

# A Reflection for Good Friday

## Six Stations

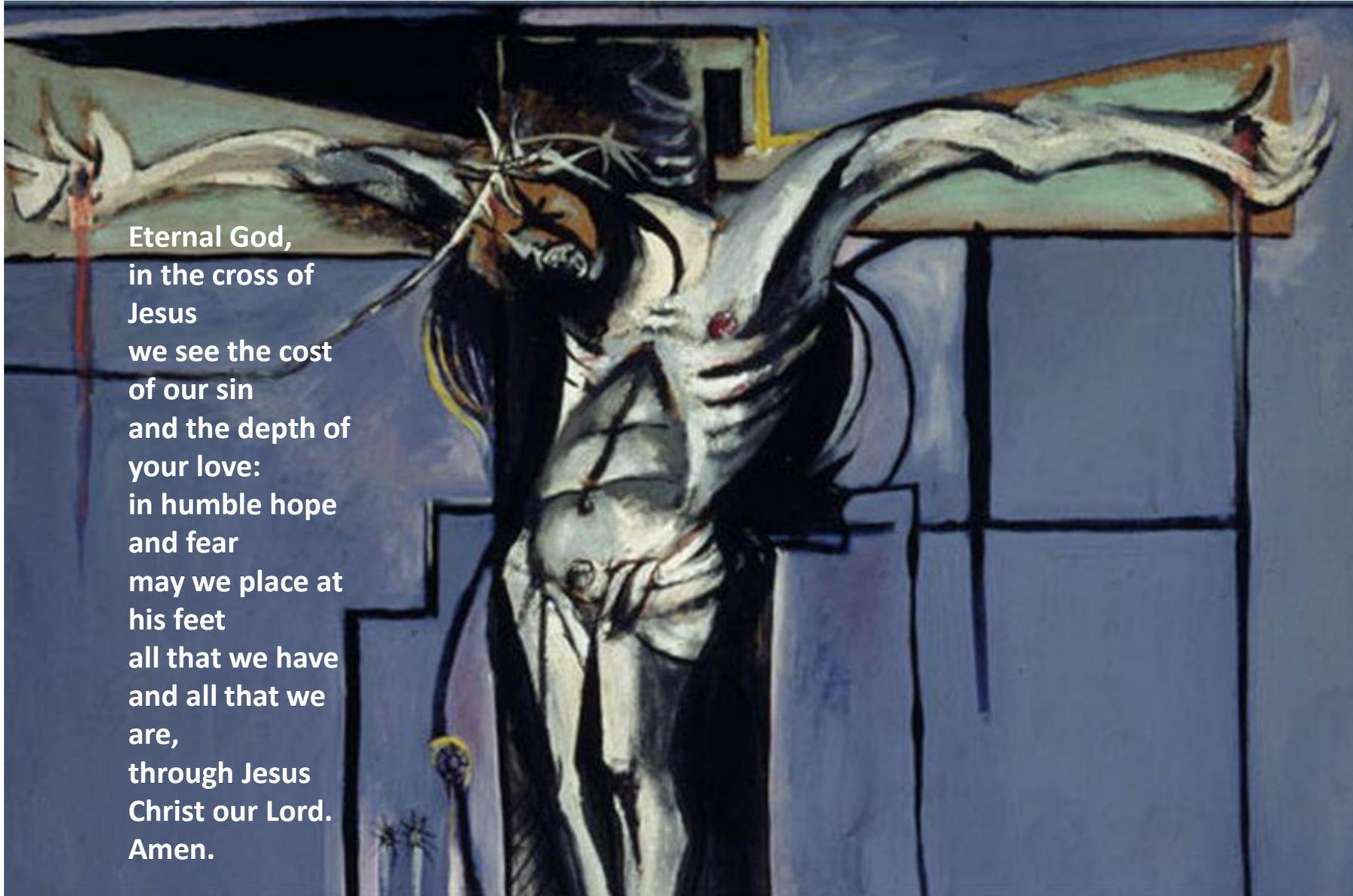


This year, we will be remembering the events of Good Friday under 'Lockdown' and so this slide show is for anybody and everybody to use as an individual or as a family group. We will recall eight snapshots of, or stations on, the journey of Jesus as he takes up his cross and carries it to Golgotha, the Place of the Skulls, to be crucified.

