

GOOD FRIDAY REFLECTION

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Welcome! This document will help you set aside time on this Good Friday to remember Jesus and what He and the disciples walked through. You'll read through Bible passages leading up to Jesus' death. You'll pray, sing, reflect, and confess.

Be encouraged to SIT in the Scripture. Don't just read it, picture yourself there! If you use the Bible app, you can even turn on the voice feature and shut your eyes while the Bible passages are being read to you. Remember how real these moments were to Jesus and the disciples. Respond! Make this time personal!

Find a Spotify playlist that accompanies this reflection at the QR or at this link:

<https://spoti.fi/3Edjles>



1.) WORSHIP HIM!

We start this time off by stepping into the shoes of Jesus' followers on Palm Sunday. What a contrast the beginning of this Passover week is from the end! The disciples do not yet understand what is to take place. Such celebration and joy!

150 years earlier, Judas Maccabeeus led victory over foreign rule for the Israelites. The palm branches from that victory signify being saved from foreign rule. They're yelling "Hosanna! Save us!". They are under foreign rule again- the Roman rule. They in effect are saying, "rescue us and do it like it's been done before." But by the end of the week, Jesus is going to rescue them (AND us) in ways we often don't understand... through the surprising and apparent powerlessness of the cross.

Take a moment to soak up the excitement and wonder in this passage: Jesus riding in as King. Put yourself in the shoes and mindset of these Israelites who are beyond thrilled that their battle victor has arrived!

READ: LUKE 18:31-34, 19:28-40

Start off worshipping our King just like the followers of Jesus did that week on Palm Sunday. As soon as the song finishes, spend time praying prayers of gratitude & worship to our King Jesus. These can be simple and short "I am thankful that you are Provider, that I never have to worry about going hungry."

WORSHIP SONG SUGGESTIONS: "A Thousand Hallelujahs", or "What a Beautiful Name"

**Pray prayers of gratitude & worship to our King!
"Thank you for being..."**

2.) JESUS' ANGUISH & EMPATHY

READ: LUKE 22:39-46

The Bible shows us that Jesus was in anguish. He knew the sacrifice that was before Him, and it was heavy. So heavy, that He asked His disciples to sit with him and pray with Him. Going to the cross wasn't easy, and He took the full weight of our sin on His Spirit.

Now, remember Jesus' anguish about going to the cross. You can close your eyes and even picture being in the garden with Him. Sit with HIM. Be like the disciples, sit by His side as He anguishes over going to the cross for you. Feel his pain at the extreme sacrifice He is about to make for you.

READ: HEBREWS 4:15

Jesus was not only tempted in every way, He felt profound pain. And He also knows our pain. And He cares deeply for your pain. Remember Jesus weeping over Lazarus's death? He knew He was about to raise Lazarus from the dead. Yet Jesus wept all the same. He wept with his friends and family even when He was about to bring Lazarus back from death. Jesus cares for your pain.

Jesus, where have I been in pain, and I thought I was all on my own? Will you reveal to me where you were in that situation? Will you remind me how much you FEEL and see my pain?

WORSHIP SONG: "Even when it Hurts"

3.) CONFESSION

READ: LUKE 22:54-62

We feel this moment with Peter so deeply. We are all guilty of turning away from Jesus. We are guilty of choosing death over Him. He has only showered us with His love and goodness, and we have wronged Him. We have betrayed Him.

Take a moment to confess your sins. If you want to bow down, write down in your journal, or even pull someone aside to confess one to another believer, this is your time.

WORSHIP SONG: “Lord I need You”

READ: 1 JOHN 1:9

A confession written by Beth Merrill:

“Loving God, help me. When I have run away, when I have turned my back on love, when I have sought immediate satisfaction and not long-term healing, help me.

Merciful God, forgive me. When I have been selfish, when I have been mean, when I have closed my ears to the cries of others, forgive me.

Powerful God, heal me. When I am so broken I cannot move, when I don't know how to stem the bleeding of my wounds, when I am too ashamed to seek community, heal me.

Give me the courage, the strength, and the hope to accept your grace and hear your call in Christ.”

4. JESUS' DEATH

READ: LUKE 23:26-49

Have you ever experienced the death of a loved one? A close friend? Death is heart-wrenching. Those close to Jesus had their hopes crushed on this Friday. In a matter of days they watched their security unravel until finally their Messiah took his last breath. Someone scoffs, “if you’re really the King of the Jews, save yourself!” Deep down, the disciples might be begging that he save himself, too. It was all for us. For you. For me. All along

Close your eyes and put yourself on Calvary Hill. Picture Jesus on the cross right now. Look at His face. Watch Him as he takes His last breath.

WORSHIP SONG: “O The Blood”

Maybe there’s someone in your life who doesn’t know about Jesus’ sacrifice yet. Pray for them by name. Let’s pray for those in our city and country who do not know His sacrifice.

5. QUIET DESPAIR

TURN OFF ANY MUSIC OR NOISE

READ: LUKE 23:50-56

Sit in the quiet now. Reflect on what this day might have been like for Jesus' followers. All hope- GONE. Their best friend- DEAD. Their city is quiet since it is the Sabbath, their day off. Much like today and tomorrow is quieter in your city.

So now, you will also sit in the silence with them. Long enough to feel uncomfortable, a few minutes at least.

What grief do you feel? Do you know what it is like to feel as though your Savior is dead and defeated? Do you know what the darkness of despair feels like?

SILENCE

6. PRAYER FOR THE CHURCH

Part of Lent is still sitting and waiting. Reflecting. We don't celebrate until Easter Sunday. And you're not going to celebrate today. But let's end with one of Jesus' final prayers in his last days:

READ: JOHN 17:20-26

As we head into Easter weekend-- the celebration of Jesus' death and resurrection-- we remember this prayer. His wishes were:

- That we, the Church, would be one.
- That we would be so unified with Jesus that the world will believe the Father sent Him.
- That the Father's love and Jesus' love would be in us.

Pray for Christ's unity over your church, and His presence & love over your life.

Tomorrow is actually known as Quiet Saturday. It was a day of mourning. It was also a day of rest for the Jews-- it was their Sabbath. The streets were quiet and empty. No one was working. The followers of Jesus were distraught and hiding. I encourage you to take time tomorrow to sit in the quiet. To empathize with Jesus' followers. To put yourself in their place-- how are they feeling? Reflect, self-examine, and then we, the Church, will gather Sunday morning ready to celebrate Jesus' victory over death!

WORSHIP SONG: "How Deep the Father's Love for Us"