

## Good Friday Thinplace

### PSALM 22 NIV

My God, my God, why have you forsaken me?

Why are you so far from saving me,  
so far from my cries of anguish?

<sup>2</sup>My God, I cry out by day, but you do not answer,  
by night, but I find no rest.<sup>[a]</sup>

<sup>3</sup>Yet you are enthroned as the Holy One;  
you are the one Israel praises.<sup>[a]</sup>

<sup>4</sup>In you our ancestors put their trust;  
they trusted and you delivered them.

<sup>5</sup>To you they cried out and were saved;  
in you they trusted and were not put to shame.

<sup>6</sup>But I am a worm and not a man,  
scorned by everyone, despised by the people.

<sup>7</sup>All who see me mock me;  
they hurl insults, shaking their heads.

<sup>8</sup>"He trusts in the Lord," they say,  
"let the Lord rescue him.

Let him deliver him,  
since he delights in him."

<sup>9</sup>Yet you brought me out of the womb;  
you made me trust in you, even at my mother's breast.

<sup>10</sup>From birth I was cast on you;  
from my mother's womb you have been my God.

<sup>11</sup>Do not be far from me,  
for trouble is near  
and there is no one to help.

<sup>12</sup>Many bulls surround me;  
strong bulls of Bashan encircle me.

<sup>13</sup>Roaring lions that tear their prey  
open their mouths wide against me.

<sup>14</sup>I am poured out like water,  
and all my bones are out of joint.

My heart has turned to wax;  
it has melted within me.

<sup>15</sup>My mouth is dried up like a potsherd,  
and my tongue sticks to the roof of my mouth;  
you lay me in the dust of death.

<sup>16</sup>Dogs surround me,  
a pack of villains encircles me;

they pierce my hands and my feet.

<sup>17</sup>All my bones are on display;  
people stare and gloat over me.

<sup>18</sup>They divide my clothes among them  
and cast lots for my garment.

<sup>19</sup>But you, Lord, do not be far from me.  
You are my strength; come quickly to help me.

<sup>20</sup>Deliver me from the sword,  
my precious life from the power of the dogs.

<sup>21</sup>Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.

<sup>22</sup>I will declare your name to my people;  
in the assembly I will praise you.

<sup>23</sup>You who fear the Lord, praise him!  
All you descendants of Jacob, honor him!  
Revere him, all you descendants of Israel!

<sup>24</sup>For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help.

<sup>25</sup>From you comes the theme of my praise in the great  
assembly;  
before those who fear you<sup>[a]</sup> I will fulfill my vows.

<sup>26</sup>The poor will eat and be satisfied;  
those who seek the Lord will praise him—  
may your hearts live forever!

<sup>27</sup>All the ends of the earth  
will remember and turn to the Lord,  
and all the families of the nations  
will bow down before him,

<sup>28</sup>for dominion belongs to the Lord  
and he rules over the nations.

<sup>29</sup>All the rich of the earth will feast and worship;  
all who go down to the dust will kneel before him—  
those who cannot keep themselves alive.

<sup>30</sup>Posterity will serve him;  
future generations will be told about the Lord.

<sup>31</sup>They will proclaim his righteousness,  
declaring to a people yet unborn:  
He has done it! AMEN

## **GOSPEL PASSAGE: MATTHEW 27 and JOHN 19**

LISTEN...what do you notice? What does the Holy Spirit highlight for you?

Is there a word or phrase? Is there something you've never thought of before? Is there a question that is raised by this passage?

There is much pain and violence in the account of Jesus's crucifixion, even before he is nailed to the cross he is beaten and abused. Pray for people you know who are in pain today. People in your world, and in the world at large who are abused, suffering violence, and being falsely accused. Pray for these people and situations for God's intervention.

**PUT ON A BAND-AID** to remind you to pray for those in pain and those who are suffering and in need of healing and deliverance.

Who has helped you carry your cross this week? Who has helped you carry the burdens you bear in your life? Pray for these people. Thank Jesus for them. Who in your life needs help to carry their cross today? Ask Jesus to help you serve them.