At each of the eight stations, there will be a picture to contemplate, a short reading to be found in one of the four Gospels, something to reflect on or do and a prayer.

Look, read and reflect in a space, at a pace and intensity that suits you or your group.

Melanie Seward, Reader, St Andrew's Church.



Eternal God,  
in the cross of  
Jesus  
we see the cost  
of our sin  
and the depth of  
your love:  
in humble hope  
and fear  
may we place at  
his feet  
all that we have  
and all that we  
are,  
through Jesus  
Christ our Lord.  
Amen.



'Jesus is judged by Pilate': Friedrich Overbeck

## Station 1: Jesus is judged by Pilate

Matthew 27:22-24

Pilate said to them, "Then what should I do with Jesus who is called the Messiah?" All of them said, "Let him be crucified!" Then he asked, "Why, what evil has he done?" But they shouted all the more, "Let him be crucified!"

So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves."



### **What can we see?**

Jesus and Pilate take centre stage, the accusers stand their ground and the Roman servants cannot understand the hesitation in Pilate. Pilate is not looking at Jesus as he washes his hands before committing him to death by crucifixion.

### **Sensory Experience**

Use the hand sanitiser or wash your hands with soap in the toilet.

What do we try to wash away and forget? When do we need to take action ourselves and how do we need God's help and grace?

### **Prayer**

Jesus, you didn't hesitate to pay the price of our wrongdoing.

Give us the courage to face the truth when we fail.  
Give us the strength to be true to your gospel and be true to our brothers and sisters. Amen.



‘The Mocking of Christ’ by  
Tintoretto

## Station 2: Jesus is mocked

Matthew 27:28-31

They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, “Hail, King of the Jews!” They spat on him, and took the reed and struck him on the head. After mocking him, they stripped him of the robe and put his own clothes on him.

### Question

What do you think about the way Tintoretto has painted the scene? How do you imagine it?



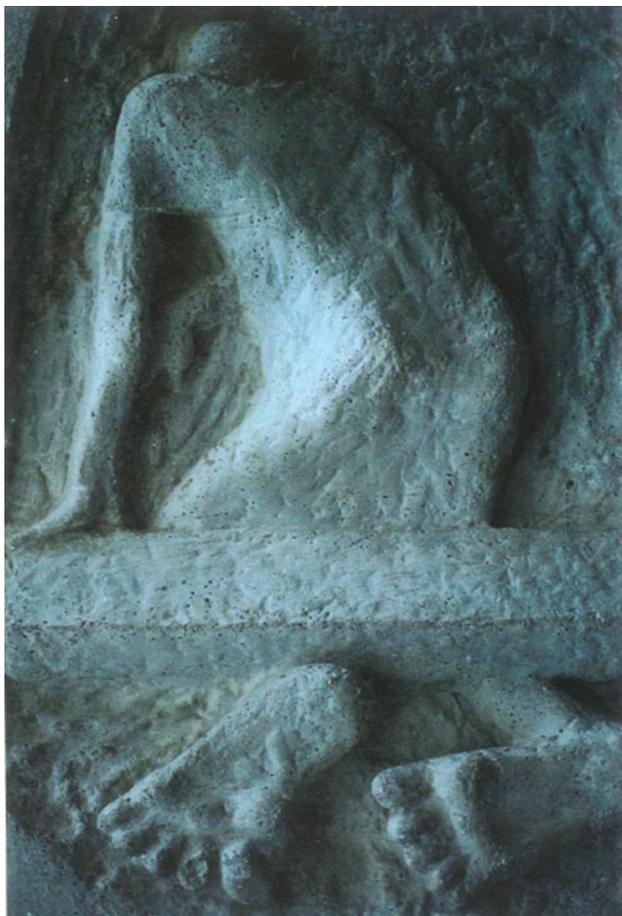
The Mocking of Christ  
JACOPO TINTORETTO  
c. 1595-1599

**What can we see?** In the darkness of early morning, Jesus is held captive and is mocked. He has been knocked to the ground and hemmed in by his persecutors who are standing around him, pushing and poking: this mocking is close-up and ‘in your face’. The crown of thorns is too sharp for its maker to hold, instead he pushes it down onto Jesus’ head with iron tongs used for the fire. Jesus is cowering against a metal grill- there is no option to stand and maintain a saintly composure: they want to strip him not just of his clothes but also of his dignity and ridicule his right to be a man, let alone a King.

