

*Welcome to our Good Friday Quiet day, We start in silence then listen to “Stay with me”*

***Plan for Good Friday Quiet Day***

*9:30 Session 1: In the Garden of Gethsemene*

*Quiet*

*1:30 Session 2: At the cross*

*Quiet*

*2:50 Session 3: Liturgy*

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note liturgy from liturgy from Common worship and re:worship (Christine Longhurst)

Jesus says ‘My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.’

So today we keep watch with Jesus

*Psalm 130*

Out of the depths I cry to you, O Lord.
    Lord, hear my voice!
**Let your ears be attentive
    to the voice of my supplications!**

If you, O Lord, should mark iniquities,
    Lord, who could stand?
**But there is forgiveness with you,
    so that you may be revered.**

I wait for the Lord, my soul waits,
    and in his word I hope;
**my soul waits for the Lord
    more than those who watch for the morning,
    more than those who watch for the morning.**

O Israel, hope in the Lord!
    For with the Lord there is steadfast love,
    and with him is great power to redeem.
**It is he who will redeem Israel
    from all its iniquities.**

Jesus prayed ‘My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.’

And again he prayed ‘My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.’

Father we come to you today acknowledging in sorrow

That we do seek your kingdom, but our empires

Lord have mercy

**Lord have mercy**

That we do not seek to serve, but to be served

Christ have mercy

**Christ have mercy**

That we seek our will and not yours.

Lord have mercy

**Lord have mercy**

Almighty God,

who in Jesus Christ has given us

a kingdom that cannot be destroyed,

forgive us our sins,

open our eyes to God’s truth,

strengthen us to do God’s will

and give us the joy of his kingdom,

through Jesus Christ our Lord.

**Amen.**

Father our spirit is willing, but our flesh is weak,

so we pray that we too may submit to the will of the father as we pray as Jesus taught us :

**Our Father in heaven,**

**hallowed be your name,**

**your kingdom come,**

**your will be done,**

**on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins**

**as we forgive those who sin against us.**

**Lead us not into temptation**

**but deliver us from evil.**

**For the kingdom, the power,**

**and the glory are yours**

**now and for ever.**

**Amen.**

*As we read our Scripture passage*

What word, phrase or idea strikes you from this passage – you might like to share this on chat after we have read it through twice

*The Garden of Gethsemane*

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, ‘Sit here while I go over there and pray.’ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, ‘My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.’

Going a little farther, he fell with his face to the ground and prayed, ‘My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.’

Then he returned to his disciples and found them sleeping. ‘Couldn’t you men keep watch with me for one hour?’ he asked Peter. ‘Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.’

He went away a second time and prayed, ‘My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.’

Moving into Quiet:

Take this time to continue to reflect on this passage independently

You might sit, draw, paint or walk.

What is God saying to you through the word phrase or idea that strikes you?

And you might like to try and image yourself into the passage. Who are you? How do you feel? What is Jesus saying to you, and what do you want to say to him?



*Welcome to our Good Friday Quiet day, We start in silence then listen to “Jesus remember me”*

***Plan for Good Friday Quiet Day***

*1:30 Session 2: At the cross*

*Quiet*

*2:50 Session 3: Liturgy*

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*Opening prayer*

We thank that even on the cross you cared for those in need and care for us all now in our needs

We thank you that we do not get what we deserve, but by your cross you have redeemed the world

**Litany of Confession**

(Psalm 51 & Psalm 103)

**Have mercy on me, O God, because of your unfailing love.**

**Because of your great compassion, blot out the stain of my sins.**

 Our God is merciful and gracious,
            slow to get angry, and full of unfailing love.

**Wash me clean from my guilt. Purify me from my sin.**

**For I recognize my shameful deeds—they haunt me day and night.**

God will not constantly accuse us, nor remain angry forever.

**Against you, and you alone, have I sinned;**

**I have done what is evil in your sight.**

**You will be proved right in what you say,**

**and your judgment against me is just.**

God has not punished us for all our sins,

            nor does he deal with us as we deserve.

            For as high as the heavens are above the earth,

            so great is his love for those who fear him;

            as far as the east is from the west,

            so far has he removed our transgressions from us.

**I was born a sinner—from the moment my mother conceived me.**

God is like a father to his children,

            tender and compassionate to those who fear him.

            For he understands how weak we are;

            he remembers that we are only dust.

**You desire honesty from the heart;**

**teach me to be wise in my inmost being.**

For our days on earth are like grass;

            like wildflowers, we bloom and die.

            The wind blows, and we are gone—

            as though we had never been here.

**Restore to me the joy of your salvation**

**and make me willing to obey you.**

For the love of the Lord remains forever

            with those who fear him.

            His salvation extends to the children’s children

            of those who are faithful to his covenant;

            those who obey his commandments.

**The sacrifice you want is a broken spirit.**

**A broken and contrite heart, O God, you will not despise.**

Our God is merciful and gracious.

**Bless the Lord, O my soul.**

*As we read our Scripture passage*

What burdens do you have to bring to the cross right now?

What does Jesus want to say to you from the cross in love?

What do you want to say to him?

***Scripture***

Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left.  Then Jesus said, ‘Father, forgive them; for they do not know what they are doing.’ And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, ‘He saved others; let him save himself if he is the Messiah of God, his chosen one!’ The soldiers also mocked him, coming up and offering him sour wine, and saying, ‘If you are the King of the Jews, save yourself!’ There was also an inscription over him, ‘This is the King of the Jews.’

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.’

Moving into Quiet:

What burdens do you have to bring to the cross right now?

What does Jesus want to say to you from the cross in love?

What do you want to say to him?

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