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## Troubled and Wrestling

*And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.*

Luke 22:44

### Picture

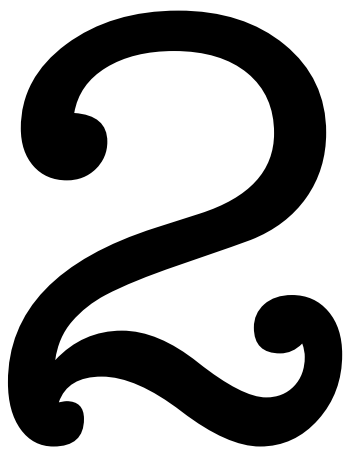
After sharing the Last Supper with his disciples, Jesus ventures out to the Garden of Gethsemane with a few of the disciples to pray. Anticipating what is about to happen, Jesus enters into fervent prayer while the others doze nearby. See Jesus, on his own in the garden, in anguish over what he knows is about to happen to him. He knows the pain and suffering that he is about to endure...Father, is there any other way?

### Ponder

Is there something in your life you are struggling to lay down? Or perhaps is there some thankless sacrifice you could make for someone but are wondering whether it's worth it?

### Pray

Reflect upon your choices, your pridefulness, and your avoidance of discomfort. Pray the Prayer of Tears: a prayer of brokenness and repentance.



# Choosing to Drink from the Cup

*“My Father, if it is not possible for this cup to be taken away  
unless I drink it, may your will be done.”*

Matthew 26:42

## Picture

See Jesus in the garden on his knees in the dark, sweating drops of blood in anguish, yet surrendering to the Father's will.

## Ponder

Who or what are you exercising control over? What might it feel like for you to let go of that control and trust God?

## Pray

Pray the Prayer of Relinquishment: releasing the good we know for the greater good we don't. Thank Jesus for his surrender and obedience.

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# Abandoned

*Then everyone deserted him and fled.*

Mark 14:50

## Picture

See Jesus in the garden in the dark surrounded by aggressors carrying torches and weapons to subdue him. Fearing for their lives, his friends suddenly cut and run, leaving Jesus alone with those who are hostile towards him.

## Ponder

Have you ever been abandoned by someone close to you—especially when you needed them most? Have you ever abandoned someone? Have you ever abandoned Jesus when the going gets tough—or, maybe, when everything's going great?

## Pray

Pray the Prayer of Examen: ask the Lord to search your heart. How deep does your faith go? Ask Jesus to give you the strength to stand firm, even when you are all alone.

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## Confronted by Religion

*“You have heard the blasphemy. What do you think?”*

*They all condemned [Jesus] as worthy of death. Then some began to spit at him; they blindfolded him, struck him with their fists, and said, “Prophecy!” And the guards took him and beat him.*

Mark 14:64-65

### Picture

In the middle of the night, Jesus is forcefully taken from the Garden of Gethsemane to the house of the high priest, where he is interrogated, testified against falsely, and humiliated. The religious leaders are furious with Jesus’ claim to be the Son of God and fearful of the threat he poses to their position of control.

### Ponder

The religious leaders were well-educated, respected, and certain of their beliefs; and yet, Jesus tells us that they were sorely mistaken. What about you? Might your beliefs need a second look? Could religion be getting in the way of real intimacy with God?

### Pray

Jesus is “the way, the truth, and the life” (John 14:6). Ask the Lord to reveal to you any ways in which you are treating him as less than what he is. Pray the Prayer of the Heart: ask the Father to pierce through your religion and enfold you in his loving arms.

# Dismissed by the World

*“You are a king, then!” said Pilate.*

*Jesus answered, “You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me.”*

*“What is truth?” retorted Pilate.*

John 18:37-38

## Picture

Jesus is taken from the house of the high priest to the palace of Pontius Pilate, the Roman governor. There he is questioned by Pilate, who is trying to determine why the Jewish leaders want Jesus executed. Jesus remains mostly silent during this interrogation, but when he *does* speak, Pilate is largely unmoved. In spite of this, Pilate can find no basis for a charge against Jesus; and yet, in order to avoid an uprising, he capitulates to the crowd’s demand that Jesus be crucified.

## Ponder

Wrapped up in the seeming validity and importance of its own perceptions, the world bustles on, thinking of Jesus as little more than a good person or a wise teacher. What is truth to you? How much does Jesus factor into your day-to-day life?

## Pray

Acknowledge and repent of any worldliness that has diminished your faith. Intercede for those who are so steeped in the world’s ways that they struggle to see Jesus for who he really is. Worship Jesus in his Sonship, Kingship, and Divinity.

# 6

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## Beaten and Mocked

Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. They spit on him, and took the staff and struck him on the head again and again.

Matthew 27:27-30

### Picture

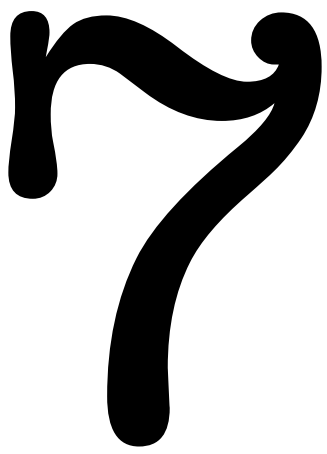
Jesus is taken into the soldiers' domain where he is mocked, beaten, and humiliated. It is also here that he is flogged, likely with a whip containing bits of bone or metal that caused severe lacerations and gouging, often resulting in death. Jesus is spat on, laughed at, and tortured—mostly for the fun of it. It is probable that he would have emerged from this experience covered in blood, virtually unrecognizable from the welts and bruises, and nearly half dead from the scourging.