### **Prayer**

Lord, Jesus, you faced the torment of barbaric punishment and mocking tongue:  
be with those who cry out in physical agony and emotional distress.

You endured unbearable abuse: be with those who face torture and mockery in our world today.  
To you, Jesus, the king crowned with thorns,  
be honour and glory with the Father, and Holy Spirit,  
Now and for ever. Amen



‘Jesus falls under the Weight of the Cross for the first time’  
by Michael Smither

### Station 3 Jesus falls

John 19 :16-17a

Finally Pilate handed him over to them to be crucified. So the soldiers took charge of Jesus. Carrying his own cross, he went out.

#### What can we see?

Jesus has already been interrogated several times and moved around under the cover of darkness, he has been mocked and flogged, he has not eaten, maybe had no water and now he is being made by the Roman Guards to carry his own cross. He is already exhausted.

Jesus is not described as ‘falling’ in the Bible, but Christian tradition transmitted that Jesus fell- how could he not have fallen? Look closely – this station is carved from stone-hard like ground on which he is falling. How do you fall and avoid what you are carrying?



### **Questions**

What is Jesus feeling and thinking now? What questions is he asking?

When have we been in the same position?

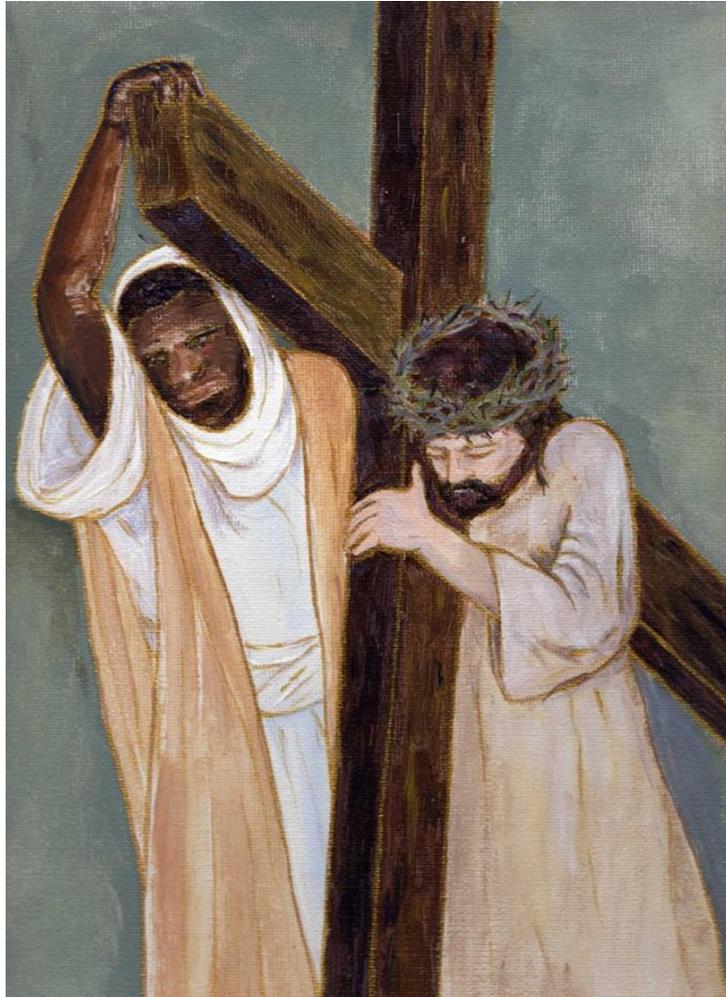
### **Sensory Experience**

Go to the medicine cupboard/ first aid box and make a mental list of what you would use to look after yourself if you fell. Think of the last time you fell badly or saw someone else fall. What kind of pain would Jesus be feeling as he falls while holding onto a heavy piece of wood?

