

GOOD FRIDAY 2024

Reflections at the Cross



1. Preparation

Settle your heart before God.

Be still and know that I am God. [Psalm 46:10]

My soul, wait in silence for God only, for my hope is from him. [Psalm 62:5]

As the deer pants for streams of water, so my soul pants for you, my God. [Psalm 42:1]

Talk to God, for He is listening.

Call to me and I will answer you. [Jeremiah 33:3]

I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out before him my complaint; before him I tell my trouble. [Psalm 142:1, 2]

Submit to His will as you pray with faith.

Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. [John 16:24]

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us--whatever we ask--we know that we have what we asked of him. [1 John 5:14, 15]

Not my will, but yours be done. [Luke 22:42b]

Delight yourself in the LORD and he will give you the desires of your heart. [Psalm 37:4]

Faith is being sure of what we hope for and certain of what we do not see. [Hebrews 11:1]

2. Confession

Psalm 139

- ¹ O LORD, you have examined my heart
and know everything about me.
- ² You know when I sit down or stand up.
You know my thoughts even when I'm far away.
- ³ You see me when I travel
and when I rest at home.
You know everything I do.
- ⁴ You know what I am going to say
even before I say it, LORD.
- ⁵ You go before me and follow me.
You place your hand of blessing on my head.
- ⁶ Such knowledge is too wonderful for me,
too great for me to understand!
- ⁷ I can never escape from your Spirit!
I can never get away from your presence!
- ⁸ If I go up to heaven, you are there;
if I go down to the grave, you are there.
- ⁹ If I ride the wings of the morning,
if I dwell by the farthest oceans,
- ¹⁰ even there your hand will guide me,
and your strength will support me.
- ¹¹ I could ask the darkness to hide me
and the light around me to become night—
- ¹² but even in darkness I cannot hide from you.
To you the night shines as bright as day.
Darkness and light are the same to you.

- ¹³ *You made all the delicate, inner parts of my body
and knit me together in my mother's womb.*
- ¹⁴ *Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it.*
- ¹⁵ *You watched me as I was being formed in utter seclusion,
as I was woven together in the dark of the womb.*
- ¹⁶ *You saw me before I was born.
Every day of my life was recorded in your book.
Every moment was laid out
before a single day had passed.*
- ¹⁷ *How precious are your thoughts about me, O God.
They cannot be numbered!*
- ¹⁸ *I can't even count them;
they outnumber the grains of sand!
And when I wake up,
you are still with me!*
- ¹⁹ *O God, if only you would destroy the wicked!
Get out of my life, you murderers!*
- ²⁰ *They blaspheme you;
your enemies misuse your name.*
- ²¹ *O LORD, shouldn't I hate those who hate you?
Shouldn't I despise those who oppose you?*
- ²² *Yes, I hate them with total hatred,
for your enemies are my enemies.*
- ²³ *Search me, O God, and know my heart;
test me and know my anxious thoughts.*
- ²⁴ *Point out anything in me that offends you,
and lead me along the path of everlasting life.*

3. *Restoration*

As you pray, ask yourself, “Do I really believe this is true about me?”

- I am a saint. [Ephesians 1:1]
- I am chosen in Christ to be holy and blameless [Ephesians 1:3-4]
- I am a chosen son/daughter, and dearly loved by God.
[1 Thessalonians 1:4]
- I am born of God. [1 John 5:18]
- I am a child of God. [John 1:12, Romans 8:14-15]
- I may approach God with freedom and confidence [Ephesians 3:12]
- I may approach the throne of grace with confidence to receive mercy and grace to help in time of need [Hebrews 4:16]
- I am an heir of God. [Galatians 4:6-7]
- I am a joint heir with Christ, sharing His righteousness with Him. [Romans 8:16-17]
- I have been justified, fully-forgiven and made completely righteous in Christ. [Romans 5:1]
- I have been made alive with Christ who has forgiven all my sins. The debt against me has been canceled. [Colossians 2:13-14]
- I am forever free from condemnation. [Romans 8:1]
- I am joined to the Lord. [1 Corinthians 6:15-17]
- I am reconciled to God. [2 Corinthians 5:18]
- I am not my own. I have been bought with a price. I belong to God. [1 Corinthians 6:20]
- I am a part of the true vine, sharing in its life. [John 15:1, 5]
- I am a partaker of Christ, sharing His life. [Hebrews 3:14]
- I am a member of Christ's body. [1 Corinthians 12: 13]
- I am a member of God's own people, a royal priesthood, a people for God's own possession. [1 Peter 2:9-10]
- I am a temple of the Spirit. His life dwells in me. [1 Corinthians 3:16]
- I have received the Spirit of God into my life so I can understand what God has freely given me. [1 Corinthians 2:12]
- I have been rescued from the dominion of darkness, transferred to the kingdom of His beloved Son. [Colossians 1:13-14]
- I have been taken from darkness to light, and from the power of Satan to God. [Acts 26:18]

- I have been given His exceedingly great and precious promises so I may participate in His holy nature and escape the corruption in the world. [2 Peter 1:4]
- I am a citizen of heaven. [Philippians 3:20]
- I am a fellow citizen of God's household with the rest of God's family. [Ephesians 2:19]
- I am a son/daughter of light. I am of the day. [1 Thessalonians 5:5]
- I am light in the Lord. [Ephesians 5:8]
- I am God's workmanship, born anew to do His work. [Ephesians 2:10]
- I am a minister of reconciliation. [2 Corinthians 5:19]
- I am the salt of the earth. [Matthew 5:13]
- I am the light of the world. [Matthew 5:14]
- I spread the sweet aroma of the fragrance of Christ. [2 Corinthians 2:14]
- I am going to be fully conformed to the likeness of Christ. God has already decided that. [Romans 8:29]
- I am secure in Christ. Nothing will be able to separate me from the love of God that is in Christ Jesus my Lord. [Romans 8:38-39]

As you've prayed does one of these statements stand out as one you've struggled with really embracing? Pray that God speaks that truth to your heart, that it becomes embedded in your spiritual DNA. (You may want to memorize the verse!).

Jesus suffered that you might understand fully this truth about yourself.

4. Communion

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.” In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes. Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself.

[1 Corinthians 11:23-29]

Father thank You that because of Jesus’ shed blood I have the hope of eternity with You, and I am free from the burden of my past. As I come to Your table, I remember the incredible price You paid for me. I remember that Your body was bruised and broken, Your blood was shed, poured out for me, for my redemption. Thank You for this incredible gift.

When you are ready, we invite you to come forward to participate in communion. It is OK to skip this step.