

Good  
Friday

# A Journey Through Good Friday

## How to use this resource

There are seven sections, each focusing on a key moment from the day Jesus died. Every section has Bible readings, as well as pictures to look at, other writings, and music to listen to (and sometimes sing along with).

Try to imagine yourself at the events being described. Read, watch, and listen to as much or little as you want to help with this. We've linked to YouTube videos in order to give easy and free access to the music, rather than because we want you to watch the actual video images. Focus instead on the other content in this resource whilst you listen. The entire playlist is available [here](#).

Have a Bible to hand so you can read the referenced. We suggest that you eat the Lord's Supper as a way to conclude your time of focusing on the cross, so get some bread and wine/juice ready for that.

Talk with Jesus as you go through each stage: thanking Him and listening to Him.

# 1. Jesus is condemned to death



*Outrage a Jesus Roi, Arcabas*

# 1. Jesus is condemned to death

## Gospel reading

Mark 15:1-15

## Scriptural explanation

2 Corinthians 5:21

## Music

["O head full of blood and wounds"](#) from *St Matthew Passion*, Johann Sebastian Bach

## Comment

"Question: Why did he suffer under Pontius Pilate as judge? Answer: Though innocent, Christ was condemned by an earthly judge, and so he freed us from the severe judgment of God that was to fall on us." (*Heidelberg Catechism*, Question 38)

## Poem

*Stations of the Cross*, [Malcolm Guite](#)

The very air that Pilate breathes, the voice  
With which he speaks in judgment, all his powers  
Of perception and discrimination, choice,  
Decision, all his years, his days and hours,  
His consciousness of self, his every sense,  
Are given by this prisoner, freely given.  
The man who stands there making no defence,  
Is God. His hands are tied, His heart is open.  
And he bears Pilate's heart in his and feels  
That crushing weight of wasted life. He lifts  
It up in silent love. He lifts and heals.  
He gives himself again with all his gifts  
Into our hands. As Pilate turns away  
A door swings open. This is judgment day.



## 2. Jesus carries His cross



*The Procession to Calvary*, Pieter Bruegel the Elder

## 2. Jesus carries His cross

### Gospel narrative

John 19:16-17

### Scriptural explanation

Isaiah 53:1-12

### Music

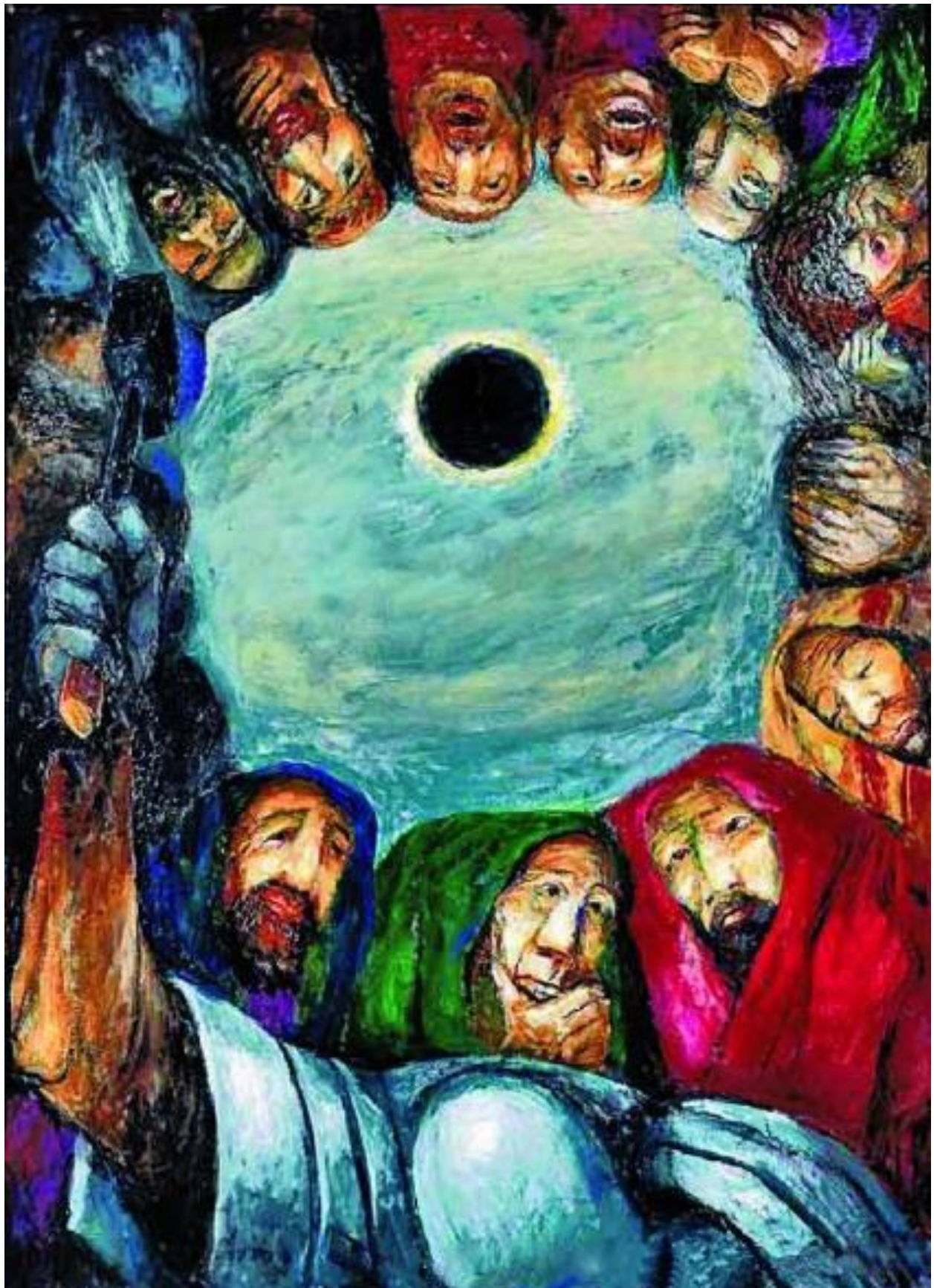
[\*Suffering Servant\*](#), Dustin Kensrue

