



## **Good Friday Prayer/Readings Booklet**

**Find a comfortable place to sit in front of the  
communion table to engage this liturgy.**

**Embrace elements that bring meaning for you.**

**You may stay as long or as short as you like.**

**You may return this or take it with you.**

***Letting Go*** – *You have come from somewhere today and you will leave here to do something else. Take some time to let go of everything that has happened in your day and all left to be done. Take a few breaths to welcome the Spirit and to exhale anything you are holding onto.*

### ***Grounding Words - John 3:16-17***

*As you encounter the searing truth of Good Friday, remember the truth of why Jesus came to humanity. Let this truth linger.*

**<sup>16</sup> “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.**

**<sup>17</sup> “Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him.**

### ***Psalm for Centering –***

**Psalm 139:1-12, 22-24** – page 541 Pew Bible

This Psalm as an individual petition beautifully posits that God’s intimate knowledge of us is a blessing. While the first twelve verses can seem overwhelming, the final verses bring the prayer full circle as the Psalmist prays for God to “search and know me.”

Try inviting God into your space fully and be known. Linger in silence and be at peace, beloved child of God.

### ***Encountering the Story – Mark Chapter 15***

page 884 Pew Bible

It is a big story – find one or a couple of spots to linger. You may wish to bear witness to the experience of Jesus or perhaps find one of the characters and imagine what it would have been like for them. How do you find yourself in the story?

*Following your time of reading, you are invited into a time of silent confession beginning with this powerful verse from Ah Holy Jesus*

Who was the guilty? Who brought this upon You?

It is my treason, Lord has undone You.

‘Twas I, Lord Jesus, I it was denied you; I crucified you.

## ***Bringing Forth Your Confession***

When you are ready you are invited to bring forth a hawthorn branch and place it at the foot of the cross. After placing your branch there, read silently this short piece and pick out one candle to blow out remembering that Christ fully suffered death.

**The deed is done, the body has been laid to rest, the mourning has come. And so I blow out the candle, hoping against hope that soon it will once again burst into flame.**

## ***Remembering Forgiveness and Grace –***

**(Source: John O'Donohue, To Bless the Space Between Us)**

*After your confession remember God's forgiveness:*

**May all that is unforgiven in you, be released.**

**May your fears yield their deepest tranquilities.**

**May all that is un-lived in you, blossom into a future,**

**Graced with love.**

## ***Sending Psalm***

**Psalm 22 – pages 475 & 476 Pew Bible**

Jesus prayed this Psalm from the cross. It is a full acknowledgment of pain and suffering and yet the remembrance of God's enduring presence and help.

Notice that struggle is a natural part of faith. Allow the truth that this Psalm brought comfort to Jesus, bring comfort to you.

## ***Sending Words –***

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*(Note: on the back is a powerful prayer by Walter Brueggemann.)*

*The Terrible Silencing We Cannot Master (Walter Brueggemann)*

Holy God who hovers daily round us in fidelity and compassion,  
this day we are mindful of another, dread-filled hovering,  
that of the power of death before which we stand  
thinful and needful.

All our days, we are mindful of the pieces of our lives  
and the parts of your world that are on the loose in destructive ways.  
We notice that wildness midst our fear and our anger unresolved.  
We mark in in a world of brutality and poverty and hunger all around us.  
We notice all our days.

But on this day of all days, that great threat looms so large and powerful.  
It is not for nothing that we tremble at these three hours of darkness  
and the raging earthquake.  
It is not for nothing that we have a sense of our helplessness  
before the dread power of death that has broken loose  
and that struts against our interest and even against our will.  
So, we come in our helpless candor this day...remembering...giving  
thanks...celebrating...but not for one instant unmindful of dangers too ominous and  
powers too sturdy and threats well beyond us.

We turn eventually from our hurt for loved ones lost.  
We turn finally from all our unresolved losses to the cosmic grief at the loss of Jesus  
We recall and relive that wrenching Friday when the hurt cut to your heart.  
We see in that terrible hurt our losses and your full embrace of loss & defeat.

We dare pray while the darkness descends and the earthquake trembles,  
We dare pray for eyes to see fully and mouths to speak fully  
the power of death all around, and the silence of those we have loved  
we pray more for your notice and your promise and your healing.

Our only urging on Friday is that you live this as we must  
impacted but not destroyed, dimmed but not quenched.  
For your great staying power and your promise of newness we praise you.  
It is in your power and your promise that we take our stand this day.  
We dare trust that Friday is never the last day, so we watch for the new day of life.  
Hear our prayer and be your full self toward us.

Amen