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|  | Good Friday Retreat  The Seven Last Words of Jesus |

This period of isolation creates an opportunity to invite people into a retreat. Here are some ways you might engage people using the Seven Last Words of Jesus.

1. "Father, forgive them, they know not what they do." (Luke 23:34)
2. "This day you will be with me in Paradise." (Luke 23:43)
3. "Woman, behold your son." (John 19:26-27)
4. "My God, My God, why have you forsaken me?" (Mark 15:34; Matthew 27:46)
5. "I thirst." (John 19:28)
6. "It is finished." (John 19:30)
7. "Into your hands I commit my spirit." (Luke 23:46)

# Congregational Reflection

Objective: To create a self-directed contextual retreat for Good Friday

Components: The Seven last Words

A reflection on each from members of your community

Art/Music/Poetry and or questions for further reflection (for each)

Delivery: A simple pdf with text and pictures (with hyperlinks to audio/video where necessary)

Short reflections recorded (audio: smaller files, people feel less self-conscious, fewer distractions, great for people with impaired vision)

A short zoom session to gather people at the beginning and end of the day could tie this together. Or a short phone call to each participant to get them started. Also, consider buddying people up, or assigning sub-groups to leaders within the community.