### **READ/Listen to and Consider the WORDS of JESUS from the Cross**

**Read what Jesus said from the cross**

**"Father, forgive them; for they know not what they do."**

Luke 23:34

**"Truly, I say to you, today you will be with me in Paradise."**

Luke 23:43

**"Woman, behold, your son!"... "Behold, your mother!"...**

John 19:26-27

**"My God, my God, why hast thou forsaken me?"**

And at the ninth hour Jesus cried with a loud voice, "Eloi, Eloi, lama sabachthani?" which means, "My God, my God, why hast thou forsaken me?" Mark 15:34

**"I thirst."**

After this Jesus, knowing that all was now finished, said to fulfill the scripture, **"I thirst."**

John 19:28

**"It is finished";**

John 19:30

**"Father, into thy hands I commit my spirit!"**

Then Jesus, crying with a loud voice, said, **"Father, into thy hands I commit my spirit!"**

And having said this he breathed his last. Luke 23:46

What touches you today? Which of these sayings speaks to you?

What do you need to hear from Jesus today?

Do you need to be forgiven? Or do you need Jesus to help you forgive others?

Do you need to know that Jesus wants you to be with him, now and in the future?

Do you need certainty ?

Do you need to know you are not forgotten or abandoned like Mary and John?

Are you feeling forsaken?

What are you thirsty for today?

Do you need the reminder that Jesus is here in the midst of your suffering? That he finished it on the cross?

Are you in need of the reminder that you too are in the hands of the Father?  
that you too have the Holy Spirit?

Talk to God about where you are today in the middle of this pandemic.

Ask Jesus to show you how he is here with you.

DRAW and OUTLINE OF A CROSS or use the one provided.

**Write down on the cross what you are feeling today.**

**What do you need to hear from Jesus today? Write that on the cross too.**

**Find a piece of cloth (3x 5 ) or use the curtain print out.**

**TEAR THE CURTAIN IN TWO**

When Jesus died, he opened the way for us to have direct access to God.

**The Curtain is Open**

The curtain between you and God is now open...torn open by Jesus death on the cross..  
You are invited into the Holy of Holies to BE with GOD!

**You are no longer separated from God**

**The barriers are gone!**

**You are free to be with God!**

**Talk to God about this. How does this make you feel?**

**Thank Jesus for His Death and your new freedom and access to God.**

## **TAKE HIS BODY TO THE TOMB**

They took Jesus's body off the cross and buried him in a new tomb. (JOHN 19: 38-42)

Consider the scene.

The weeping of his friends and his mother.

The heaviness of the body being wrapped in shroud.

The smell of the spices wrapped in the cloth filling the tomb.

What are you weeping for today?

What are you mourning ?

What are you grieving? Write those things on your cross.

**GIVE THEM TO JESUS TO CARRY FOR YOU!**

**Take some of your spices and sprinkle them in your hand.** Rub the spices in your hand and smell their aroma. Let the smell of the spice remind you that Jesus is carrying your grief for you today. And he carries all the grief and the suffering of the world with him.

Let the smell of the spice fill your space.

You might keep an open bowl of this spice out til Easter to remind you of Jesus in the tomb.

**ON EASTER SUNDAY...Some churches have the tradition of covering the empty cross with flowers on Easter Sunday morning as a symbol of resurrection and new life. Color the JOY CROSS and fill it with flowers. Place your flowered cross on top of the one you filled on Good Friday.**

