

Prayers for

Good Friday



*a Rūpintojėlis
(Pensive Christ)
from Lithuania*

A Prayer for Good Friday



Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and
humility,
and also be made partakers of his resurrection;
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.

Saviour of the world



Saviour of the world,
what have you done to deserve this?
And what have we done to deserve you?

Stung up between criminals,
cursed and spat upon,
you wait for death,
and look for us,
for us whose sin has crucified you.

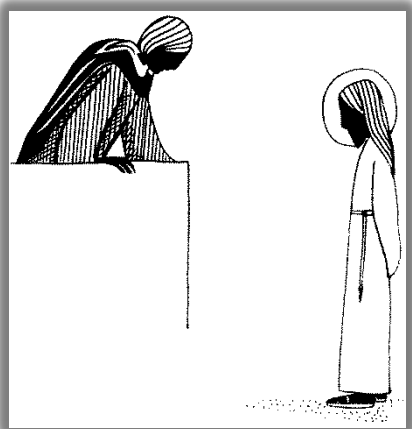
To the mystery of undeserved suffering,
you bring the deeper mystery of unmerited love.

Forgive us for not knowing what we have done;
open our eyes to what we are doing now,
as, through wood and nails,
you disempower our depravity
and transform us by your grace.
Amen.

Stations of the cross - Adapted for children by Catherine Odell.
From Loyola Kids Book of Everyday Prayers. © Loyola Press Text
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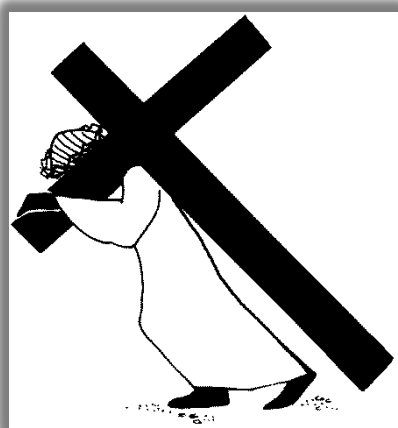
Stations of the Cross

Praying the Stations of the Cross—alone or with a group—is a Lenten tradition. Read and pray these stations very slowly. Imagine the scene in Jerusalem as Jesus walked his Way of the Cross. Often, the Stations of the Cross are an action prayer as people walk to the fourteen stations of the Way of the Cross and stop to pray at each of one. The stations can be displayed outside in a park but are usually found inside churches.



Jesus is condemned

Jesus, you aren't guilty of any crime or sin. How can you be condemned? But the unthinkable happens. The people yell: "Crucify him! Crucify him!" Pilate finally agrees.



Jesus receives the cross

The cross is heavy and it hurts so much when it is slung across your back. Your back is raw from the beating. You begin to carry your cross, Jesus.



Jesus falls the first time

You fall to the ground beneath your heavy burden. Pain pierces every part of your body. The bystanders mock you, Jesus.



Jesus meets his mother

Your heart breaks when you see your mother's face. She feels every pain you feel. You say good-bye to your mother.



Simon helps Jesus carry the cross

Simon of Cyrene doesn't want your cross, Jesus. The soldiers make him help you. You are grateful and struggle to move up the hill a little faster.



Veronica wipes the face of Jesus

This woman wipes away the bloody sweat on your suffering face. It is an act of kindness, and you are so grateful. The image of your pain stains her cloth.



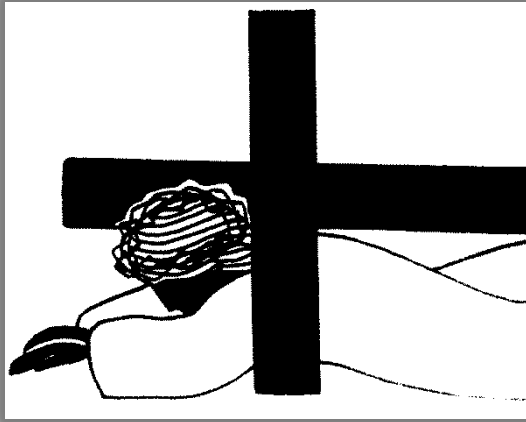
Jesus falls the second time

The narrow street up the steep hill toward Golgotha is difficult. Jesus, you fall again to your bloody knees. It is so difficult to get up again. But you do.



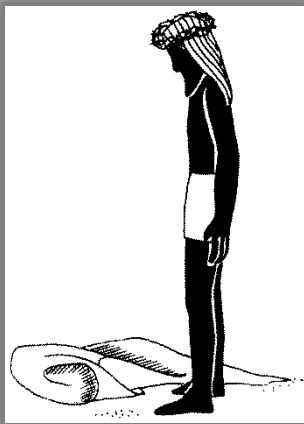
Jesus meets the women of Jerusalem

Do you know all of these weeping women, Jesus? They know you as the “man of sorrow,” as an innocent lamb being led to slaughter. You try to console them.



Jesus falls the third time

This time, your face hits the hard stone street. Your head throbs with pain, and you are dizzy with it. Obediently, you get up to travel on to the hill of crucifixion.



