat  
me,

held steady while they pulled out my  
beard,

Didn't dodge their insults,

faced them as they spit in my face.

Isaiah 50 verse 6

Listen here: <https://www.youtube.com/watch?v=9aKi7I09GLI> (11 mins)

Surely, he hath borne our griefs and  
carried our sorrows  
He was wounded for our transgressions,  
he was bruised for our iniquities;  
The chastisement of our peace was upon  
him.

But the fact is, it was *our* pains he  
carried—  
*our* disfigurements, all the things  
wrong with *us*.  
We thought he brought it on himself,  
that God was punishing him for his  
own failures.  
But it was our sins that did that to him,  
that ripped and tore and crushed  
him—*our sins!*

Isaiah 53 verses 4-5

Listen here: <https://www.youtube.com/watch?v=Y4HU9NuXyHk> (2 mins)

And with his stripes we are healed

He took the punishment, and that made  
us whole.

Through his bruises we get healed.

Isaiah 53 verse 5

Listen here: [https://www.youtube.com/watch?v=8entw3\\_v0V8](https://www.youtube.com/watch?v=8entw3_v0V8) (2mins)

*Pause – Let God know how you're feeling and let his Holy Spirit reassure you of his love.*

**Hymn:** There is a green hill far away

<https://www.youtube.com/watch?v=23rHbE27YuQ>

1. There is a green hill far away,  
outside a city wall,  
where our dear Lord was crucified  
who died to save us all.

2. 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.

3. He died that we might be forgiven,  
he died to make us good,  
that we might go at last to heaven,  
saved by his precious blood.

4. There was no other good enough  
to pay the price of sin,  
he only could unlock the gate  
of heaven and let us in.

5. O dearly, dearly has he loved!  
And we must love him too,  
and trust in his redeeming blood,  
and try his works to do.

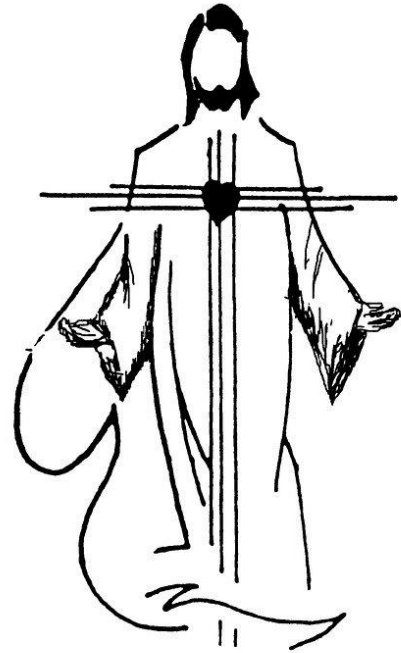
God sent his Son into the world, not to condemn the world,  
but that the world might be saved through him.  
Therefore we pray to our heavenly Father  
for people everywhere according to their needs.

Bring to God the people you know and love  
Your family at home  
Your family living elsewhere  
Your friends and colleagues  
The people in your street  
People in hospital and those caring for them  
Those who have been bereaved  
The queen and her government  
Other nations suffering as we are.

*In between each bidding you might like to say*

Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.

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,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen.**



**Hymn** Jesus Christ, I think upon your sacrifice  
<https://www.youtube.com/watch?v=ebFji3n0cCA>

Jesus Christ, I think upon your sacrifice  
You became nothing, poured out to  
death  
Many times I've wondered at your gift of  
life  
And I'm in that place once again  
I'm in that place once again

And once again I look upon the cross  
where you died  
I'm humbled by your mercy and I'm  
broken inside  
Once again I thank you  
Once again I pour out my life

Now you are exalted to the highest  
place  
King of the heavens, where one day I'll  
bow  
But for now I marvel at your saving  
grace  
And I'm full of praise once again  
Full of praise today  
I'm full of praise once again

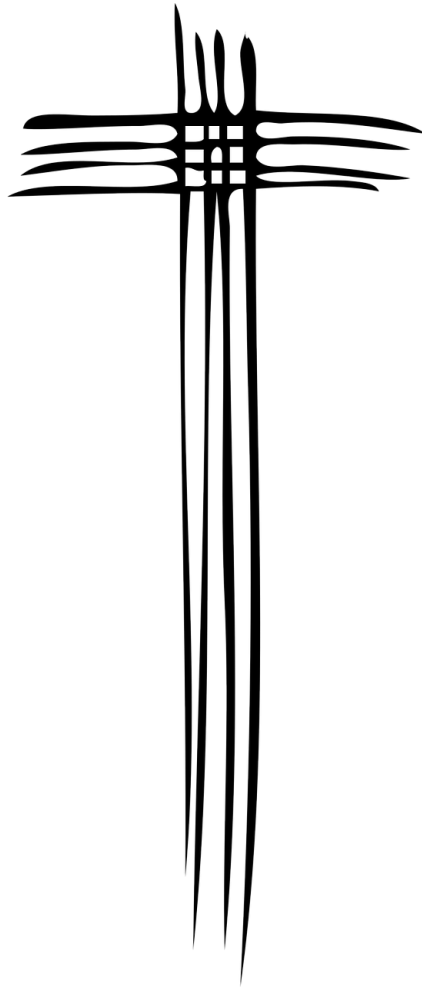
And once again I look upon the cross  
where you died  
I'm humbled by your mercy and I'm  
broken inside  
Once again I thank you  
Once again I pour out my life

And once again I look upon the cross  
where you died  
Jesus I'm humbled by your mercy and  
I'm broken inside  
Once again I thank you  
Once again I pour out my life

Thank you for the cross  
Thank you for the cross  
Thank you for the cross, my friend

**The Tomb: Matthew 27 v 57-61**

<sup>57-61</sup> Late in the afternoon a wealthy man from Arimathea, a disciple of Jesus, arrived. His name was Joseph. He went to Pilate and asked for Jesus' body. Pilate granted his request. Joseph took the body and wrapped it in clean linens, put it in his own tomb, a new tomb only recently cut into the rock, and rolled a large stone across the entrance. Then he went off. But Mary Magdalene and the other Mary stayed, sitting in plain view of the tomb.



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