### Ponder

Have you ever been beaten, mocked, or humiliated? How did you respond? Would you willingly suffer in these ways for your beliefs?

### Pray

Acknowledge wrong done to you but then begin the process of forgiveness so bitterness cannot take hold. Thank Jesus for enduring suffering for your sake; ask him for the resolve to endure when suffering comes your way.



# Carrying His Cross

*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).*

John 19:16-17

## Picture

Jesus is made to carry his own cross to the place of his own execution. As he drags the heavy wooden cross through the streets, a following crowd continues to jeer and mock. Falling from weakness and pain, unable to carry the cross the entire distance in his own strength, he receives some help from Simon of Cyrene. Some women weep and wail for him, but can do little else.

## Ponder

The cross represents hardship or suffering that one takes up for the sake of one's convictions. What cross has the Lord asked you to take up? Have you taken it up? Have you ever laid it down? Have you ever let someone help you carry it?

## Pray

During this burdensome time of hardship, struggle, and loneliness, pray the Prayer of the Forsaken: that the Lord will purify you from all interior and exterior results, leaving you with complete faith in God alone, regardless of your circumstances. Ask our dear, compassionate Brother Jesus to draw near to you in empathy, for he knows what it's like to carry a cross and feel forsaken.

# Crucified

They came to a place called Golgotha (which means “the place of the skull”). There they offered Jesus wine to drink, mixed with gall; but after tasting it, he refused to drink it. When they had crucified him, they divided up his clothes by casting lots. And sitting down, they kept watch over him there. Above his head they placed the written charge against him: this is Jesus, the king of the Jews.

Two rebels were crucified with him, one on his right and one on his left. Those who passed by hurled insults at him, shaking their heads and saying, “You who are going to destroy the temple and build it in three days, save yourself! Come down from the cross, if you are the Son of God!” In the same way the chief priests, the teachers of the law and the elders mocked him. “He saved others,” they said, “but he can’t save himself! He’s the king of Israel! Let him come down now from the cross, and we will believe in him. He trusts in God. Let God rescue him now if he wants him, for he said, ‘I am the Son of God.’” In the same way the rebels who were crucified with him also heaped insults on him.

Matthew 27:33-44

## Picture

Jesus—our Messiah, the Perfect Lamb of God—is executed in the most painful and degrading of ways as his naysayers look on in smug satisfaction. Naked, bloody, and dying, in the midst of insults and anger, Jesus is still able to forgive his tormentors.

## Ponder

Jesus willingly sacrificed everything that we might truly live. What are you willing to sacrifice for the sake of others? What might the Lord be calling you to sacrifice so that you may truly live?

## Pray

Thank Jesus for his perfect and complete sacrifice. Ask the Lord for new insights regarding suffering and sacrifice.



# Dead

From noon until three in the afternoon darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, “*Elí, Elí, lemasabachthaní?*” (which means “My God, my God, why have you forsaken me?”).

When some of those standing there heard this, they said, “He’s calling *Elíjah*.”

Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. The rest said, “Now leave him alone. Let’s see if *Elíjah* comes to save him.”

And when Jesus had cried out again in a loud voice, he gave up his spirit.

At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split and the tombs broke open. The bodies of many holy people who had died were raised to life. They came out of the tombs after Jesus’ resurrection and went into the holy city and appeared to many people.

When the centurion and those with him who were guarding Jesus saw the earthquake and all that had happened, they were terrified, and exclaimed, “Surely he was the Son of God!”

Matthew 27:45-54

## Picture

See Jesus—in physical and spiritual agony—cry out to his Father but receive no response as he takes the weight of the sin of all humanity upon himself. See him breathe his painful final breaths, and then die...for you, for me, for us all. See the curtain that hid the Most Holy Place where God dwelt torn open; see the dead rise to life. In his most broken, most vulnerable, most humiliating, most weak moment, see the glory of the Son of God.

## Ponder

Jesus paid the ultimate price so that we might be reconciled to the Father. What is the Lord asking you to put to death in your own life?

## Pray

Worship Jesus for his incredible, self-donating act of love.

This poster is part of a Good Friday Prayer Walk. It will be removed sometime Friday night after 8p.

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## Buried

Now there was a man named Joseph, a member of the Council, a good and upright man, who had not consented to their decision and action. He came from the Judean town of Arimathea, and he himself was waiting for the kingdom of God. Going to Pilate, he asked for Jesus' body. Then he took it down, wrapped it in linen cloth and placed it in a tomb cut in the rock, one in which no one had yet been laid. It was Preparation Day, and the Sabbath was about to begin.

The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment.

Matthew 27:45-54

### Picture

Jesus' body is taken down from the cross, wrapped in cloth, and placed in a new, unused tomb by Joseph of Arimathea. A heavy stone was rolled over the entrance, sealed shut, and guarded by a group of Roman soldiers in order to prevent the body from being stolen. Mary Magdalene and a few other women stood by faithfully to watch and mourn, unable to do much else since the Sabbath was about to begin. The rest of Jesus' disciples were nowhere to be found.

### Ponder

Let the finality of the scene above settle in. In your own life, what has died that you need to bury in order to bring a sense of closure?

### Pray

Mourn the death of our Lord and Saviour, Jesus Christ. Acknowledge losses—big and small—in your own life and allow grief to rise. Lament to God.