**LORD! Give us grace today to love as you love Help us love with extravagance.**

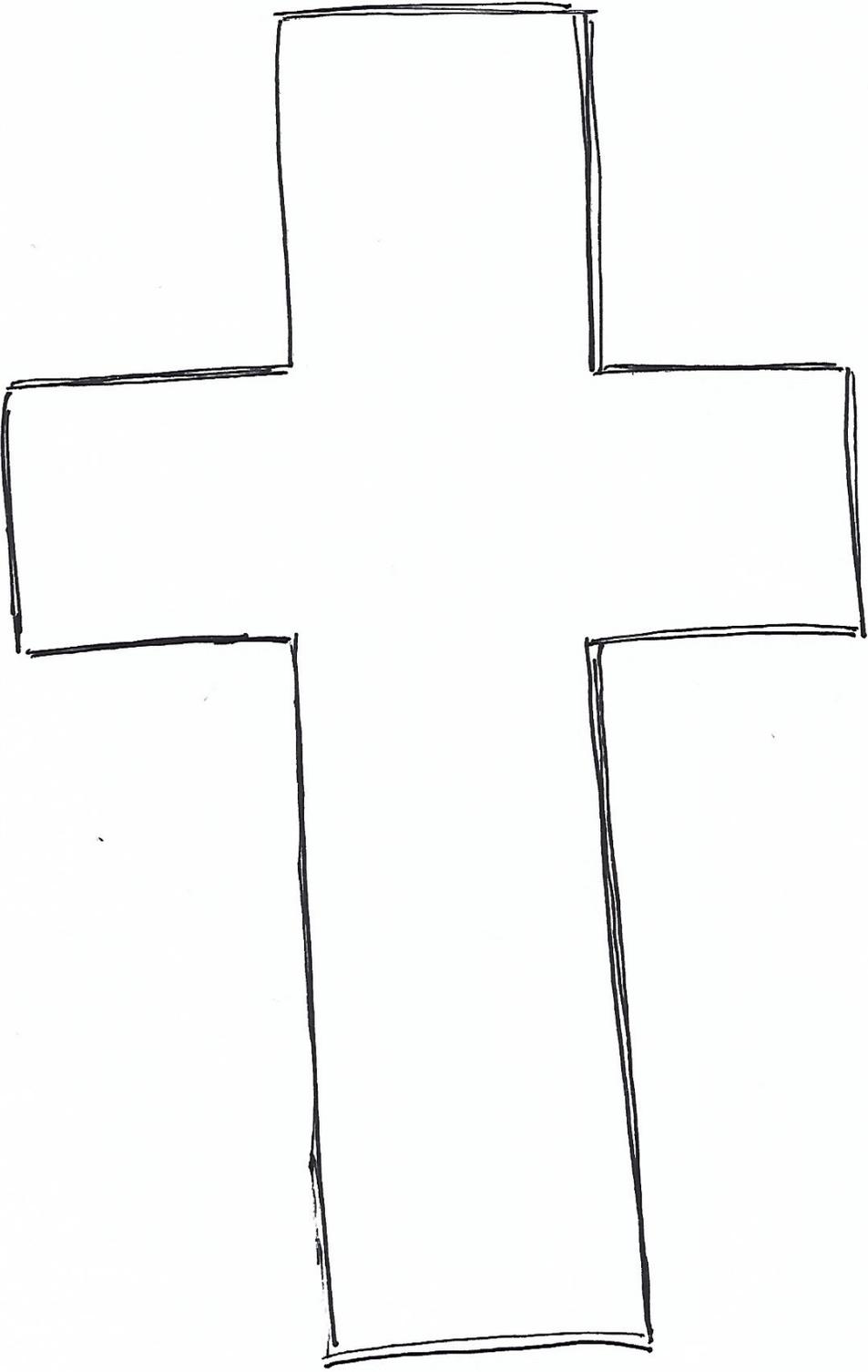
**Give us hope today for ourselves and others. Heal our hurts and our hearts today so we can serve and help those around us.**