### Comment

“The Apostle gloried in the cross, and every true Christian glories in it, because it is the greatest display and exposition of the character of the everlasting God.” (D. Martyn Lloyd-Jones, *The Cross*)



### 3. Jesus is nailed to the cross



*Face To Face, Sieger Köder*

### 3. Jesus is nailed to the cross

#### Gospel reading

Mark 15:24-25

#### Scriptural explanation

Zechariah 12:10

#### Music

[Were You There](#), Vigil feat. Andrea Thomas

#### Comment

“Before we can begin to see the cross as something done for us, we have to see it as something done by us.” (John Stott, *The Cross of Christ*)



#### 4. Conversations at the cross



*View From The Cross*, James Tissot

## 4. Conversations at the cross

### Gospel reading

Luke 23:39-43, John 19:25-27

### Scriptural explanation

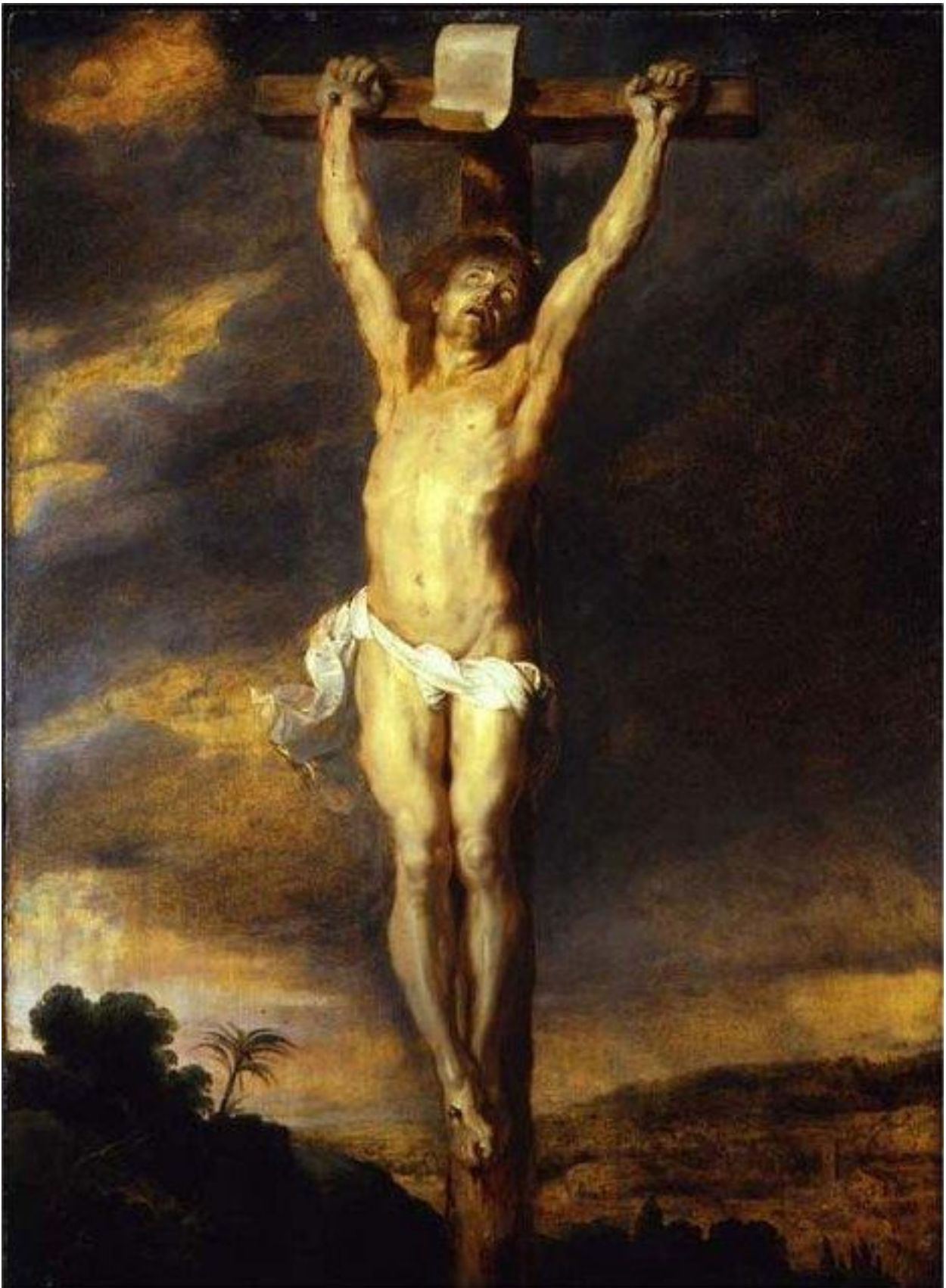
Hebrews 4:15-16

### Music

[\*Thief\*](#), Third Day



## 5. Jesus cries out to God



*Crucifixion*, Peter Paul Rubens

## 5. Jesus cries out to God

### Gospel reading

Matt 27:45-49

### Scriptural explanation

Psalm 22

### Music

["Elohi, Elohi lama sabachtani"](#) from *The Passion of The Christ*, dir. Mel Gibson

### Comment

"Yet we do not suggest that God was ever inimical or angry toward him. How could he be angry toward his beloved Son, 'in whom his heart reposed'? How could Christ by his intercession appease the Father toward others, if he were himself hateful to God? This is what we are saying: he bore the weight of divine severity, since he was 'stricken and afflicted' by God's hand, and experienced all the signs of a wrathful and avenging God." (John Calvin, *Institutes of The Christian Religion*)

### Poem

*Holy Sonnets of the Twentieth Century*, D.A. Carson

The darkness fought, compelled the sun to flee,  
And like a conquering army swiftly trod  
Across the land, blind fear this despot's rod.  
The noon-day dark illumined tyranny.  
Still worse, abandonment by Deity  
Brought black despair more deadly than the blood  
That ran off with his life. "My God, my God,"  
Cried Jesus, "Why have you forsaken me?"  
The silence thundered. Heaven's quiet reigned  
Supreme, a shocking, deafening, haunting swell.  
Because from answering Jesus God refrained,  
I shall not cry, as he, this cry from hell.  
The cry of desolation, black as night,  
Shines forth across the world as brilliant light.



## 6. Jesus dies on the cross



*Crucifixion From Grunewald, Rico Lebrun*