### **Prayer**

Lord Jesus, when it all looks to be too much, when we feel overburdened by life, when nothing makes sense any longer, allow the warmth of your love to touch us.

Give us strength to say our amen! To God and to trust in the Father's care.



Simon of Cyrene helps carry the Cross: St Wulfran's

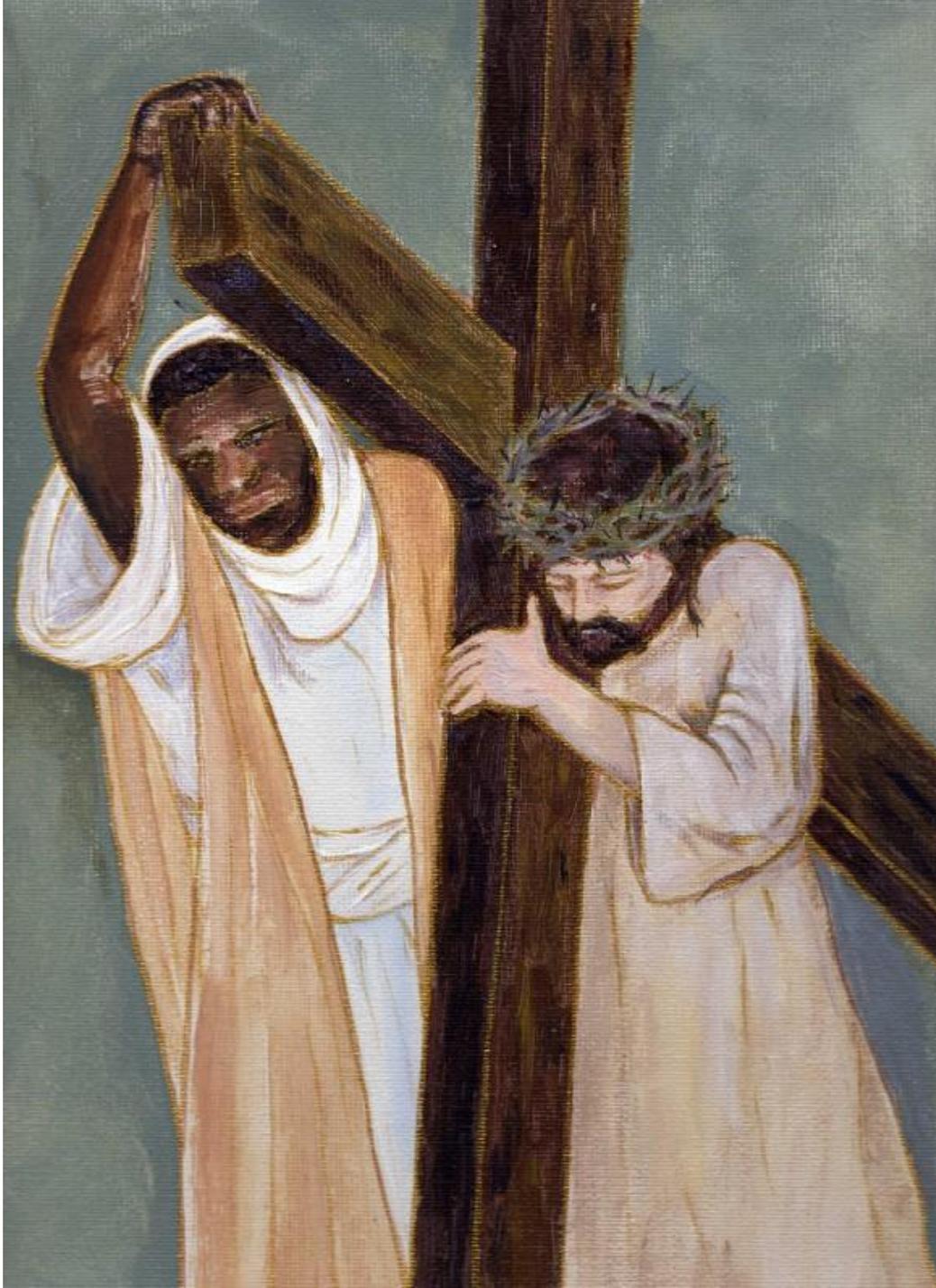
#### **Station 4: Simon of Cyrene helps Jesus carry the cross**

Mark 15.21

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.

