

## Holy Week Meditation || *Friday, April 10*

### \*\*Special Note\*\*

In some communities, including the Christian Reformed Church, leaders are calling for today to be a day of prayer and fasting. Regardless of whether or not you typically have Good Friday off from work and school, or if you normally would attend a worship gathering, this year is different. Many of us find ourselves under a “stay in place” order. In light of what is happening both locally and globally, today offers us a unique opportunity to spend time reflecting on Christ’s crucifixion. I invite you to please join me today in prayer for God’s will and Kingdom to reign on our earth and in our lives.

### Pause

Take a moment to breath. Relax your mind; calm your heart.

### God’s Greeting || *John 3:16-17*

*<sup>16</sup> For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. <sup>17</sup> For God did not send his Son into the world to condemn the world, but to save the world through him.*

### Worship Songs || *Either listen to or sing one or more of the follow songs-*

- ❖ *Oh, How He Loves You and Me* || [Lyric Video](#)
- ❖ *O Come to The Alter* || [YouTube](#)
- ❖ *Be Still and Know that I am God* || [YouTube](#)

### Prayer

*God of all hope, we gather today deeply aware of the world’s grief and pain --and our own. Send your Holy Spirit here among us and comfort us with the sure knowledge that our Lenten journey will end in Easter joy -- Amen.*

### Scripture Reading || *The Crucifixion*

Read Psalm 22; John 19:1-42

### Reflecting on God’s Word

1. Many often wonder, *“where would I have been during the crucifixion of Jesus?”* Would we have been a righteous defender, curious spectator, or angry insulter of Christ? If we didn’t know what we know now, would that have changed our actions back then?
2. Take some time for reflection, interacting with the passages in ways you feel most comfortable (silence, writing, visual arts, movement, etc.)

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### Application

If you have them in your house, pour a cup of vinegar, and a cup of sweet grape juice. As a symbol of being with Jesus in his suffering, lean in and smell the vinegar. Just the smell of such bitterness is enough to burn your nose and water your eyes. Sip or smell the juice and know that you are no longer God's enemy. Jesus Christ has tasted the cup of death so that you don't have to. Instead, you have the promise of sweet life with Christ for now and eternity.

### Worship Songs || *Either listen to or sing one or more of the follow songs-*

- ❖ *How Deep The Fathers Love For Us* || [YouTube](#)
- ❖ *The Power of the Cross* || [YouTube](#)
- ❖ *When I Survey the Wondrous Cross* || [YouTube](#)
- ❖ *O Sacred Head Now Wounded* || [YouTube](#)
- ❖ *God is So Good (Children's version)* || [YouTube](#)
- ❖ *There is a Redeemer (Children's version)* || [YouTube](#)

### Closing Prayer

*Compassionate God, we can only imagine the pain you felt as you watch your son and our Savior, Jesus, suffer agony on a Roman cross. As our substitute, Jesus lived the life we were supposed to live. And, as our sacrifice, Jesus died the death we were supposed to die. In the ugliness of a brutal crucifixion we see the beauty of a glorious exchange; from rejected to redeem, from sinner to saint, from life to death. Praise God for this extraordinary and incredible gift! In Jesus name we pray – Amen.*

### Final Blessing || Numbers 6:24-26

*<sup>24</sup> "The Lord bless you and keep you; <sup>25</sup> the Lord make his face shine on you and be gracious to you; <sup>26</sup> the Lord turn his face toward you and give you peace."*