## 6. Jesus dies on the cross

### Gospel reading

Luke 23:44-46

### Scriptural explanation

John 10:11-18, Romans 5:6-8

### Music

[\*And Can It Be?\*](#), Charles Wesley, performed by Phatfish and Lou Fellingham

### Comment

“It costs God nothing, so far as we know, to create nice things; but to convert rebellious wills cost Him crucifixion.” (C.S. Lewis, *Mere Christianity*)

“If we again ask the question: ‘Why does God allow evil and suffering to continue?’ and we look at the cross of Jesus, we still do not know what the answer is. However, we now know what the answer isn’t. It can’t be that He doesn’t love us. It can’t be that He is indifferent or detached from our condition. God takes our misery and suffering so seriously that He was willing to take it on Himself.” (Timothy Keller, *The Reason for God*)

### Poem

*Dream of The Rood*, unknown author, trans. Jonathan A. Glenn

I saw the God of hosts  
harshly stretched out. Darknesses had  
wound round with clouds the corpse of the [Lord],  
bright radiance; a shadow went forth,  
dark under heaven. All creation wept,  
King’s fall lamented. Christ was on [the cross].

## 7. Jesus is taken down from the cross and placed in the tomb



*Descent from the Cross, Rembrandt van Rijn*

## 7. Jesus is taken down from the cross and placed in the tomb

### Gospel reading

John 19:31-42

### Music

[“Final chorus”](#) from *St Matthew Passion*, Johann Sebastian Bach

### Poem

*It Is Finished*, Jennifer Rawson

Womb to Tomb  
The passage  
of time after time  
has finished.  
Heavy, opaque,  
each shadow a shackle.  
Wings clank; cherubim cry.

You must trust me on this —  
on what it is to die,  
on Love crucified.

I watched a stone  
eclipse daylight  
like an oil spill.

Still, I cast my gaze forward  
as skipping rocks toward  
sunrise — a people baptised,  
my prize. I press on  
in uncharted waters,  
create ripples upon ripples,  
roll them to waves  
that will capsize the grave.

I AM pulling oceanic folds  
into this present flatness,  
ushering light  
into blackness.

I fracture death at its axis  
with my cavernous palms.



And now we wait, eating and drinking



*Night at Golgotha, Vasily Vereshchagin*

# And now we wait, eating and drinking

Scriptural explanation for taking bread and wine

1 Corinthians 11:23-26

Music

[\*When I Survey The Wondrous Cross\*](#), performed by Kathryn Scott