#### **What can we see?**

Simon of Cyrene helps to carry the wood to which Jesus will be nailed. Carrying the cross was part of the process of punishment by crucifixion. It was supposed to be traumatic but you were not supposed to die. Jesus is so exhausted that the guards have to make one of the onlookers help. The crowd are baying for Jesus' blood so the soldiers pick someone who they think is not a local....or .....does Simon offer to help?



### **Sensory Experience**

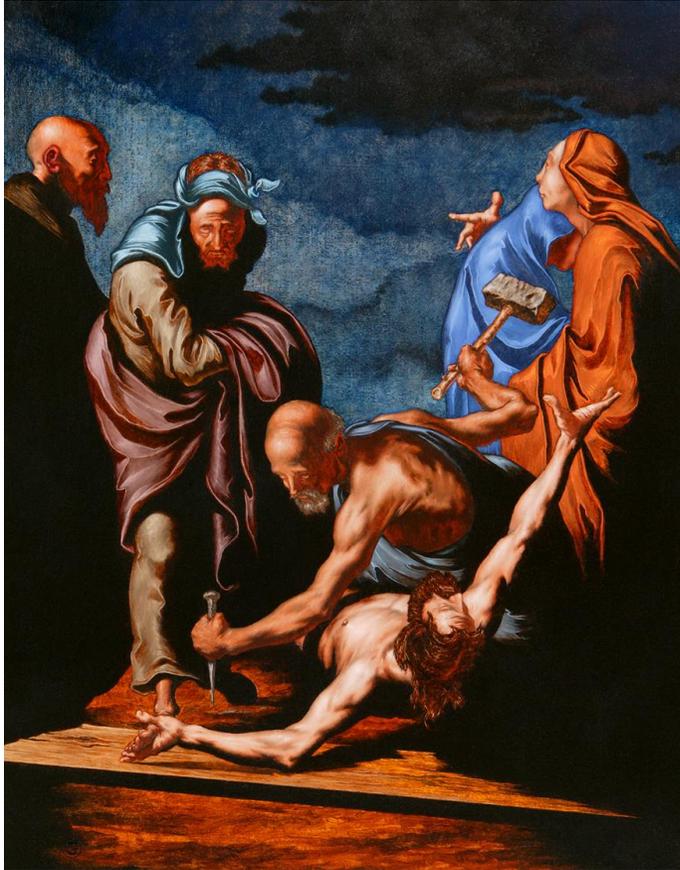
If you are able, pick up a 1.2 kg bag of sugar. Hold it still and feel the weight. The condemned were forced to carry the crossbeam to the place of execution. A whole cross would weigh well over 135 kg -300 lb, but the crossbeam would not be as burdensome, although it would still weigh around 45 kg -100 lb (the equivalent of a very large shopping bag packed to overflow!). Remember what Jesus has already gone through. For a short while, Simon is working with Jesus to shoulder the load.

Let's think of two people to contact by e-mail, phone call or letter to help them shoulder the load of loneliness, isolation and even despair.

### **Prayer**

Lord, as we journey help us to see those who stagger along the path of the cross: the refugees, the homeless, the lonely.

We ask for strong shoulders on which to ease the load of others and a heart filled with love for all. Amen.



'Jesus is nailed to the Cross' by Randall

## Station 5: Jesus nailed to the cross

John 19: 17a-18 and 25

He went out to the Place of the Skull (which in Aramaic is called Golgotha). Here they crucified him, and with him two others- one on each side and Jesus in the middle.....

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas and Mary of Magdala.

**What do we see?** Jesus is being nailed to the crossbar and then is hoisted onto the wooden scaffolding outside the city. The first nail is about to be driven into flesh. The composition is 'V' shaped making us look from the top corners to the nail itself. Also this V shape divides those who feel love and compassion as well as horror and distress and, those who are unmoved and complicit. Is Jesus yelling out in pain, reaching for his mother or calling to God?

