

# A thought for Good Friday 10<sup>th</sup> April 2020

After the Last Supper Jesus takes the disciples at night to the garden in Gethsemane and there, he takes three of the disciples to pray and talk to God with him. The disciples have had a long day and fall asleep although Jesus wakes them three times. Jesus is in agony - He knew his future and knew it would be painful and wanted to know if there was another way. There was no other way but God sent an angel to strengthen Jesus to go through the trial that was to come.

Remember this when all seems bleak and black, Jesus knows what it feels like. Jesus knows what each of us need and because of that he does not let us suffer alone. Even if no one else can come to be with you, Jesus is there, talk to him, yell at him He understands. One thing more is that He loves you with no strings attached.

After the soldiers arrested Jesus, he was taken as a prisoner to Pilate, then to Herod and then returned to Pilate.



Throughout the world there are many prisoners some guilty, others who have been arrested for things that are legal here. Other people feel like prisoners trapped in their own homes because of Covid 19, or another illness, or even fear.

Think of these people and think of ways you can help those around you.

## **Prayer**

Lord thank you that you understand the darkness, the bleakness that can occur, be our light at those times help us see the exit at the end of the dark tunnel and help us feel your arms around us. Lord help us to be lights for others bringing them out of the darkness.

Lord we lift before you all those across the world who are despairing and pray that you will find someone who can come alongside them to help them. Amen.

*Rev'd Sarah Wyman*

# A further thought for Good Friday

In Mathews Gospel we find: false witnesses at Jesus' trial; people shouting 'crucify him'; the walk to Golgotha asking Simon from Cyrene to help carry the cross and finally the nailing of Jesus to the cross and death.

Crucifixion is one of the most painful ways to die - your body is dragged down and finds it hard to breath and so you gasp for air, like Covid 19 which attacks the lungs.

Yet amongst this pain Jesus cries out: 'Father forgive them they know not what they do.' He asks his disciple John to look after his mother. Even here in his dying he is thinking of others. Even here his words and actions cause a thief dying like him to believe Jesus is the Son of God and he defends Jesus to his Fellow criminal. We do not know what God looks like but what we do know is that Jesus shows us his nature and the love that is shown here in Jesus' death is amazing.

As you face a cross perhaps do the following.



Cup your hands in front of you.  
Think about your problems, worries anything you fear and place them in your hands.

Say aloud or in your head  
'Lord I offer my cares to you please help me.'

Then open your hands with your palms facing downwards and imagine your problems falling away.



Cup your hands in front of you again.

Say aloud or in your head  
'Lord help me in all I do and say. Amen.'

The problems do not disappear as we always have to face the consequence of our actions but they now might become more manageable.

*Rev'd Sarah Wyman*