

# **GOOD FRIDAY** *Lectio Divina*



## **REQUEST FOR PRESENCE:**

Holy and loving God,  
as we prepare to set aside our busyness  
and to focus intently on Jesus' suffering and death,  
we ask for eyes to see all of the amazing things that Jesus' death  
means for understanding you, your love, and our salvation.  
In Jesus' name we pray. Amen  
- From The Worship Sourcebook

---

## **PRAYER IN THE GARDEN**

### **Read:**



Mark 14:32-42 - *Then they came to a place named Gethsemane, and he told his disciples, "Sit here while I pray." He took Peter, James, and John with him, and he began to be deeply distressed and troubled. He said to them, "I am deeply grieved to the point of death. Remain here and stay awake." He went a little farther, fell to the ground, and prayed that if it were possible, the hour might pass from him. And he said, "Abba, Father! All things are possible for you. Take this cup away from me. Nevertheless, not what I will, but what you will."*

Once again he went away and prayed, saying the same thing.

Then he came a third time and said to them, "Are you still sleeping and resting? Enough! The time has come. See, the Son of Man is betrayed into the hands of sinners. Get up; let's go. See, my betrayer is near."

### **Meditate:**



In this part of the story leading up to Jesus' death, we find him crying out to God to spare his life. Jesus' prayer in the garden reflects his heart - He is deeply grieved and troubled and, frankly probably a bit scared, too, at the thought of death. He begs for his life to be spared. While praying He still believes the God of Miracles can spare him, he trusts God's plan more than his own. He believes that in the midst of his suffering, God the Father is still good, merciful, loving, and just.

- Take a moment to reflect on a time where you cried out to God to spare you from a circumstance, or a desperate cry for help. What feelings do you remember from that moment?

### **Pray:**



God, thank you that in the midst of my sufferings, you are still present. You never leave me nor forsake me. I confess my selfish desires for you to direct my life my way instead of yours. Lord, let me use Jesus' prayer in the Garden as an example for my own prayers. Change my heart to prayer "not as I will, but as You will."

### **Contemplate:**



In the midst of my suffering and or challenging circumstances, I can acknowledge my pain AND believe God is still good.

## JESUS' ARREST



### Read:

Mark 14:43-52 - *While he was still speaking, Judas, one of the Twelve, suddenly arrived. With him was a mob, with swords and clubs, from the chief priests, the scribes, and the elders. His betrayer had given them a signal. "The one I kiss," he said, "he's the one; arrest him and take him away under guard." So when he came, immediately he went up to Jesus and said, "Rabbi!" and kissed him. They took hold of him and arrested him.*



### Meditate:

Before Jesus' arrest and prayer in the Garden, we know that Judas has betrayed him by accepting money to hand Jesus over to the chief priests and temple police (Luke 22:1-6). Think about this...one of Jesus' chosen disciples, a trusted friend and confidant, helped move forward the plot to kill Jesus.

- Have you ever felt tempted to or have you betrayed a friend? Have you been betrayed by a friend? What was that experience like?



### Pray:

Loving God, I know that you love me, so I also know that I can confess that I have let you down. Every day I betray you, deny you, misunderstand you, crucify you. I betray you when I am selfish or unkind. I deny you when I don't speak out for justice and truth. I am truly sorry and I want to honor you. In Jesus' great Name I pray. Amen.

*(adapted from The Worship Sourcebook)*



### Contemplate:

Jesus' imminent death on the cross covers us in God's grace despite our daily sin.

---

## JESUS' TRIAL WITH THE SANHEDRIN (JEWISH COURT)



Luke 22:66-71 - *When daylight came, the elders of the people, both the chief priests and the scribes, convened and brought him before their Sanhedrin. They said, "If you are the Messiah, tell us."*

*But he said to them, "If I do tell you, you will not believe. And if I ask you, you will not answer. But from now on, the Son of Man will be seated at the right hand of the power of God."*

*They all asked, "Are you, then, the Son of God?"*

*And he said to them, "You say that I am."*

*"Why do we need any more testimony," they said, "since we've heard it ourselves from his mouth?"*



### **Meditate:**

Jesus is brought before the court filled with highly regarded religious elite leaders. The members of this court were trying to find anything to accuse Jesus of to put him to death. Many gave false witness by accusing Jesus of everything from witchcraft (his healing people) to blasphemy, which he was ultimately convicted of (Matt 26:59-68). The people who saw Jesus' life and miracles firsthand wanted to put him to death for claiming to be God.