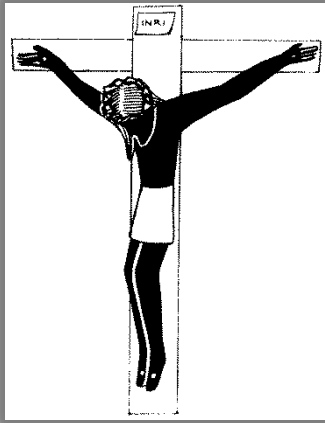
Jesus is stripped of his clothing

No care and no dignity is given to you now, Jesus. Even your clothes are taken. You have nothing left to give except suffering and your final breaths.



Jesus is nailed to the cross

Wrists first and then your feet. Long iron spikes nail you to the cross. Then the cross is hauled up for the world to see. I'm so sorry, Jesus.



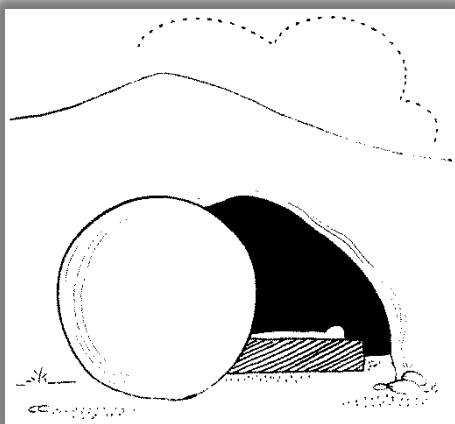
Jesus dies

In your final hours, your suffering is so great. You call to your Father. You feel abandoned. After a few more words, you release your last breath.



Jesus is taken down from the cross

Jesus, now you can feel no pain. No hateful statements or lies can wound you. Soldiers pull out the spikes and release your body from the cross.



Jesus is laid in the tomb

In a hurry, your body is wrapped and laid on a cold stone. You have a borrowed grave, Jesus. The sun goes down and your body grows cold in the darkness.

Jesus cried out from the cross the first line of Psalm 22. In dark and difficult times we can feel that God is not there: Jesus felt it too.



Psalm 22

My God, My God, Why?

My God, my God, why have you left me here?
Where are you now, when I need you near
to rescue me, deliver me from fear?
Please, don't forsake me.

LORD, answer me; do you not hear my sighing?
All day and night, my eyes are sore from crying?
I long for you, to keep my hope from dying.
I find no rest.

My God, my God, why have you left me here?
Where are you now, when I need you near
to rescue me, deliver me from fear?
Please don't forsake me, my God.

See, O my God, that I am poor and weak.
I have no voice, I have no strength to speak.
They scoff and stare, have pierced my hands and feet.
My heart is melting

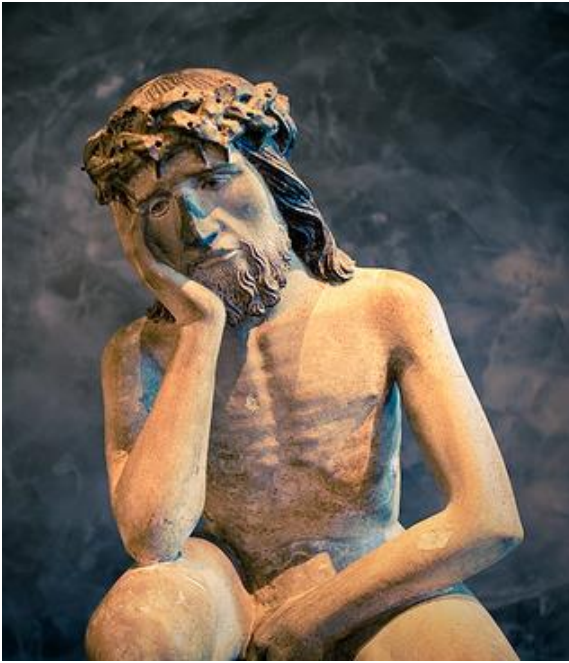
O LORD, my God, my enemies despise me.
They steal my clothes;
they mock and compromise me.
"Where is your God?" they taunt and terrorise me.
Don't stay away.

My God, my God, why have you left me here?
Where are you now, when I need you near
to rescue me, to deliver me from fear?
Please don't forsake me, my God.



Words: Lee Ann Vermeulen-Roberts 2010.
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Why have you forsaken me



*Christ on the Cold Stone.
(c 1510), the Church of
Holy Matthew, Azewijn.*

Ruud Raats, Christ on the Cold Stone

There are many images of Christ but it is hard to find images that fit with some of the emotions we experience. Yet, if we think about Jesus' life we there are some critical points that we know little of. Christ on the Cold Stone is a traditional depiction of Jesus having been beaten and waiting to be crucified. Perhaps it didn't happen at this point but, at some point after his arrest, Jesus must surely have had to wait for the inevitable next events. We can only imagine what it would have been like for Jesus to wait, to know the inevitability of what was to come. Nonetheless, many of us have the experience of waiting for the inevitable, with its associated pain and grief. In this journey Jesus has gone before us and shared in our life.