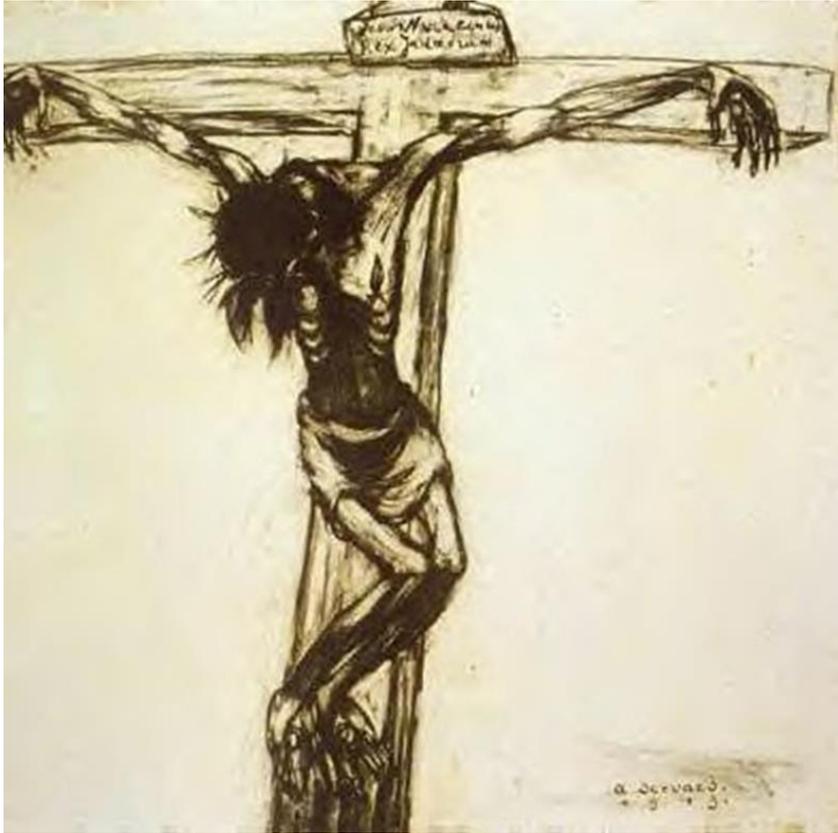


1. Were you there when they crucified my Lord?  
Were you there when they crucified my Lord?  
Oh, sometimes it causes me to tremble, tremble, tremble.  
Were you there when they crucified my Lord?

2 Were you there when they nailed him to the tree?  
Were you there when they nailed him to the tree?  
Oh, sometimes it causes me to tremble, tremble, tremble.  
Were you there when they nailed him to the tree?

3 Were you there when they laid him in the tomb?  
Were you there when they laid him in the tomb?  
Oh, sometimes it causes me to tremble, tremble, tremble.  
Were you there when they laid him in the tomb?

