

## An Hour or so at the Cross from Home



### **Introduction**

*In this time unusual time I wonder if you would like to spend an hour contemplating the events of Good Friday – thinking especially about the words Jesus uttered from the cross. If you can find somewhere comfortable to sit and perhaps light a candle to start the time. You may wish to have some music lined up to play between the readings as you contemplate what you have read, or you may prefer to simply sit in silence looking at the candle.*

*You may wish to set a timer for five minutes after each gospel reading so you don't spend time staring at the clock.*

*If there is more than one of you, one may choose to read from the Gospel and the other from the psalm. This may well be something you are able to do over social media video (such as Facetime) if you are able to sort the technology.*

### **A prayer to begin –**

Loving Lord, as I contemplate the events of Good Friday, I ask that in the silence and contemplation you would speak to me. Reveal to me your love and sacrifice in new ways, help me to grasp and comprehend the vastness of your love, speak to me afresh I pray.

Possible music to listen to to begin - The Power of the Cross by Chris Tomlin -  
<https://www.youtube.com/watch?v=x8sw-g6P544>

## **First sentence**

*Reading (from Matthew 27 27-37 and Luke 23 33-34)*

Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand and knelt in front of him and mocked him. "Hail, king of the Jews!" they said. They spat on him, and took the staff and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him. As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry the cross. They came to a place called Golgotha (which means The Place of the Skull). There they offered Jesus wine to drink, mixed with gall; but after tasting it, he refused to drink it. When they had crucified him, they divided up his clothes by casting lots. Above his head they placed the written charge against him: THIS IS JESUS, THE KING OF THE JEWS. Two criminals were crucified with him, one on his right and one on his left. Jesus said, "**Father, forgive them, for they do not know what they are doing.**"

*Silence*

*Response (from Psalm 51)*

Have mercy on me O God  
according to your unfailing love  
wash away all my transgressions  
and cleanse me from my sin

## **Second sentence**

*Reading (from Luke 23 39-43)*

One of the criminals who hung there hurled insults at him: "Aren't you the Christ? Save yourself and us!" But the other criminal rebuked him. "Don't you fear God," he said, "since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom". Jesus answered him, "**I tell you the truth, today you will be with me in paradise.**"

*Silence*

*Response (from Psalm 65)*

O you who hear prayer  
To you all men will come.  
When we were overwhelmed,  
You forgave our sins.

### **Third sentence**

Reading (from John 19 25-27)

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to his mother, "**Dear woman, here is your son,**" and to the disciple, "**Son, here is your mother.**" From that time on, this disciple took her into his home.

*Silence*

*Response (from Psalm 23)*

Though I walk through the valley  
I will fear no evil  
For you are with me  
Your rod and staff they comfort me

### **Fourth sentence**

*Reading (from Matthew 27 45-46)*

From the sixth hour until the ninth hour darkness came over all the land. About the ninth hour Jesus cried out in a loud voice, "Eloi, Eloi, lama sabachthani?"--which means, "**My God, my God, why have you forsaken me?**"

*Silence*

*Response (from Psalm 22)*

My God I cry out by day  
but you do not answer  
O Lord be not far off  
come quickly to help me

### **Fifth sentence**

*Reading (from John 19 28)*

Knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, "**I thirst.**"

*Silence*

*Response (from Psalm 22)*

I am poured out like water  
My heart is melted within me  
My strength is dried up like a pot shard  
You lay me in the dust of death

## **Sixth sentence**

*Reading (John 19 29-30)*

A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, **"It is finished."**

*Silence*

*Response (from Psalm 25)*

Show me your ways O Lord  
Teach me your paths  
Guide me in your truth  
For you are God my Saviour

## **Seventh sentence**

*Reading (from Luke 23 45-49)*

At the ninth hour the curtain of the temple was torn in two. Jesus called out with a loud voice, **"Father, into your hands I commit my spirit."**

*Silence*

*Response (from Psalm 31)*

I trust in you, O Lord.  
You are my God.  
You are my refuge.  
Into your hands I commit my spirit.

When I survey the wondrous cross - <https://www.youtube.com/watch?v=mDkuxEIcpdI>

*Closing prayer*

*Loving God we thank you that you are present and with us in all things and at all times. Help us to be aware of your presence and as we wait for Easter Sunday help us to look for signs of light.*

*Amen*