

Good Friday Meditations

Genesis 3.14-19 ¹⁴The LORD God said to the serpent, "Because you have done this, cursed are you above all livestock and above all beasts of the field; on your belly you shall go, and dust you shall eat all the days of your life. ¹⁵I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel." ¹⁶To the woman he said, "I will surely multiply your pain in childbearing; in pain you shall bring forth children. Your desire shall be for your husband, and he shall rule over you." ¹⁷And to Adam he said, "Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, 'You shall not eat of it,' cursed is the ground because of you; in pain you shall eat of it all the days of your life; ¹⁸thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. ¹⁹By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return."

John 10.14-18 ¹⁴I am the good shepherd. I know my own and my own know me, ¹⁵just as the Father knows me and I know the Father; and I lay down my life for the sheep. ¹⁶And I have other sheep that are not of this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd. ¹⁷For this reason the Father loves me, because I lay down my life that I may take it up again. ¹⁸No one takes it from me, but I lay it down of my own accord. I have authority to lay it down, and I have authority to take it up again. This charge I have received from my Father."

Psalm 22.1-18 ¹My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? ²O my God, I cry by day, but you do not answer, and by night, but I find no rest. ³Yet you are holy, enthroned on the praises of Israel. ⁴In you our fathers trusted; they trusted, and you delivered them. ⁵To you they cried and were rescued; in you they trusted and were not put to shame. ⁶But I am a worm and not a man, scorned by mankind and despised by the people. ⁷All who see me mock me; they make mouths at me; they wag their heads; ⁸"He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!" ⁹Yet you are he who took me from the womb; you made me trust you at my mother's breasts. ¹⁰On you was I cast from my birth, and from my mother's womb you have been my God. ¹¹Be not far from me, for trouble is near, and there is none to help. ¹²Many bulls

Prayers and Hymns

Prayer:

*Dear Jesus,
My soul is often thirsty, even though I may not realize it at the time. I may think I'm just tired or bored or stressed out. So, I start looking around in the visible world: searching for satisfaction, or at least some distraction. All the while, You are with me – invisible, yet infinitely Real. My soul thirsts for You, Jesus!*

Words of the Hymn:

I Will Sing of My Redeemer

I will sing of my Redeemer,
And His wondrous love to me;
On the cruel cross He suffered,
From the curse to set me free. *Refrain*

Refrain:

*Sing, oh, sing of my Redeemer,
With His blood He purchased me,
On the cross He sealed my pardon,
Paid the debt, and made me free.*

I will tell the wondrous story,
How my lost estate to save,
In His boundless love and mercy,
He the ransom freely gave. *Refrain*

I will praise my dear Redeemer,
His triumphant pow'r I'll tell,
How the victory He giveth
Over sin, and death, and hell. *Refrain*

I will sing of my Redeemer,
And His heav'nly love to me;
He from death to life hath brought me,
Son of God with Him to be. *Refrain*

Prayer:

*Dear Jesus,
I'm grateful that no matter what condition I'm in, I can come to You – just as I am. I don't have to clean up my act first, since You already know the worst about me. When I'm hurting, I want to be with someone who understands me without condemning me. When I'm happy, I delight in being with Someone who loves me enough to celebrate me. Help me bring more and more of myself to You.*

encompass me; strong bulls of Bashan surround me;
¹³they open wide their mouths at me, like a ravening
and roaring lion. ¹⁴I am poured out like water, and all
my bones are out of joint; my heart is like wax; it is
melted within my breast; ¹⁵my strength is dried up
like a potsherd, and my tongue sticks to my jaws; you
lay me in the dust of death. ¹⁶For dogs encompass me;
a company of evildoers encircles me; they have
pierced my hands and feet- ¹⁷I can count all my bones
- they stare and gloat over me; ¹⁸they divide my
garments among them, and for my clothing they cast
lots.

Hebrews 2.5-9 ⁵Now it was not to angels that God
subjected the world to come, of which we are
speaking. ⁶It has been testified somewhere, "What is
man, that you are mindful of him, or the son of man,
that you care for him? ⁷You made him for a little
while lower than the angels; you have crowned him
with glory and honor, ⁸putting everything in
subjection under his feet." Now in putting everything
in subjection to him, he left nothing outside his
control. At present, we do not yet see everything in
subjection to him. ⁹But we see him who for a little
while was made lower than the angels, namely Jesus,
crowned with glory and honor because of the
suffering of death, so that by the grace of God he
might taste death for everyone.

