

Good Friday 2021

Reflect

How can we encourage and support those who are suffering and in need? What does it mean to sacrifice something? Why is it hard to sacrifice something that you love?

Watch

Watch the following clip and reflect on how the different characters in the story must have been feeling. <https://request.org.uk/festivals/holy-week-and-easter/the-easter-story-2/>

Consider how Jesus must have felt as you watch the following clip <https://youtu.be/-blALAEijZI>

Read

Read the Bible story in Mark 15:21–41. Why is this story so hard and upsetting to read and understand?

Respond

What is Good Friday? And why is it called 'good' if it is about Jesus dying on a cross? On Good Friday, we remember that Jesus suffered and died on the cross as the ultimate sacrifice for our sin. Then 3 days later he rose again declaring that he had victory over sin and death. We refer to it as Good Friday because although it was a sad day and horrific in itself, Easter was to follow and this is the best news we have. Jesus endured the cross on Good Friday and conquered death knowing it led to his resurrection, our salvation, and the beginning of God's reign of righteousness and peace.

How do you feel when you think about Jesus' death on the cross?

Listen

Listen to the following track and thank God for his goodness

<https://youtu.be/nhFBX5ZSySo>

Act

In the early morning hours of Good Friday, Jesus was arrested. This is also when Judas betrayed Jesus by kissing his cheek, the sign he arranged with those who bribed him to let them know which man was Jesus. Jesus stood trial where he was whipped, beaten, spat upon and then made to carry his own cross up the hill where he was nailed to it. A crown of thorns was forced on his head, as well. Late in the day, Jesus died. He was removed from the cross, wrapped in cloths and buried in a nearby tomb. Good Friday arrived. It was a day of pain that ended with Jesus on the cross. We know that Easter follows 3 days later so this is not the end of the story. He will rise again on Easter. **Take some aluminium foil from your kitchen and fold it to make a cross. Keep this in your home until Easter morning to remember what Jesus did for YOU when he died on the cross. On Easter morning, scrunch up the cross and know that Jesus has risen.**

Pray

Dear Lord, As we remember the terrible pain that you experienced on the cross, let us stop and pause to reflect on what that means. You gave your life for us, that we might have life in all its fullness. Help us to love you and be faithful even when life is challenging. Amen