

- *What area in your life most needs to know the Good News and Light of Jesus Christ?*
- *Trust that God's light wants to shine in these areas today.*
- *In what way can you let YOUR light shine so that others may know the Good News of Jesus?*

Action:

- At this final station, take one of the candle tapers, light it from the Christ candle and light one of the small candles on the table before you. Extinguish the candle taper and return it to its holder.
- As more and more candles are placed here, we'll see how Jesus' light and love spreads from Him through all of us to the whole world
- Give thanks to God for the gift given on Good Friday and Easter Sunday, and pray that God may use you to share the Good News with others.

*"Lord God, thank you for the gift of Jesus' life, death, and resurrection...given for me and for all people. Help me to let my light shine before others, that they may know your love and care. Amen."*



## GOOD FRIDAY PRAYER STATIONS

*Welcome! This booklet will help guide your journey through the prayer stations. The first station is located in the fellowship hall, but the remaining stations are set up clockwise around the sanctuary. While you are encouraged to process through them in that order, please feel free to move about the sanctuary as you please. Each station includes a passage from scripture, reflection questions, and a series of actions. There are a total of twelve sessions. Take as much, or as little, time as you need. Worship begins at 7:00 PM.*

### #1 The Triumphal Entry Into Jerusalem

*When they were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, [Jesus] sent two of his disciples<sup>2</sup> and said to them, "Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it."<sup>3</sup> If anyone says to you, "Why are you doing this?" just say this, "The Lord needs it and will send it back here immediately."<sup>4</sup> They went away and found a colt tied near a door, outside in the street. As they were untying it,<sup>5</sup> some of the bystanders said to them, "What are you doing, untying the colt?"<sup>6</sup> They told them what Jesus had said; and they allowed them to take it.<sup>7</sup> Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it.<sup>8</sup> Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields.<sup>9</sup> Then those who went ahead and those who followed were shouting,*

*"Hosanna!*

*Blessed is the one who comes in the name of the Lord!*

*<sup>10</sup> Blessed is the coming kingdom of our ancestor David!*

*Hosanna in the highest heaven!"*

*<sup>11</sup> Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve. (Mark 11:1-11)*

### Reflection:

When Jesus came into Jerusalem, the crowd was excited and restless. They had heard of Jesus' teaching and miracles, and longed for a leader who would help them drive the Romans from their land. As Jesus rode through the city, they waved palm branches, which were the sign of kings.

- *In what areas of your life are you ready to praise Jesus? In what areas are you struggling?*
- *What do you hope Jesus would do for you during these three Great Day? What do you think Jesus might hope to do through you during these days?*

### Action:

- Align yourself with the honest praise of the crowds by taking one of the blank palm branches and writing words, or drawing symbols, of praise on it.
- Align yourself with the hopes and ambitions of the crowds by taking another blank palm branch, and writing on it one *hope* you have for Holy Week. Consider whether this *hope* is *misguided* like those of the crowds, or one Jesus could support.
- Place both of these palm branches along the road to prepare the way for Jesus.
- Proceed into the sanctuary.

### **#2 Jesus is Anointed at Bethany**

<sup>3</sup> While he was at Bethany in the house of Simon the leper, as he sat at the table, a woman came with an alabaster jar of very costly ointment of nard, and she broke open the jar and poured the ointment on his head. <sup>4</sup> But some were there who said to one another in anger, "Why was the ointment wasted in this way? <sup>5</sup> For this ointment could have been sold for more than three hundred denarii, and the money given to the poor." And they scolded her. <sup>6</sup> But Jesus said, "Let her alone; why do you trouble her? She has



### Action:

- Roll a single die.
- Whatever number comes up, silently name that many distractions that keep you from focusing on God.
- Confess these distractions to God, and ask that God would empower you to focus on Christ instead:

*"Lord God, I know that I am easily distracted from you and your will. I confess these distractions to you, and pray for your forgiveness and direction. Amen"*

### **#12 Light of the World**

*Jesus spoke to them saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." (John 8:12)*

*"No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven." (Matthew 5:15-16)*



*"You are the light of the world. A city built on a hill cannot be hid." (Mt 5:14)*

### Reflection:

Even on Good Friday, we know the end of the story. Jesus came to earth, died for the sake of the whole world, and was raised by the power of God on the third day. By Jesus' death and resurrection, He opens to us the hope of eternal life. Jesus is the light that shines in the darkness, the light *no darkness* can overcome.