Romans 3.21-26 ²¹But now the righteousness of
God has been manifested apart from the law,
although the Law and the Prophets bear witness to it-
²²the righteousness of God through faith in Jesus
Christ for all who believe. For there is no distinction:
²³for all have sinned and fall short of the glory of God,
²⁴and are justified by his grace as a gift, through the
redemption that is in Christ Jesus, ²⁵whom God put
forward as a propitiation by his blood, to be received
by faith. This was to show God's righteousness,
because in his divine forbearance he had passed over
former sins. ²⁶It was to show his righteousness at the
present time, so that he might be just and the
justifier of the one who has faith in Jesus.

1 John 3.16 ¹⁶By this we know love, that he laid
down his life for us, and we ought to lay down our
lives for the brothers.

1 Peter 1.10-20 ¹⁰Concerning this salvation, the
prophets who prophesied about the grace that was to
be yours searched and inquired carefully, ¹¹inquiring
what person or time the Spirit of Christ in them was
indicating when he predicted the sufferings of Christ
and the subsequent glories. ¹²It was revealed to them
that they were serving not themselves but you, in the

Words of the Hymn:

Come, Ye Sinners

Come, ye sinners, poor and wretched,
Weak and wounded, sick and sore;
Jesus, ready, stands to save you,
Full of pity, joined with power.
He is able, He is able;
He is willing; doubt no more.

Come ye needy, come, and welcome,
God's free bounty glorify;
True belief and true repentance,
Every grace that brings you nigh.
Without money, without money
Come to Jesus Christ and buy.

Come, ye weary, heavy laden,
Bruised and broken by the fall;
If you tarry 'til you're better,
You will never come at all.
Not the righteous, not the righteous;
Sinners Jesus came to call.

Let not conscience make you linger,
Nor of fitness fondly dream;
All the fitness He requireth
Is to feel your need of Him.
This He gives you, this He gives you,
'Tis the Spirit's rising beam.

Prayer:

Holy Lord,

*I have sinned times without number,
and been guilty of pride and unbelief,
of failure to find Thy mind in Thy Word,
of neglect to seek Thee in my daily life.
My transgressions and short-comings present me with a list of
accusations,
but I bless Thee that they will not stand against me, for all
have been laid on Christ;
go on to subdue my corruptions, and grant me grace to live
above them.*

*Let not the passions of the flesh nor lustings of the mind bring
my spirit into subjection,
but do Thou rule over me in liberty and power.*

*I thank Thee that many of my prayers have been refused – I
have asked amiss and do not have,*

I have prayed from lusts and have been rejected,

I have longed for Egypt and been given a wilderness.

*Go on with Thy patient work, answering 'no' to my wrongful
prayers, and fitting me to accept it.*

Purge me from every false desire,

every base aspiration,

everything contrary to Thy rule.

I thank Thee for Thy wisdom and Thy love,

for all the acts of discipline to which I am subject,

things that have now been announced to you through those who preached the good news to you by the Holy Spirit sent from heaven, things into which angels long to look. ¹³Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. ¹⁴As obedient children, do not be conformed to the passions of your former ignorance, ¹⁵but as he who called you is holy, you also be holy in all your conduct, ¹⁶since it is written, "You shall be holy, for I am holy." ¹⁷And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile, ¹⁸knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, ¹⁹but with the precious blood of Christ, like that of a lamb without blemish or spot. ²⁰He was foreknown before the foundation of the world but was made manifest in the last times for your sake,

2 Corinthians 5.21 ²¹For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Isaiah 52.13 - 53.12 ¹³Behold, my servant shall act wisely; he shall be high and lifted up, and shall be exalted. ¹⁴As many were astonished at you - his appearance was so marred, beyond human semblance, and his form beyond that of the children of mankind- ¹⁵so shall he sprinkle many nations; kings shall shut their mouths because of him; for that which has not been told them they see, and that which they have not heard they understand.

Isaiah 53:1 Who has believed what they heard from us? And to whom has the arm of the LORD been revealed? ²For 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, and no beauty that we should desire him. ³He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. ⁴Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. ⁵But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed. ⁶All we like sheep have gone astray; we have turned every one to his own way; and the LORD has laid on him the iniquity of us all. ⁷He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his

for sometimes putting me into the furnace to refine my gold and remove my dross.