- Has there ever been a time in your life when you wanted Jesus to be something different than who he really is? Have you ever wanted Jesus to serve your wants and desires? What were you hoping for?



### **Pray:**

Lord, we believe you are the Son of God who lived on earth and died so we can be freed from the bondage of sin. Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise.



### **Contemplate:**

The more I understand what Jesus went through for me, the more I want to love and serve him instead of wanting him to serve me.

---

## **JESUS' TRIAL WITH THE ROMANS**



*Luke 23:13-25 - Pilate called together the chief priests, the leaders, and the people, and said to them, "You have brought me this man as one who misleads the people. But in fact, after examining him in your presence, I have found no grounds to charge this man with those things you accuse him of. Neither has Herod, because he sent him back to us. Clearly, he has done nothing to deserve death. Therefore, I will have him whipped and then release him."*

*Then they all cried out together, "Take this man away! Release Barabbas to us!" (He had been thrown into prison for a rebellion that had taken place in the city, and for murder.)*

*Wanting to release Jesus, Pilate addressed them again, but they kept shouting, "Crucify! Crucify him!"*

*A third time he said to them, "Why? What has this man done wrong? I have found in him no grounds for the death penalty. Therefore, I will have him whipped and then release him."*

*But they kept up the pressure, demanding with loud voices that he be crucified, and their voices won out. So Pilate decided to grant their demand and released the one they were asking for, who had been thrown into prison for rebellion and murder. But he handed Jesus over to their will.*

**Meditate:**

Pilate sees no grounds to sentence Jesus to death. He was pressured by the people to crucify him. Pilate shows us that sometimes it's easier to go with the voice of the crowd instead of standing firm with faith in Christ.

**Pray:**

Have you ever felt pressure to subdue or restrain your faith in Jesus? Have you ever not shared your faith because you were afraid? What were you afraid of?

**Contemplate:**

What are possible consequences for standing firm in my faith in Christ? What are the consequences of going along with the crowd who denies him?

---

**JESUS' BEATING**

*Matthew 27:27-31 - Then the governor's soldiers took Jesus into the governor's residence and gathered the whole company around him. They stripped him and dressed him in a scarlet robe. They twisted together a crown of thorns, put it on his head, and placed a staff in his right hand. And they knelt down before him and mocked him: "Hail, king of the Jews!" Then they spat on him, took the staff, and kept hitting him on the head. After they had mocked him, they stripped him of the robe, put his own clothes on him, and led him away to crucify him.*

**Meditate:**

Jesus endured immense physical and emotional pain while being humiliated, mocked, and beaten in front of a crowd. Take a few moments in silence and think about the suffering and pain Jesus took on for you.

**Pray:**

Jesus, you endured incomprehensible pain and suffering. Lord, I confess there are times I don't think about your suffering for me, and I lose sight of the price you paid for my sins. Lord, in this moment I pause and sit in the weight of your suffering. Thank you for taking on death so that I could experience eternal life.

**Contemplate:**

Jesus went through unthinkable suffering so that I can have hope in this life no matter what I face and eternal life with Him.

## **JESUS' DEATH**



Mark 15:33-34, 37-39 - *When it was noon, darkness came over the whole land until three in the afternoon. And at three Jesus cried out with a loud voice, "Eloi, Eloi, lemá sabachtháni?" which is translated, "My God, my God, why have you abandoned me?"*

*Jesus let out a loud cry and breathed his last. Then the curtain of the temple was torn in two from top to bottom. When the centurion, who was standing opposite him, saw the way he breathed his last, he said, "Truly this man was the Son of God!"*



### **Meditate:**

There, nailed to the cross between two criminals, hangs Jesus. Just as we saw in the Garden of Gethsemane, Jesus cries out to God with honesty and vulnerability. He pleads with the Father, "why have you forsaken me?" He knows this isn't the end of the story, but Jesus still cries out in hurt. His final cry is one of victory and agony: "It is finished!" Immediately, the veil between sinners and the holiest of holies in the temple is miraculously torn. Jesus' sacrifice ripped apart the barrier between people and heaven.



### **Pray:**

In your own words tell God how you're thankful for Jesus' sacrifice on the cross and what it means for you.



### **Contemplate:**

Jesus endured a bloody cross because I needed to be covered by his blood. Jesus set aside his privileges as God to give me a place with God

---

### **Final Prayer + Benediction:**

A terrible Friday Jesus endured  
To show his love for a lost world.  
But rest assured it was good for us  
That Jesus chose the wretched cross.  
Amen.