- Thank God for opening a way for you to be close to Him, even in those areas and times where you feel separated:  
*“Lord God, even though I feel far off, I know that you are near, and I give thanks for your faithful love. Grant me grace and peace to know that I am constantly and continually in your care, and you know what I need even more than I do. Amen”.*
- Take the cloth with you in remembrance of the direct access you have to God.

### #11 Distracting Dice

*And when they had crucified him, they divided his clothes among themselves by casting lots; (Matthew 27:35)*



*And they crucified him, and divided his clothes among them, casting lots to decide what each should take. (Mark 15:24)*

*Then Jesus said, “Father, forgive them; for they do not know what they are doing.” And they cast lots to divide his clothing. (Luke 23:34)*

*So they said to one another, “Let us not tear it, but cast lots for it to see who will get it.” This was to fulfill what the scripture says, “They divided my clothes among themselves, and for my clothing they cast lots.” (John 19:24)*

#### Reflection:

The soldiers gambled for Jesus’ robe, ignoring the Son of God who hung above them. They were easily distracted from the very important thing happening right in front of them.

- *What in your life serves to distract you from the work and presence of God?*

*performed a good service for me. <sup>7</sup> For you always have the poor with you, and you can show kindness to them whenever you wish; but you will not always have me. <sup>8</sup> She has done what she could; she has anointed my body beforehand for its burial. <sup>9</sup> Truly I tell you, wherever the good news is proclaimed in the whole world, what she has done will be told in remembrance of her.” (Mark 14:3-9)*



#### Reflection:

This woman shared her love and adoration for Jesus by anointing his feet with costly ointment. She gave what she could, even though it didn’t make sense to the others who watched her.

- *What gifts do you have to offer to Jesus?*
- *How can you offer these gifts to Jesus? (Remember that, in this life, we most often offer our gifts to God by sharing them with other people.)*

#### Action:

- Place a rose petal in the bowl as a symbol of your love for God, and of your offering.
- Ask God to accept and bless your offering, just as Jesus accepted the offering of this woman. Pray for the strength and will to follow through on your commitment to serve and share this gift with Jesus and the world.  
*“Lord God, you are the giver of all good things. Accept the humble gifts I offer, and use them to your service and glory. Grant me the will and strength to continually share my gifts with others, as a sign of my love for you. Amen”*

### #3 No Matter the Cost

*Then one of the twelve, who was called Judas Iscariot, went to the chief priests and said, ‘What will you give me if I betray him to you?’ They paid him*

*thirty pieces of silver and while they were eating, he said, 'Truly I tell you, one of you will betray me.' And they became greatly distressed and began to say to him one after another, 'Surely not I, Lord?' He answered, "The one who has dipped his hand into the bowl with me will betray me. The Son of Man goes as it is written of him but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.' Judas, who betrayed him, said, 'Surely not I, Rabbi?' He replied, 'You have said so.' (Matthew 26:14-15; 21-25)*

#### Reflection:

Judas betrayed the trust of Jesus and his fellow disciples by betraying Jesus to the Pharisees for 30 pieces of silver.

- *Would you sell out a friend or your savior for that? Have you ever?*

We betray Jesus whenever we give priority to things (such as entertainment, our careers, our own desires, or even our families) rather than Him. C

- *Consider the ways you have settled for less than God's best by choosing the path of least resistance (or greatest 'reward') rather than Christ.*



#### Action:

- Lift the money bag, which roughly contains the equivalent of 30 pieces of silver.
- Pray for God's forgiveness for the times you have turned your back on Jesus, or on one "of the least of these" whom Jesus desperately loves.  
*"Lord God, you know that the intentions of my heart are not always (or even usually) pure and good. Forgive me for the times I have chosen other things or people over you and your will. Make my heart pure and my intentions holy. Amen".*
- Know that you are forgiven and loved.

*"It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two." (Luke 23:44-45)*

#### Reflection:

In the temple, where God's people worshiped, there was a thick curtain that divided the two sections of the temple: the holy (but accessible) place where the priests served and the people gathered, and the holy of holies, where one priest would go once a year to make atonement for the sins of the whole nation. The curtain between the two spaces symbolized God's separation from the people.

- *Have you ever felt separated from God? Sometimes we feel separated from God because we don't feel good enough, or smart enough, or pretty enough...sometimes we feel separated because we don't take time to connect with God.*

When Jesus died, that separating curtain was ripped from top to bottom, showing us there isn't any more separation between God and us. This was God's way of inviting you to hang out with God. It was God's way of saying that you are now granted full access to Him, at all times. With Jesus' sacrifice, our separation from God ended.