**Help us to know that YOU are enough.**

**And help us live today and everyday in Thankfulness.**

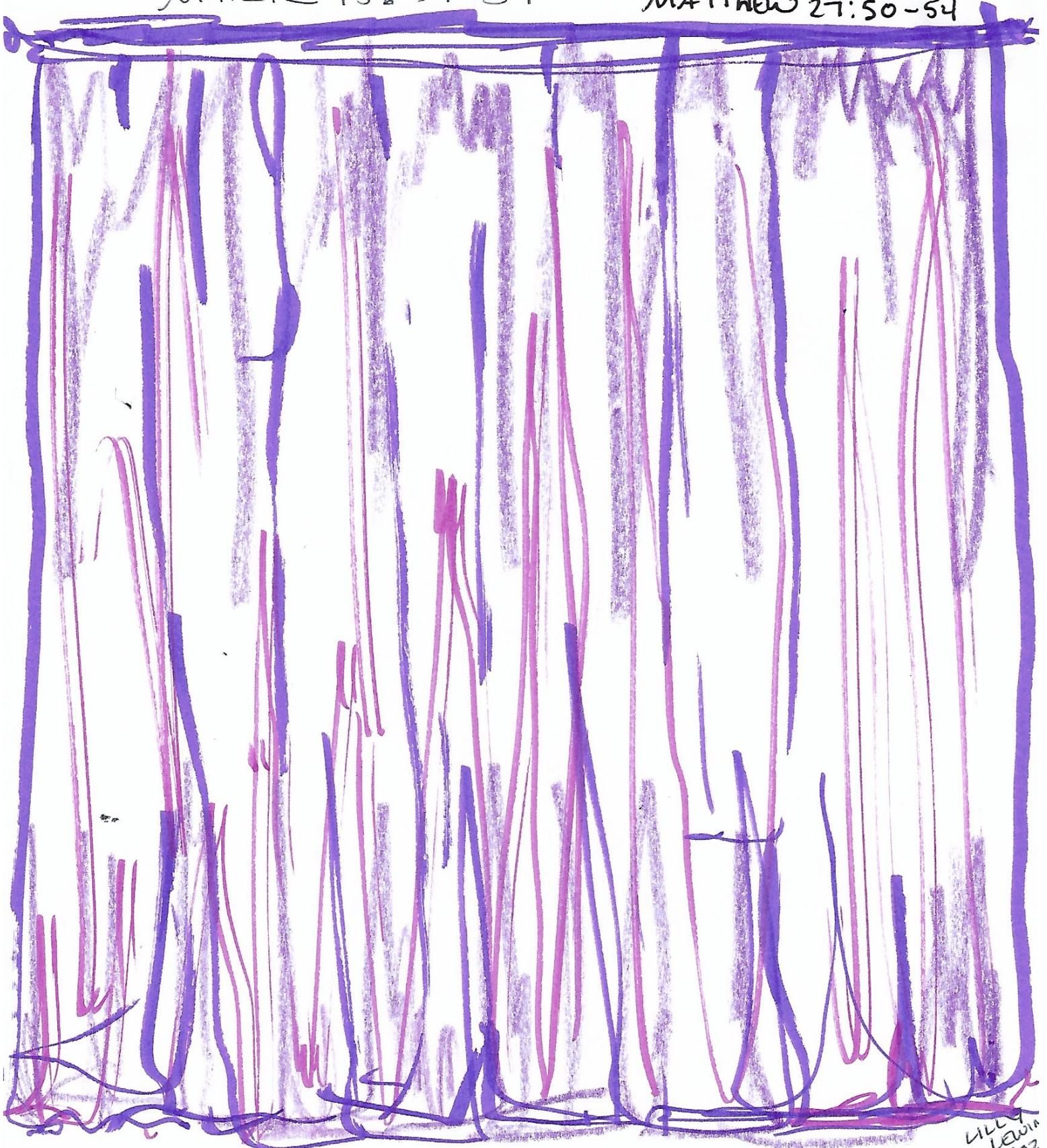
**For all you've done and for all you bless us with. In the name of the Father, The Son and The Holy Spirit. AMEN**

**©lillylewin and freerangeworship.com**



MARZIK 15:37-39

MATTHEW 27:50-54



THE CURTAIN OF THE TEMPLE WAS TORN  
IN TWO - FROM TOP TO BOTTOM

LILL  
LEWIN  
202