No trial is so hard to bear as a sense of sin.

*If Thou shouldst give me choice to live in pleasure and keep my sins,
or to have them burnt away with trial, give me sanctified affliction.*

Deliver me from every evil habit, every accretion of former sins, everything that dims the brightness of Thy grace in me, everything that prevents me taking delight in Thee.

Then I shall bless Thee, God of Israel, for helping me to be upright. Amen.

Word of the Hymn:

Jesus, Keep Me Near the Cross

Jesus, keep me near the cross;
There a precious fountain,
Free to all, a healing stream,
Flows from Calvary's mountain.

In the cross, in the cross,
Be my glory ever,
Till my raptured soul shall find
Rest beyond the river.

Near the cross, a trembling soul,
Love and mercy found me;
There the bright and morning star
Sheds its beams around me.

Near the cross! O Lamb of God,
Bring its scenes before me;
Help me walk from day to day
With its shadow o'er me.

Near the cross I'll watch and wait,
Hoping, trusting ever,
Till I reach the golden strand
Just beyond the river.

Prayer:

O Lord,

No day of my life has passed that has not proved me guilty in Thy sight.

*Prayers have been uttered from a prayerless heart;
praise has been often praiseless sound;
My best services are filthy rags.*

Blessed Jesus, let me hide in Thy appeasing wounds.

*Though my sins rise to heaven Thy merits soar above them;
though unrighteousness exalts me to Thy throne.*

*All things in me call for my rejection,
all things in Thee plead my acceptance.*

I appeal from the throne of perfect justice to Thy throne of boundless grace.

*Grant me to hear Thy voice assuring me:
that by Thy stripes I am healed,
that Thou wast bruised for my iniquities,*

mouth. ⁸By oppression and judgment he was taken away; and as for his generation, who considered that he was cut off out of the land of the living, stricken for the transgression of my people? ⁹And they made his grave with the wicked and with a rich man in his death, although he had done no violence, and there was no deceit in his mouth. ¹⁰Yet it was the will of the LORD to crush him; he has put him to grief; when his soul makes an offering for sin, he shall see his offspring; he shall prolong his days; the will of the LORD shall prosper in his hand. ¹¹Out of the anguish of his soul he shall see and be satisfied; by his knowledge shall the righteous one, my servant, make many to be accounted righteous, and he shall bear their iniquities. ¹²Therefore I will divide him a portion with the many, and he shall divide the spoil with the strong, because he poured out his soul to death and was numbered with the transgressors; yet he bore the sin of many, and makes intercession for the transgressors.

Hebrews 12.1-3 ¹Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ²looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. ³Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

*that Thou hast been made sin for me,
that I might be righteous in Thee,
that my grievous sins, my manifold sins, are all forgiven,
buried in the ocean of Thy concealing blood.
I am guilty, but pardoned,
lost, but saved,
wandering, but found,
sinning but cleansed.
Give me perpetual broken-heartedness,
keep me always clinging to Thy cross,
flood me every moment with descending grace,
open to me the springs of divine knowledge, sparkling like
crystal, flowing clear and unsullied through my wilderness of
life.*

Words of the Hymn:

When I Survey The Wondrous Cross

When I survey the wondrous cross
On which the Prince of Glory died;
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast,
Save in the death of Christ, my God;
All the vain things that charm me most,
I sacrifice them to his blood.

See, from his head, his hands, his feet,
Sorrow and love flow mingled down.
Did e'er such love and sorrow meet,
Or thorns compose so rich a crown.

Were the whole realm of nature mine,
That were an offering far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

Prayer:

Dear Jesus,

I believe You have freed me from condemnation through Your death on the cross for my sins. Yet, I continue to struggle with feelings of condemnation - sometimes for no apparent reason. I long to experience the full freedom You have made possible. I know I need the help of Your Spirit, but I'm unsure how to engage His assistance.

Comforting words of assurance from God: Beloved, you can ask My Spirit to help you find freedom from condemning feelings. Acknowledge that those feelings have no basis in reality. Then look to Me through eyes of faith. Delight yourself in My heavenly smile of approval. The more you connect with Me through focusing on My Presence, the more you can receive My loving affirmation. The best antidote to feelings of condemnation is experiencing My love for you. My Spirit is the Spirit of life, He will empower you to live abundantly – to the full!