

GOOD FRIDAY

MEDITATION GUIDE

Good Friday is an important day in the Christian faith. It's a day of remembrance. It's a day set aside for mourning the suffering and crucifixion of our Savior. It's also a day marked with celebrating His obedient sacrifice. Most importantly, Good Friday is a day for meditation on the obedience, suffering, and sacrifice of our Savior Jesus.

Good Friday can be a difficult day to navigate though as a Christ-follower. We often don't want to think about the suffering of Good Friday. We would rather get to the celebration and victory of Easter, but there is no destination of Easter without the road of suffering, loneliness, and death that is found on Good Friday.

Today we remember the death of our Savior Jesus Christ. Today we reflect on His sacrifice for us personally. Today we meditate on what the crucifixion means for my daily life and walk with Christ. The impact of Good Friday and Easter do not grow dim, but too often, our memory of their impact does. Today, to awaken our hearts towards the beauty of His surrender, we meditate. We meditate today, hoping that we may begin to surrender our lives more fully to Him daily and live out the joy and victory of His resurrection that we celebrate on Easter Sunday, every day.



REMEMBRANCE

Read Luke 22:14-20 // *"¹⁴When the time came, Jesus and the apostles sat down together at the table. ¹⁵Jesus said, "I have been very eager to eat this Passover meal with you before my suffering begins. ¹⁶For I tell you now that I won't eat this meal again until its meaning is fulfilled in the Kingdom of God."*

¹⁷Then he took a cup of wine and gave thanks to God for it. Then he said, "Take this and share it among yourselves. ¹⁸For I will not drink wine again until the Kingdom of God has come."

¹⁹He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this in remembrance of me."

²⁰After supper he took another cup of wine and said, "This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you."

Take a moment and reflect on Jesus' words to His disciples in this passage. Jesus offered His body and blood for the disciples, the world, and you. Thank Him for this time to remember and worship Him for His sacrifice for us. Then take the communion cup you received as you entered and reflect on His sacrifice and partake in the body and blood of Christ.

OBEDIENCE

Read Mark 14:32-36 // *"³²They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." ³³He took Peter, James, and John with him, and he became deeply troubled and distressed. ³⁴He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."*

³⁵He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ³⁶"Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine."

We see Jesus' pain and anguish in His honest and vulnerable prayers to God. We see Jesus' great obedience to God too in His Words, "...Yet I want your will to be done, not mine." Take a moment and reflect on Jesus' emotional hurt in this passage, but also His great obedience. Ask God to help you to share your heart with Him the way Jesus did and to walk in the same obedience that Jesus walked toward Him.

SUFFERING

Read Matthew 27:27-31 // ²⁷ Some of the governor's soldiers took Jesus into their headquarters and called out the entire regiment. ²⁸ They stripped him and put a scarlet robe on him. ²⁹ They wove thorn branches into a crown and put it on his head, and they placed a reed stick in his right hand as a scepter. Then they knelt before him in mockery and taunted, "Hail! King of the Jews!" ³⁰ And they spit on him and grabbed the stick and struck him on the head with it. ³¹ When they were finally tired of mocking him, they took off the robe and put his own clothes on him again. Then they led him away to be crucified."

Read Matthew 27:35-44 // ³⁵ After they had nailed him to the cross, the soldiers gambled for his clothes by throwing dice. ³⁶ Then they sat around and kept guard as he hung there. ³⁷ A sign was fastened above Jesus' head, announcing the charge against him. It read: "This is Jesus, the King of the Jews." ³⁸ Two revolutionaries were crucified with him, one on his right and one on his left.

³⁹ The people passing by shouted abuse, shaking their heads in mockery. ⁴⁰ "Look at you now!" they yelled at him. "You said you were going to destroy the Temple and rebuild it in three days. Well then, if you are the Son of God, save yourself and come down from the cross!"

⁴¹ The leading priests, the teachers of religious law, and the elders also mocked Jesus. ⁴² "He saved others," they scoffed, "but he can't save himself! So he is the King of Israel, is he? Let him come down from the cross right now, and we will believe in him!" ⁴³ He trusted God, so let God rescue him now if he wants him! For he said, 'I am the Son of God.'" ⁴⁴ Even the revolutionaries who were crucified with him ridiculed him in the same way."

Good Friday puts suffering into perspective for us. We all suffer in this life, but the suffering that our Savior experienced was nothing we can compare. He not only dealt with the physical pain and toil and emotional shame and mocking but also a spiritual isolation and weight that we will never have to bear. Meditate on the suffering of our Savior. Remember the weight He carried. Thank Him and praise Him for taking this burden away from us. Thank Him for being our comfort and company in the loneliness and suffering we face in this life.

SACRIFICE

Read Mark 15:33-39 // ³³At noon, darkness fell across the whole land until three o'clock. ³⁴Then at three o'clock Jesus called out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means "My God, my God, why have you abandoned me?"

³⁵Some of the bystanders misunderstood and thought he was calling for the prophet Elijah. ³⁶One of them ran and filled a sponge with sour wine, holding it up to him on a reed stick so he could drink. "Wait!" he said. "Let's see whether Elijah comes to take him down!"

³⁷Then Jesus uttered another loud cry and breathed his last. ³⁸And the curtain in the sanctuary of the Temple was torn in two, from top to bottom.

³⁹When the Roman officer who stood facing him saw how he had died, he exclaimed, "This man truly was the Son of God!"

Read Mark 15:42-47 // ⁴²This all happened on Friday, the day of preparation, the day before the Sabbath. As evening approached, ⁴³Joseph of Arimathea took a risk and went to Pilate and asked for Jesus' body. (Joseph was an honored member of the high council, and he was waiting for the Kingdom of God to come.) ⁴⁴Pilate couldn't believe that Jesus was already dead, so he called for the Roman officer and asked if he had died yet. ⁴⁵The officer confirmed that Jesus was dead, so Pilate told Joseph he could have the body. ⁴⁶Joseph bought a long sheet of linen cloth. Then he took Jesus' body down from the cross, wrapped it in the cloth, and laid it in a tomb that had been carved out of the rock. Then he rolled a stone in front of the entrance. ⁴⁷Mary Magdalene and Mary the mother of Joseph saw where Jesus' body was laid."

In John's gospel, the cry Jesus utters is recorded as being, "It is finished!". Jesus's sacrifice was complete when His Spirit was given for humanity's salvation. Sit now and praise Him for this sacrifice. Thank Him for the separation that previously existed between us and God being finished. End your time by meditating on what today means for your daily walk with Christ. How will you remember His obedience, suffering, and sacrifice?

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