#### Action:

- Spend a few moments thinking about those areas of your life where you feel separated from God. Confess these areas to God:  
*"Lord God, when I consider this area of my life \_\_\_\_\_, I feel far off from you."*
- Tear a piece of cloth in half as a symbol of the direct access you have to God.

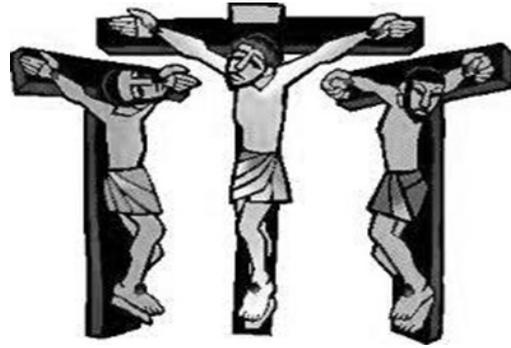


### Reflection:

One of the thieves hanging beside Jesus begged him to, "Remember me" in heaven. Jesus promised to do so, and we believe that the same is true of us.

- How does Jesus' promise to "remember" you change your life? How does it affect your actions or worries?
- How confident are you in Jesus' memory (specifically of YOU)?

It's not always easy to trust that Jesus is indeed mindful of us each and every moment of each and every day, but that's the promise he makes to the thief on the cross, and that's the promise we share by virtue of our baptism. It's also the promise we hear every time we celebrate Holy Communion and hear those words "The body and blood of Christ, given FOR YOU!"



### Action:

- Write your name underneath the words "Remember me," thanking Jesus for loving you eternally, even as you know that you are just as great a sinner as that thief on the cross.
- Dip your finger in red paint, paint that symbolizes the blood of Christ shed for you. With a small amount of paint on your finger mark your fingerprint on your other hand. Let this fingerprint remind you that "Jesus always remembers you."

### **#10 The New Agreement with God**

*"Then Jesus cried again with a loud voice and breathed his last. At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split."* (Matthew 27:50-51)

*"Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom."* (Mark 15:38)

### **#4 Jesus Washes the Disciples Feet**

*Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end...during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."*

*After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. <sup>17</sup> If you know these things, you are blessed if you do them (John 13:1-17)*



### Reflection:

In his final days, Jesus continues to teach His disciples what His life and mission is all about. He does so by taking the form of a servant, and washing their feet.

- *Have you ever been the recipient of such a lavish act of love and service? How did it make you feel?*
- *Imagine what it would be like to receive this lavish act of love from your Savior. Imagine what it would be like to receive this act of love from your Savior, who knows you are about to betray Him.*
- *Know that this is the kind of love and service Jesus gives us in His death.*

### Action:

- Look over the photos of feet. Each of these are feet that Jesus loves. Each represents a person whom Jesus loves.
- Who is the hardest person for you to love right now? It may be a specific person, or a certain group of people.
- Ask God to grant you a servant's heart, that you may love all people, even the person you least like right now, as you have first been loved.
- Pray for the person, or people, you named above. It can be as simple a prayer as *"God, surround \_\_\_\_\_ with your love today. Amen"*
- Make the sign of the cross on your hand using the scented oil, as a reminder of how you have first been served and loved by God, and as a reminder of how you are called to serve and love in return.

### **#5 Pilate Washes His Hands**

*So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, "I am innocent of this man's blood: see to it yourselves." (Matthew 27:24)*



### Reflection:

While hanging on the cross, Jesus was offered a taste of bitter wine for his thirst. For our sake, he endured this bitterness, and continued to shower love upon all who gathered there.

- *Recall a time you felt 'low' and then 'beaten up' by the words or actions of another. How did this double dose of pain make you feel? How did you, in turn, treat others?*

Jesus was already "down and out" on the cross when he was further humiliated and made to suffer with the sour wine. Yet, by the grace and power of God, He still spoke words of love and care to those who were gathered.



### Action:

- Dip a Q-tip into the bowl of vinegar place it on your tongue.
- Remember the bitter times you've had in your life.
- Pray that God will carry you through the tough times that will come and prevent you from becoming bitter toward others.