<https://www.youtube.com/watch?v=mJUX733ovGI>



Christus Aan Het Kruis by Albert Servaes

## Station 6: Jesus dies

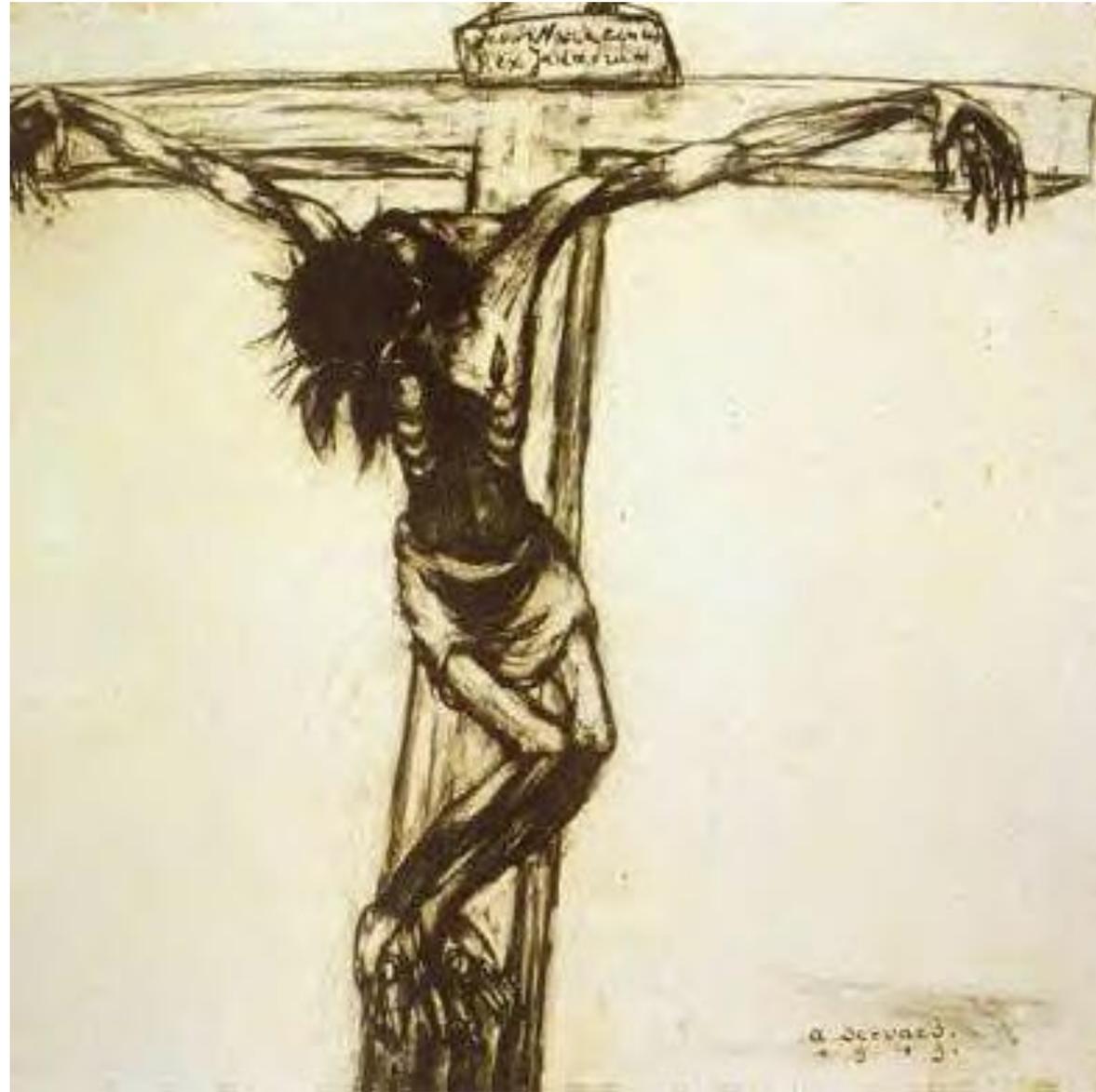
Mark 15.34,37

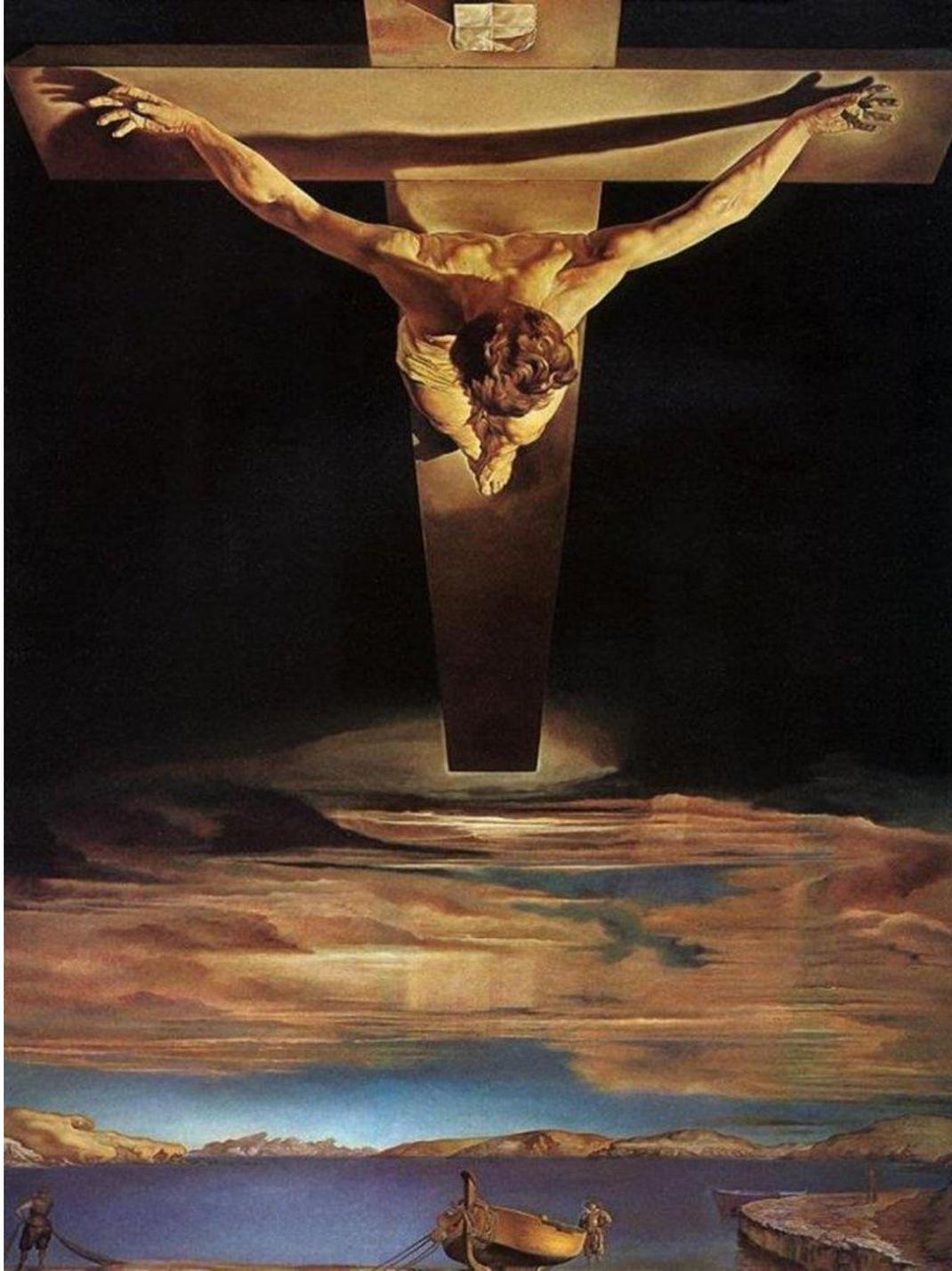
At three o'clock Jesus cried out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means "My God, my God, why have you forsaken me?" .... Then Jesus gave a loud cry and breathed his last.

When the artist produced this picture and others like it, many Christians felt offended. They were removed from the churches in Belgium in 1921.

Think about why this might have happened.

Jesus looks beaten,  
he has nothing  
left, his head has  
dropped. It is  
death and a death  
that is the result of  
drawn out,  
humiliating agony.  
We see the reality  
of crucifixion.  
There is no hint of  
meaning, no  
dignity, no glory.  
No clue.





Yet the rest is yet to come.....

We look at Salvador Dali's painting  
"Christ of St John on the Cross' .

Can we see God's view of what is  
happening? Jesus seems to  
transcend the whole world. The  
world below echoes the Sea of  
Galilee and yet also echoes the  
artist's home country of Spain.

This crucifixion is not just history  
from over two thousand years ago  
but for us today.

**A prayer to mark an end, which is only the beginning:**

Most merciful God,  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.

## **Acknowledgements**

The Introductory Prayer is the Collect for fifth Sunday of Lent and the concluding prayer is from: **Common Worship, Times and Seasons**

Prayers for Stations 1, 3 and 4 are from **The Folly of God** (ed. Kieran McKeown)

Prayer for Station 2 is from **The Way of the Cross** by Catherine Smith

Painting behind the introductory prayer- **Crucifixion** by Graham Sutherland