

# Good Friday Worship (with Stations of the Cross Reflection)

Book of Alternative Services – pg 308

## The Ministry of the Word

*Leader* All we like sheep have gone astray; we have turned every one to his own way,

*All* **And the Lord has laid on him the iniquity of us all.**

*Leader* Christ the Lord became obedient unto death,

*All* **Even death on a cross.**

*Silence may be kept.*

*Leader* Almighty God,  
*All* **our heavenly Father, we have sinned in thought and word and deed; we have not loved you with our whole heart; we have not loved our neighbours as ourselves. We pray you of your mercy, forgive us all that is past, and grant that we may serve you in newness of life to the glory of your name. Amen.**

## The Collect of the Day

*Leader* The Lord be with you.

*All* **And also with you.**

*Leader* Let us pray.

Almighty God, look graciously, we pray, on this your family, for whom our Lord Jesus Christ was willing to be betrayed and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever.

*Reader* The Passion of our Lord Jesus Christ according to John.  
John 19:17-30

## The Solemn Intercession

*Leader* Dear people of God, our heavenly Father sent his Son into the world, not to condemn the world, but that the world through him might be saved, that all who believe in him might be delivered from the power of sin and death and become heirs with him of eternal life. Let us pray,

## Meditation on the Cross of Jesus adapted from a document found at [www.archwinnipeg.ca](http://www.archwinnipeg.ca)

### The First Station: Jesus is Condemned to Death

#### Mark 15:1-15

The Reflection Question

It was not only the Jews and Pontius Pilate who condemned you, but I stand next to them shouting just as loud, 'Crucify Him!' How often do my words condemn you in the way that I speak about others?

### The Second Station: Jesus carries the Cross

#### John 19:13-17

The Reflection Question

It was not only the sins of the world that you carried; it was my sin, my selfishness, my pride, my anger. Each added more weight to the load. And it was not only my sin you carried but also my burdens, my worries, my fears, my sadness, my insecurities. Each you carried step by step up towards Golgotha, the place of the Skull. How often do I forget that you have carried the load for me? How often do I try to carry things on my own, not allowing you to help me?

### The Third Station: Jesus Falls for the First time

#### Isaiah 53:4-7

The Reflection Question

There are too many temptations that I am faced with that feel too fun and easy to do because so many around me are doing them. So many times, when I fall, I don't feel like getting back up and trying again. How many times have I fallen in my walk? Too many to count, I'm sure!

### The Fourth Station: Jesus Meets His Mother

#### Lamentations 1:12

The Reflection Question

There are so many times when I feel alone in my struggles. It seems that no one understands what I am going through; but I realize they must. How many times have I hidden things from my friends or family or even colleagues out of fear of what they would say, or what trouble I would be in when all they want is to love me?

### The Fifth Station: Simon helps Jesus carry his Cross

#### Mark 15:21

The Reflection Question

How often do I pass up an opportunity to help someone in need? Do I let what others may think of me stop me from reaching out?

### **The Sixth Station: Veronica wipes the face of Jesus**

#### **Isaiah 53:2-3**

##### The Reflection Question

Veronica courageously stepped forward and dared to treat you differently than everyone else. Could I do the same? We are called to respect and protect the dignity of every human being. How many times have I forgotten that each person is made in your image and likeness and therefore deserves my respect?

### **The Seventh Station: Jesus falls the second time.**

#### **Psalm 38:6-22**

##### The Reflection Question

You couldn't count how many times have I failed to follow through on my promises. Or worse yet, how often have I lied even to people I care about. In the midst of my own guilt, do I remember your faithfulness even when I fall?

### **The Eighth Station: Jesus meets the women of Jerusalem.**

#### **Luke 23:27-31**

##### The Reflection Question

How often have the things I've watched or listened led me away from you? Have I allowed the gospel of Life to reign in my heart? Do I listen to your words in my life?

### **The Ninth Station: Jesus falls for the third time.**

#### **Hebrews 4:15-16**

##### The Reflection Question

How often have I chosen to sin rather than to follow your way? Was it my sin that became too heavy that you fell this third time? How many times have I let my flesh win over my spirit?

### **The Tenth Station: Jesus is stripped of his garments.**

#### **John 19:23-24**

##### The Reflection Question

How often have I judged others by the way they look or what they are wearing? Do I find my own self-worth and self-identity by the clothes I wear or the way I look? Why do I allow myself to let vanity be my guide?

### **The Eleventh Station: Jesus is nailed to the cross.**

#### **Luke 23:33-43**

##### The Reflection Question

In reflection, I am angered by the soldiers. I can't understand why they are doing this to you and yet what is hardest to realize is that not only am I in the crowd watching all of this, but I'm also one of them nailing you to the cross. How many times has my sin become a strike of the nail into your body? How often do I turn away from your mercy?

### **The Twelfth Station: Jesus dies on the Cross.**

#### **John 19:28-37**

##### Joining together in prayer,

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, the power and the glory. For ever and ever. Amen.

### **The Thirteenth Station: Jesus is taken down from the Cross.**

#### **Psalm 22:14-15**

##### The Reflection Question

You told us this would happen. But you told us something more powerful than the power of death would prevail. And yet, we wept instead of remaining steadfast that you had a plan for all of this. How often have I doubted your ability to be God in my life over all things?

### **The Fourteenth Station: Jesus is placed in the tomb.**

#### **Matthew 27:57-61**

##### The Reflection Question

How many times has weight of death and grief felt like the end? When I've lost a loved one it can be so hard to remember your victory. So often I've missed the opportunities to say, "I love you" to those special people in my life. Do my family and friends know how I feel about them?

### **Closing Prayer**

Almighty and eternal God, on the edge of sadness when all seemed lost, You restored to us the Saviour we thought defeated and conquered. Help us, we beg You, so to empty ourselves of self concern that we might see your hand in every failure and your victory in every defeat. These things we ask in the name of your Son, Jesus Christ, who lives and reigns forever with You in the unity of the Holy Spirit. **Amen.**

Adapted from:

[https://www.archwinnipeg.ca/media/youth/docs/youth\\_resource-1238107982.pdf](https://www.archwinnipeg.ca/media/youth/docs/youth_resource-1238107982.pdf)

Please Join us Easter Sunday at 10:00am  
For Prayers, Scripture and Music for the Resurrection  
Please Watch Facebook and Emails for Details.

For those of you who are early risers,  
Rev'd Paul and Rev'd Robert will be sharing  
Sunrise Morning Prayer on Facebook Live at  
6:30am on Easter Sunday