



# EXPERIENCE GOOD FRIDAY

AN INTERACTIVE, SELF-GUIDED,  
REFLECTION JOURNEY

**TO THE CROSS**

A rustic cross constructed from several bare, gnarled tree branches. The branches are light brown and have a rough, textured bark. They are arranged in a simple cross shape, with one branch forming the vertical post and another forming the horizontal beam. The background is dark and out of focus, suggesting an outdoor setting at night or in low light. The lighting highlights the texture of the wood and the intricate patterns of the branches.

## *JOURNEY TO THE CROSS*

As the journey begins, ask to be with Jesus, to follow his journey. Be real with God. Let go of anything you don't need for the journey. Ask Jesus what He wants you to notice at each stopping point along the way and attend to what He shows you. Confess and let go of anything that hinders your relationship with God. Finally, allow yourself to feel the weight of the Jesus' act on the cross and leave with a somber acknowledgment of what put Him there. Throughout the weekend, it is our hope that you will reflect on the sacrifice Jesus made.

We encourage you to maintain a quiet, reflective atmosphere once you begin. You will experience eleven stations on your way to the cross.

# 1 - JESUS PRAYS ALONE IN THE GARDEN

## SCRIPTURE

39 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. 40 And when he came to the place, he said to them, "Pray that you may not enter into temptation." 41 And he withdrew from them about a stone's throw, and knelt down and prayed, 42 saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." 43 And there appeared to him an angel from heaven, strengthening him. 44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. 45 And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, 46 and he said to them, "Why are you sleeping? Rise and pray that you may not enter into temptation."

Luke 22:39-46

45 Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand."

Matthew 26:45-46

## *RESPONSE*

Kneel, pray, and remember the turmoil Jesus experienced as He prayed to submit Himself to God's will. Feel His struggle, anguish, and aloneness. Think of a time when you needed someone to be with you in your dark hour. Keep watch with Jesus. Be present.



## 2 - JESUS IS BETRAYED AND ARRESTED

### SCRIPTURE

14 Then one of the twelve, whose name was Judas Iscariot, went to the chief priests 15 and said, "What will you give me if I deliver him over to you?" And they paid him thirty pieces of silver. 16 And from that moment he sought an opportunity to betray him.

Matthew 26:14-16

47 While he was still speaking, Judas came, one of the twelve, and with him a great crowd with swords and clubs, from the chief priests and the elders of the people. 48 Now the betrayer had given them a sign, saying, "The one I will kiss is the man; seize him." 49 And he came up to Jesus at once and said, "Greetings, Rabbi!" And he kissed him. 50 Jesus said to him, "Friend, do what you came to do." Then they came up and laid hands on Jesus and seized him.

Matthew 26:47-50

### *RESPONSE*

Take a coin and carry it with you tonight.  
As you feel it in your hand, consider: When have I betrayed  
Jesus? And, for what in exchange?

# 3 - JESUS IS TRIED BEFORE RELIGIOUS LEADERS

## SCRIPTURE

57 Then those who had seized Jesus led him to Caiaphas the high priest, where the scribes and the elders had gathered. 58 And Peter was following him at a distance, as far as the courtyard of the high priest, and going inside he sat with the guards to see the end.

59 Now the chief priests and the whole council were seeking false testimony against Jesus that they might put him to death, 60 but they found none, though many false witnesses came forward. At last two came forward 61 and said, "This man said, 'I am able to destroy the temple of God, and to rebuild it in three days.'" 62 And the high priest stood up and said, "Have you no answer to make?

What is it that these men testify against you?" 63 But Jesus remained silent. And the high priest said to him, "I adjure you by the living God, tell us if you are the Christ, the Son of God." 64 Jesus said to him, "You have said so. But I tell you, from now on you will see the Son of Man seated at the right hand of Power and coming on the clouds of heaven." 65 Then the high priest tore his robes and said, "He has uttered blasphemy. What further witnesses do we need? You have now heard his blasphemy. 66 What is your judgment?" They answered, "He deserves death."

67 Then they spit in his face and struck him. And some slapped him, 68 saying, "Prophecy to us, you Christ! Who is it that struck you?"

Matthew 26:57-68

## *RESPONSE*

Have you been falsely accused or misunderstood? Or, have you been guilty of harming others with your words or actions?

Quietly reflect on this. Write what you are feeling now.

Continue on to write a prayer.



# 4 - JESUS IS BETRAYED BY HIS FRIEND, PETER

## SCRIPTURE

69 Now Peter was sitting outside in the courtyard. And a servant girl came up to him and said, "You also were with Jesus the Galilean." 70 But he denied it before them all, saying, "I do not know what you mean." 71 And when he went out to the entrance, another servant girl saw him, and she said to the bystanders, "This man was with Jesus of Nazareth." 72 And again he denied it with an oath: "I do not know the man." 73 After a little while the bystanders came up and said to Peter, "Certainly you too are one of them, for your accent betrays you." 74 Then he began to invoke a curse on himself and to swear, "I do not know the man." And immediately the rooster crowed. 75 And Peter remembered the saying of Jesus, "Before the rooster crows, you will deny me three times."

And he went out and wept bitterly.

Matthew 26:69-75

## *RESPONSE*

What bitterness we feel when we are disappointed by and disillusioned with others! Dip a cotton swab in vinegar and touch it to your tongue. Think about the sting of bitter betrayal.

In this moment, do you identify with the betrayer or the betrayed?

Talk with Jesus about your feelings.





