

**Matthew 26:36-41:** 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."

**Mark 14: 43-46:** Just as he was speaking, Judas, one of the Twelve, appeared. With him was a crowd armed with swords and clubs, sent from the chief priests, the teachers of the law, and the elders. Now the betrayer had arranged a signal with them: "The one I kiss is the man; arrest him and lead him away under guard." Going at once to Jesus, Judas said, "Rabbi!" and kissed him. The men seized Jesus and arrested him.

**Matthew 26: 69-75:** Now Peter was sitting out in the courtyard, and a servant girl came to him. "You also were with Jesus of Galilee," she said. But he denied it before them all. "I don't know what you're talking about," he said. Then he went out to the gateway, where another servant girl saw him and said to the people there, "This fellow was with Jesus of Nazareth." He denied it again, with an oath: "I don't know the man!" After a little while, those standing there went up to Peter and said, "Surely you are one of them; your accent gives you away." Then he began to call down curses, and he swore to them, "I don't know the man!" Immediately a rooster crowed. Then Peter remembered the word Jesus had spoken: "Before the rooster crows, you will disown me three times." And he went outside and wept bitterly.

**Mark 15: 1-5, 15:** Very early in the morning, the chief priests, with the elders, the teachers of the law and the whole Sanhedrin, made their plans. So, they bound Jesus, led him away and handed him over to Pilate. Are you the king of the Jews?" asked Pilate. "You have said so." Jesus replied. The chief priests accused him of many things. So again, Pilate asked him, "Aren't you going to answer? See how many things they are accusing you of." But Jesus still made no reply, and Pilate was amazed.... Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified...

**John 19: 1-3:** Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, "Hail, king of the Jews!" And they slapped him in the face.

**John 19: 6, 15-17:** As soon as the chief priests and their officials saw him, they shouted, "Crucify! Crucify!." But they shouted, "Take him away! Take him away! Crucify him!" "Shall I crucify your king?" Pilate asked. "We have no king but Caesar," the chief priests answered. Finally, Pilate handed him over to them to be crucified. So, the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha).

**Luke 23: 33-34:** When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. [Then Jesus said, "Father, forgive them, they know not what they do."]

**Luke 23: 39-43:** One of the criminals who hung there hurled insults at him: "Aren't you the Messiah? Save yourself and us!" But the other criminal rebuked him. "Don't you fear God," he said, "since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." Jesus answered him, "Truly I tell you, today you will be with me in paradise."

**Mark 15:33-39:** At noon, darkness came over the whole land until three in the afternoon. 34 And at three in the afternoon Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" (which means "My God, my God, why have you forsaken me?"). 35 When some of those standing near heard this, they said, "Listen, he's calling Elijah." 36 Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. "Now leave him alone. Let's see if Elijah comes to take him down," he said. 37 With a loud cry, Jesus breathed his last. 38 The curtain of the temple was torn in two from top to bottom. 39 And when the centurion, who stood there in front of Jesus, saw how he died, [c] he said, "Surely this man was the Son of God!"

**Matthew 27: 57-60:** As evening approached, there came a rich man from Arimathea, named Joseph, who had himself become a disciple of Jesus. Going to Pilate, he asked for Jesus' body, and Pilate ordered that it be given to him. Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb and went away.



# The Way

**GOOD FRIDAY  
SELF-GUIDED  
MEDITATION**

**B.R.E.A.D.**

# WHAT IS GOOD FRIDAY?

Today, on Good Friday, we walk with Jesus toward the cross. We set apart this day to examine our hearts, repent of our sins, mourn Jesus' death, and take in the extravagance of God's love. A love so deep that God would give his life, so that we might live.

Using the B.R.E.A.D. method that we used through Lent, we will experience Jesus' last hours through five readings. Each reading is designed to take you deeper into the story and create an opportunity for the Holy Spirit to speak.

Take as much time as you need. Read slowly, listen to the music, gaze at the graphic of Jesus on the cross. This meditation should take between 30 minutes to an hour. Don't rush to finish. Feel free to sit in silence.

## **Pray this as you begin:**

*My Lord, Jesus Christ,*

*You have made this journey to the cross because of your unconditional love.*

*So many times, I have turned away from you. But now I want to love you with my whole heart and learn to love others the way you do.*

*Forgive me for the times I forget your love. Help me to accompany you on this journey as you go to die for me; so that I can accept your gift of eternal life.*

# **BE STILL**

---



Take a moment to settle in your chair.

Take five deep breaths. As you inhale and exhale start to release the tension in your body. Begin with your head and work your way down, relaxing your shoulders, your arms, your legs.

Breathe deeply and relax.

After the fifth breath, fix your eyes on Jesus. Invite the Holy Spirit by simply saying, "Come Holy Spirit."

Expect that the Holy Spirit will guide your time.

***Slowly read through the selected scriptures beginning on Page 1 of the scripture guide.***



# ENCOUNTER

---

For a third time read the selected scriptures. Read slowly, pausing along the way.

Enter the story.

Imagine each scene. Smell the garden. Hear the mocking, Hear the noise of the crowds. Listen to Jesus' agony.

Which character speaks to you and why?

What scene comes alive in your imagination?

Write down or draw what you are thinking and how you would feel being in the story.



# **APPLY**

---

This is the fourth reading.

Pause for a moment.

Ask the Holy Spirit to show you how these scriptures fit into your here and now.

Read the selected scriptures slowly once more.

How does this story of Jesus intersect with your life today?

How do they make you feel right now?

What is bubbling up inside you?

Record your thoughts:

---

---

---

---

---

---

---

# DEVOTE

---

We have come to the fifth and final reading. Read the scriptures slowly.

Spend time with Jesus.

Think about your life before you knew Jesus.

Think about how you met Jesus. Retell that story.

Think about what has happened since you met Jesus.

Write a prayer expressing your feelings this evening.

Leave in silence when you are done.

---

---

---

---

---

---

---

---

---

---





   @woodlakeumc | (804) 739-4535  
woodlakeumc.org/agc2024

15640 Hampton Park Drive | Chesterfield, VA 23832