Practice for Good Friday

The Cross

What we remember on this day is very difficult. We remember the cruel, painful way Jesus was put to death.

Have someone from your group read the story: “Crucifixion.”

“Jesus preached and taught that [God] is to be found everywhere, in the poor, and the lowly, the sick and the despised, in ordinary people struggling to make ends meet, in people who thought [God] could not be anywhere near them and in everyone who acts lovingly.

“Good Friday is the story of this Jewish man who was ready to die for what he believed. It is a story of faith in the face of apparent hopelessness. It is the story of a man who stood by his convictions despite the consequences.” (Michael Morwood)

Can you think of a person who has died and who did good things for you or others? It might be a person you know well (grandparent, friend) or a person you have read about or heard about? What were some of the good things that person did?

Move around the station so each person in the group can touch one of the crosses at this station. Have a person from the group pray the following prayer as everyone touches a cross.

“Jesus, we share your faith. We will be good to others. Thank you for showing us how close God is to each of us.”

Holy Week helps us to remember the amazing love of Jesus and how he wants us to know that God is always present never absent. To be a person of God’s love can sometimes be very hard. Doing the loving things we say we believe is sometimes very hard.
Crucifixion

Jesus had been arrested.

The people wanted him crucified.

Even when Pilate said, “I do not find this man guilty of any of the charges you’ve said.” The people wanted him dead.

So Jesus was given a cross to carry up the hill to a place called Golgotha.

There they nailed Jesus’ hands and feet to the cross.

On his head was a crown of thorns the soldiers had made to make fun of this “King of the Jews.”

It hurt Jesus very much to die like that, hanging on a cross.

Finally, Jesus cried out, “Father, into your hands I commit my spirit.”

Then Jesus died.

His friends were very sad.
The Tomb

This is the last day of the way remembered during Holy Week. Read the story: “The Tomb.”

Jesus has died. His friends lovingly take his body and place it in the tomb. God was present in his friends as they did this loving act.

Sit a moment in silence.

Have a person from your group gently and carefully blow out a candle.

Holy Week helps us to remember many things. Most of all it helps us remember Jesus and his wanting everyone to know and feel the closeness of God; to never doubt that God loves them; to accept his invitation to help keep his dream alive of doing good for others so the world might be renewed.

The Tomb

Jesus’ friends were very sad that Jesus had died.

They went to get Jesus’ body to bury it.

A man named Joseph of Arimathea [ər ih muh THÉE uh] gave them a new tomb to put Jesus’ body in.

The women worked putting oil and spices on Jesus’ body until it was the beginning of the Sabbath. They couldn’t do even that work on the Sabbath.

Jesus’ body was put in the tomb and a huge stone was rolled in front of it.

That was on Friday. It was a very dark day for the people of God, a day with almost no light in it.