

**Guided Meditation for Good Friday**  
**April 2, 2021**



Proceeding through this Guided Meditation:

1. Take your time moving through this self-guided meditation thoughtfully and prayerfully. Pause as it feels appropriate for you.
2. Links to the worship hymns are provided. Feel free to access and listen as you read the words.
3. Our prayer is that this time of reading, reflection, and prayer will nourish your spirit and bless you on this Good Friday!

## Opening Hymn:

### What Wondrous Love Is This

Recording by Saint Olaf Choir: <https://www.youtube.com/watch?v=DsVnyN3EVxY>

1. What wondrous love is this, O my soul, O my soul!  
What wondrous love is this, O my soul!  
What wondrous love is this that caused the Lord of bliss  
To bear the dreadful curse for my soul, for my soul,  
To bear the dreadful curse for my soul.
2. When I was sinking down, sinking down, sinking down,  
When I was sinking down, sinking down,  
When I was sinking down beneath God's righteous frown,  
Christ laid aside his crown for my soul, for my soul,  
Christ laid aside his crown for my soul.
3. And when from death I'm free, I'll sing on, I'll sing on;  
And when from death I'm free I'll sing on.  
And when from death I'm free I'll sing and joyful be;  
And through eternity I'll sing on, I'll sing on;  
And through eternity I'll sing on.

## Old Testament Scripture Reading:

### Isaiah 53:1-3

<sup>53</sup>Who has believed what we have heard? And to whom has the arm of the LORD been revealed? <sup>2</sup>For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, nothing in his appearance that we should desire him. <sup>3</sup>He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account. <sup>4</sup>Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. <sup>5</sup>But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed.

## Prayer for Good Friday:

O God, we return today  
to remember the love and sacrifice of Jesus,  
and to contemplate what it means to have faith  
in the midst of suffering, loss, and injustice.

Even in this story of broken lives and broken hearts,  
we trust in your presence, your powers, and your ways.  
We trust that in the midst of suffering,  
You, O God, are comfort.

When injustice appears to triumph,  
and justice appears to have been crucified,  
You, O God, are the one who calls us  
to believe the good news  
and act with justice.

When we stray from the path on which you lead us,  
You, O God, offer grace that invites us  
back to your ways.

When night surrounds us, and we are fearful and lacking vision,  
You, O God, are the light that finds,  
surrounds and guides us.

When the world groans under the bonds of oppression,  
violence and indifference,  
You, O God, empower your people  
to offer the balm of courageous compassion  
and peacemaking.

When the curtain has ripped, the thunder has rolled,  
and the world appears to have lost its Savior,  
You, O God, are our hope for victory!  
We wait for you. **Amen.**

— from *Our Hope for Victory: Litany for Good Friday*, written by Rev. Kelly Burd. Posted on the United Church of Christ's **Worship Ways** website. <https://re-worship.blogspot.com/2012/03/good-friday-prayer-litany.html>

## New Testament Scripture Reading:

### Luke 23:26–49

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.’ Then they will begin to say to the mountains, ‘Fall on us’; and to the hills, ‘Cover us.’ For if they do this when the wood is green, what will happen when it is dry?”

Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, “Father, forgive them; for they do not know what they are doing.” And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, “He saved others; let him save himself if he is the Messiah of God, his chosen one!” The soldiers also mocked him, coming up and offering him sour wine, and saying, “If you are the King of the Jews, save yourself!” There was also an inscription over him, “This is the King of the Jews.” One of the criminals who were hanged there kept deriding him and saying, “Are you not the Messiah? Save yourself and us!” But the other rebuked him, saying, “Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.” Then he said, “Jesus, remember me when you come into your kingdom.” He replied, “Truly I tell you, today you will be with me in Paradise.”

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun’s light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, “Father, into your hands I commend my spirit.” Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, “Certainly this man was innocent.” And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

## **Closing Hymn:**

### **Were You There?**

by Kings College Choir, Cambridge: <https://www.youtube.com/watch?v=K5qUnKC9rPU>

Were you there when they crucified my Lord?  
Were you there when they crucified my Lord?  
Oh, sometimes it causes me to tremble, tremble, tremble.  
Were you there when they crucified my Lord?

Were you there when they nailed him to the tree?  
Were you there when they nailed him to the tree?  
Oh, sometimes it causes me to tremble, tremble, tremble.  
Were you there when they nailed him to the tree?

Were you there when they laid him in the tomb?  
Were you there when they laid him in the tomb?  
Oh, sometimes it causes me to tremble, tremble, tremble.  
Were you there when they laid him in the tomb?

## **Benediction and Blessing:**

### **What Abides**

by Jan Richardson

You will know  
this blessing  
by how it  
does not stay still,  
by the way it  
refuses to rest  
in one place.

You will recognize it  
by how it takes  
first one form,  
then another:

now running down  
the face of the mother  
who watches the breaking  
of the child  
she had borne,

now in the stance  
of the woman  
who followed him here  
and will not leave him  
bereft.

Now it twists in anguish  
on the mouth of the friend  
whom he loved;

now it bares itself  
in the wound,  
the cry,  
the finishing and  
final breath.

This blessing  
is not in any one  
of these alone.

It is what  
binds them  
together.

It is what dwells  
in the space  
between them,  
though it be torn  
and gaping.

It is what abides  
in the tear  
the rending makes.

Jan Richardson from *Circle of Grace*<sup>1</sup>

Written by Rev. Dr. Julie Perry, DMin, BCC  
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<sup>1</sup> [A-MUSED - WHAT ABIDES There they crucified him. — John 18.18... \(philipchircop.com\)](http://philipchircop.com)