

Good Friday – April 10th, 2020



Gathering and Centering

**As you come to a quiet place of rest this Good Friday,
take some time to listen to the stillness of the day.
As you prepare to pray the Psalm and prayerfully read the Gospel,
take some time to rest into the stillness of the day.
Breathe in: Breathe out.**

Psalm 22: 1-5

**My God, my God, why have you forsaken me?
Why are you so far from helping me, from the words of my groaning?
O my God, I cry by day, but you do not answer; and by night, but find no rest.**

*Hear my lament, my God, my God, my God. Why have you left me bereft, without you?
Right now, I feel ditched, deserted and discarded and there's so - much - space between us.
Can you even hear me?
I've been calling through the dark and crying in the light
and I'm getting nothing back from you. Nothing. I'm spent, exhausted, drained ...*

**Yet you are holy, enthroned on the praises of Israel.
In you our ancestors trusted; they trusted, and you delivered them.
To you they cried, and were saved; in you they trusted, and were not put to shame.**

*Still, I remember, you are beyond all that I know, you are mystery and majesty.
All the songs and psalms and sighs of your people long gone, echo into my ears
from the heavenly places, and burrow into my soul with assurance.
They cried, you heard, they were saved.
Let it be so.*

Read the Gospel

John 18:1 to 19: 42

The story stands on its own.

It is a difficult story to read.

It's painful.

Many people often choose **NOT** to come to a Good Friday Service because it's too sad, too hard and it awakens every grief.

However the story meets you, give it a go...

- Read this familiar story, as if for the first time.
- Try and read it in one sitting.
- Pause in places, when you need to sit with the story
- Read some of the 'spoken words' aloud.

Close your Bible and sit in the story.

Reflection:

Because this is the story of the faith: and because it's such a hard story, you may feel all the emotions in it: and it may awaken the past sadness's and loss. Because it can do this, why not:

- Write an email
- Write a letter
- Ring somebody now, and share with them how the story settled in you today.

The women had each other: disciples had each other: this year we are in our homes. So, if you're feeling a bit wobbly today, make sure you make contact with a friend or your minister.

Feel free to contact

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Prayer for the day

Emmanuel,

God with us in our woundedness, our brokenness.

Draw us all to yourself.

God with us as we wait in hope for the light.