*"Lord God, I know you have experienced the best and the worst of this world. Help me to endure in times of trial, and to always share your love with others, no matter what comes. Amen."*

### **#9 Remember Me**

*One of the criminals who were hanged there kept deriding him and saying, "Are you not the Messiah? Save yourself and us!" But the other rebuked him saying "Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." He replied, "Truly I tell you, today you will be with me in Paradise." (Luke 23:39-43)*

### Action:

- Feel the crown of thorns. Hold it tightly if you dare. As you feel the sharp barbs, thank Jesus for enduring the pain on the cross.  
*“Lord God, your love for me, and for this world, caused you to endure pain, suffering, and humiliation. Thank you for bearing these things on my behalf. Amen”.*
- Take a length of twine and use it to make a knotted string whip. With each knot, confess a way in which your actions (or inactions) cause Jesus pain still today. Offer a word of prayer:  
*“Lord God, by my actions, words, and thoughts, I cause you pain each day. Forgive me for my failure to love as you have loved me, and grant me strength to change my ways. Amen.”*
- Take your knotted whip with you as a reminder of Jesus’ enduring love for you.

### **#8 The Sour Wine**

*When some of the bystanders heard it, they said, ‘This man is calling for Elijah.’ At once one of them ran and got a sponge, filled it with sour wine, put it on a stick, and gave it to him to drink. (Matthew 27:47-48)*

*And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, ‘Wait, let us see whether Elijah will come to take him down.’ (Mark 15:36)*

*The soldiers also mocked him, coming up and offering him sour wine, and saying, ‘If you are the King of the Jews, save yourself!’ (Luke 23:36-37)*

*(Jesus said) ‘I am thirsty.’ A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. (John 19:28b-29)*

### Reflection:

Pilate did not want the blood of Christ on his hands so he ceremoniously washed them telling the people that they are the ones guilty and that he is innocent...yet his guilt remains because he handed Jesus over to be crucified.

- *Recall a time you refused to stand up for what is right and just by telling yourself “it’s not my problem”.*

In little and big ways, we do this every day—especially about issues that don’t seem to confront our everyday lives (ex: people are still enslaved in countries around the world, but we don’t do much to free them; with our purchases, we support child labor; as Americans, we continue to use more than our fair share of the earth’s resources, without thinking of those who are lacking basic necessities. In all these ways, we, too, are responsible for killing the Risen Christ in our midst.

### Action:

- Offer a prayer of confession for all the ways you crucify Christ in your daily life by neglecting the needs of others:  
*“Lord God, when the tensions and stakes are high, it is so much easier to keep quiet than to speak words of Truth. I confess you to my silence and indifference in all those situations when I should have spoken. Forgive me for the sake of your Son. Amen”*
- Mirror Pilate’s actions by washing your hands in the bowl of water, and drying them with the towels provided. We don’t like what happened to Jesus, we don’t like what happens in our world, but we permit it to happen.
- Pray for God to guide you and to give you the strength and courage to do “what the Lord requires of you” “to do justice, and to love kindness, and to walk humbly with your God.” (Micah 6:8b)
- Take one of the printed verses with you as a reminder of this goal.

## #6 The Cross

Then (Pilate) handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. (John 19:16-18)

### Reflection:

Jesus took his cross upon his shoulders, and carried it through the streets alone.

- Consider how Jesus might have felt carrying this cross through the crowded streets. Lonely? Angry? Bitter? Determined?
- Recall a time when you felt all alone and weighed down by burdens.

One of the gifts given to us in Jesus' life and death is the assurance that He has experienced the highest of highs (life with God) and lowest of lows (crucifixion, betrayal, suffering). Even when we feel lonely and weighed down, we can trust that Jesus is present. He does not flee in times of trouble, but stays by our side, offering comfort, hope, and love.

### Action:

- Stand, kneel, or sit, at the foot of the cross
- Contemplate the cross and think of a specific burden in your life.
- See Jesus taking the burden of your sin off your back and placing it upon himself.
- Offer a prayer of thanksgiving for God's gracious gift through Christ:

*"Lord God, thank you for the gift of your Son, and His ever-present love and care. Help me to trust in His faithfulness and love, even when it feels as though I'm all alone. Amen".*

- Take one of the small crosses as a reminder of God's gift of grace.



## #7 The Painful Thorns and Knotted Whip



They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, 'Hail, King of the Jews!' (Matthew 27:28-29)

And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' (Mark 15:17-19)

Then Pilate took Jesus and had him flogged. And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. They kept coming up to him, saying, "Hail, King of the Jews!" and striking him on the face. (John 19:1-3)

### Reflection:

Jesus received a crown of thorns and a royal looking robe, both of which served to humiliate him. He was also brutally whipped and spat upon. He accepted these things for our sake.

- Is there anyone in your life for whom you would tolerate this same pain and humiliation?
- Know that the love you feel for that person is the love Jesus, our Savior, God's Son feels for you.

