

# GOOD FRIDAY: PRAYER EXPERIENCE GUIDE

On Good Friday, we want to reflect and remember Jesus' death on the cross, and his atonement for our sin.

Some of us can be tempted to gloss over the painful parts of this story—we want to look the other way and not spend too much time dwelling on Jesus' death and the details surrounding it, focusing only on the Resurrection.

If we're truly going to know the weight of our sin and the debt Jesus' paid for us, we must spend time reflecting on the reality of the cross, and how Jesus' death and suffering set us free from our sin to live a real, hope-filled life—in this life and in the next.

## READ AND REFLECT

Spend some time in Scripture tonight, reflecting on the details of the crucifixion. Read these passages and reflect:

- Luke 23:28-30: The prophecy of the dreadful day to come
- John 19:1-4: The torturing and beating with whips (flogging)
- John 19:17: The walk to the cross
- John 19:23: The soldiers who crucified Jesus took his belongings and made a game for his clothes
- Luke 23:35-38: The mocking
- Luke 23:39: The insults
- Luke 23:33: The crucifixion happened at a place called "The Skull"
- Luke 23:44: The oppressive darkness

## THINK AND PROCESS

Where have you ignored or looked past your sin, ignoring the painful reality of its consequences? Do you recognize your need for Jesus to have endured this amount of suffering on your behalf, so that your sins could be forgiven?

## PRAY & TAKE COMMUNION

God, help me to know, trust, and follow you, especially when it looks like surrender. Help me lay down the things that keep me from knowing you more fully, and thank you for your grace. Forgive me for my sin, and help me walk in your freedom. Amen. (Feel free to take communion in your own time.)