## 5 - JESUS IS WHIPPED AND BEATEN

### SCRIPTURE

26 Then he released for them Barabbas , and having  
scourged Jesus ,  
delivered him to be crucified .

Matthew 27:26

24 He himself bore our sins in his body on the tree , that  
we might die to sin and live to righteousness . By his  
wounds you have been healed .

1 Peter 2:24

### *RESPONSE*

Take a piece of rope and tie knots in it. Jesus was beaten  
in our place, taking on our failures and sins. Every knot  
represents a sin Jesus suffered for.

# 6 - JESUS STANDS TRIAL AND IS CONDEMNED TO DIE

## SCRIPTURE

11 Now Jesus stood before the governor, and the governor asked him, "Are you the King of the Jews?" Jesus said, "You have said so."

12 But when he was accused by the chief priests and elders, he gave no answer. 13 Then Pilate said to him, "Do you not hear how many things they testify against you?" 14 But he gave him no answer, not even to a single charge, so that the governor was greatly amazed.

15 Now at the feast the governor was accustomed to release for the crowd any one prisoner whom they wanted... Pilate said to them, "Whom do you want me to release for you: Barabbas, or Jesus who is called Christ?" 18 For he knew that it was out of envy that they had delivered him up... 20 Now the chief priests and the elders persuaded the crowd to ask for Barabbas and destroy Jesus... "Then what shall I do with Jesus who is called Christ?" They all said, "Let him be crucified!" ... 24 So when Pilate saw that he was gaining nothing, but rather that a riot was beginning, he took water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves." 25 And all the people answered, "His blood be on us and on our children!"

Selection from Matthew 27:11-15

## *RESPONSE*

As Pilate did, pour a little water over your hands, into the sink below. When have you washed your hands of situations you didn't want to deal with? When has popular opinion swayed your integrity? What else does Jesus want to say to you here?





## 7 - JESUS WEARS THE CROWN OF THORNS

### SCRIPTURE

27 Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole battalion before him. 28 And they stripped him and put a scarlet robe on him, 29 and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" 30 And they spit on him and took the reed and struck him on the head.

Matthew 27:27-30

### *RESPONSE*

Gently touch the thorns as you remember that the King of kings was mocked and scorned. In what ways can you identify with Jesus in His humiliation?

# 8 - JESUS CARRIES HIS CROSS, STUMBLES AND IS HELPED BY SIMON

## SCRIPTURE

16 So he delivered him over to them to be crucified. So they took Jesus, 17 and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha. 18 There they crucified him, and with him two others, one on either side, and Jesus between them.

John 19:16-18

26 And as they led him away , they seized one Simon of Cyrene , who was coming in from the country , and laid on him the cross , to carry it behind Jesus .

Luke 23:26

## *RESPONSE*

It was our sins that Jesus willingly took on Himself. For us, He was crucified. Pick up the cross and bear the weight of it on your shoulder. Carry it to the other side of the room and back. Ask Jesus what this might represent to you. Which crosses are you having to bear for others right now...whether by your choice or because of the choices of others?

# 9 - JESUS SPEAKS TO THE WOMEN

## SCRIPTURE

27 And there followed him a great multitude of the people and of women who were mourning and lamenting for him.

28 But turning to them Jesus said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.

Luke 23:27-28

40 There were also women looking on from a distance, among whom were Mary Magdalene, and Mary the mother of James the younger and of Joses, and Salome.

41 When he was in Galilee, they followed him and ministered to him, and there were also many other women who came up with him to Jerusalem.

Mark 15:40-41

## *RESPONSE*

Jesus preached Good News to the poor, the downtrodden, and the afflicted. And, He included those others might exclude, such as women, and welcomed little children into His arms. Offer a prayer in writing and tie it into a scroll with twine or strip of fabric. Who might Jesus ask you to notice, include, or welcome?



# 10 - JESUS IS NAILED TO THE CROSS

## SCRIPTURE

33 And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. 34 And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments.

Luke 23:33-34

## *RESPONSE*

Jesus was nailed to the cross for our sins. Hammer a nail into the piece of wood to represent the cross.

Read Isaiah 53

# 11 – JESUS DIES ON THE CROSS

## SCRIPTURE

44 It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, 45 while the sun's light failed. And the curtain of the temple was torn in two. 46 Then Jesus, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last. 47 Now when the centurion saw what had taken place, he praised God, saying, "Certainly this man was innocent!" 48 And all the crowds that had assembled for this spectacle, when they saw what had taken place, returned home beating their breasts. 49 And all his acquaintances and the women who had followed him from Galilee stood at a distance watching these things.

Luke 23:44-49

## *RESPONSE*

Take this moment to ponder The Great Exchange. Jesus took on Himself the punishment for our sins in exchange for His righteousness. Drop the coin that represents your sin into the cup at the foot of the cross. As you hear the sound of the coin falling, remember that Jesus laid down His life willingly. One of His final requests was a cry, "Father, forgive them. They know not what they do." Remember He felt forsaken, and yet he offered forgiveness and grace. What is Jesus reminding you of in this moment? Take a moment to thank Jesus for His willingness to take your place.

# FRIDAY'S HERE BUT SUNDAY IS COMING

## SCRIPTURE

As you leave here tonight, allow yourself to live in the tension between Good Friday and Resurrection Sunday. Let your heart be stretched between the reality of your sin and the fact that God made a way for you to come home. Ask God what He wants to reveal to you through this time of reflection throughout the weekend.

We invite you to join us here again on Sunday at 8am, 9:30am or 11am when, together, we will celebrate the miracle of Jesus' resurrection and the eternal life with God believers have because of it