

LORDSBRIDGE TEAM  
OF CHURCHES



## ***Good Friday Meditation 2021***

***By the Rev'd Tricia Troughton, part of the Ecumenical Ministry Team in Toft***

If you are using this at home, you might like to have some paper and pen/pencil handy.

We are using some pictures of the German artist and Catholic Priest, Sieger Koder. Some of the words and prayers are by Gemma Simmonds in her booklet on the Art and Inspiration of Sieger Koder.

If you would like to see reproductions of these paintings you will find them hung in St. Andrew's Church, Toft for the next few weeks. The church is open during the day.

There is also a picture by Nancy Bateman, and one by Salvador Dali 'St. John of the Cross' on the power point we are viewing.

Let us still ourselves and invite God to bless us as we enter into this experience....

## **Meditation I: Trusting**

You may wish to begin by listening to [‘My Song is Love Unknown’](#)

As we approach the experience of Christ on the cross, we consider how we have experienced him during this past year. During the year, there may have been times when we have had to dig deeper within our souls to discover the Grace of God day by day. Sometimes times have been filled with anxiety, uncertainty and doubt.

We are invited to recall these feelings and offer them to God trusting that he is with us, and wants to bless us.



*Take a little time to recall your reactions during the past year – as well as your feelings about the future.*

### ***We pray***

Thank you, Lord, that you are always available to us, and always with us, whatever our circumstances.

We recall the hard times and recognise them as a memory. You have brought us through to the present time, and we ask you to help us to trust you for the future. **AMEN**

## **Meditation 2: Be Still and Know – The Story of Elijah**



Overwhelmed by the challenges he had faced, and fearful of the future, Elijah ran away from responsibility. After being cared for supernaturally, he continued to run. Eventually he hid in a cave. From the safety of that place he experienced wind, earthquake and fire but found that until those terrifying phenomena had passed by he was unable to discern the still, small voice of God..... What are you doing here Elijah?

As we recall the past, our present feelings and our desire to hear God's voice..... Let us take time to answer that question..... What are you doing here? And then to listen out for God's call upon our future lives.

Elijah was reassured by God that he was not, as he had thought, the only remaining believer, and he was sent back to continue as one who challenged the people to turn to God and find faith in Him.

### ***We pray***

God of surprises, God of the unexpected, you approach us delicately,  
Whispering your presence amid the noises of our world.

Make us sensitive to the sound of your name, echoing in the quiet places where you wait for us.

**AMEN**

### **Meditation 3: The Storm on the Sea**



Belief in Christ, as we know, doesn't shield us from the storms of life. Many have lived through war, maybe shortage of money, loss of jobs, illness and bereavement.

The disciples found that even when they had given their lives to Jesus and knew he was with them, life could be a terrifying ordeal. 'Lord, don't you care that we are in danger of drowning?'

#### ***We pray***

God of the stillness, God of the storm, you are greater than our plans and designs, You are more powerful than our attempts to control our lives.

Guide us through life's uncertainties.

Calm us in the times of tempest.

Shake us in our complacency.

Teach us to know that you alone are God. **AMEN**

## **Meditation 4: Stronghold**

You may wish to pause to listen to the hymn, [‘Just as I am, without one plea’](#)



The impulsive disciple, Peter, thought he could accomplish all things through the strength of his faith alone. As he attempted to walk across the stormy sea towards Jesus who was approaching the fishing boat over the water, he took his eyes off Jesus, saw the waves and began to sink. Jesus reached out his hand, and held him fast. Peter learnt the lesson of relying on Jesus, listening to Him and being held fast by him.

The motto of Spurgeon's theological training college, where I trained for Christian ministry was: Teneo et Teneor = I hold and I am held. The picture in the college shield was very much like this one. As we hold onto Jesus' hand, he holds us with as strong and certain grip.

### ***We pray***

God who holds us in our uncertainty, you call to us across the storm.

We long to come to you, but fear to step on unsure ground.

Help us to trust, and to feel the grasp of your hand especially in our failure.

**AMEN**

## **Meditation 5: Washing of Feet**

Before this meditation you may wish to listen to the song ['He will hold me fast'](#)



In order to continue as followers of Jesus, we need to allow him to cleanse us, and make us fit to eat with him, and to be ready to continue along the road with him. Peter found it hard to accept Jesus' ministry of washing his feet. He wanted to wash Jesus' feet. Then he felt he wanted to control what Jesus did, and asked to be washed from head to toe. Jesus told him he was fit to be with Jesus as he was, but that he did need to have his feet washed! The washing of the disciples' feet by Jesus shows us the trademark of a follower of Christ – humble service. Peter's response serves as a warning. Being a giver can put us in a position of superiority.

We are not the Messiah! Can we let ourselves be served as well? Can we let Christ touch us through the hands of others?

### ***We pray***

Lord Jesus, Servant King, you set aside your glory to become our slave.

You touch us in intimate love.

Help us to know you in our service of others,

In theirs to us,

In the breaking of bread. **AMEN**

## **Meditation 6: The Last Supper**

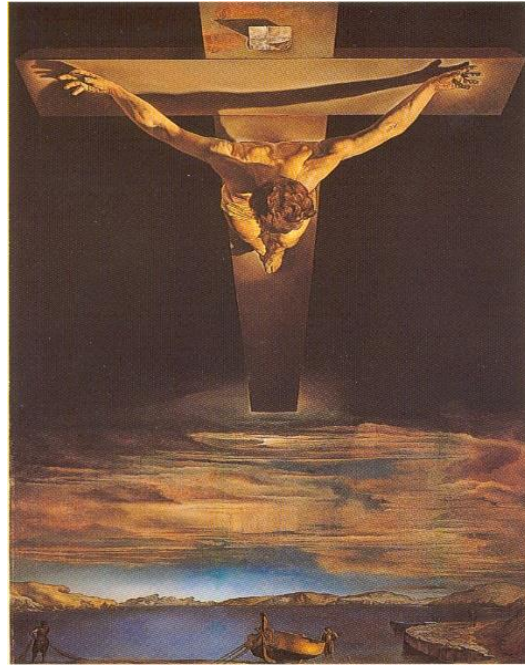
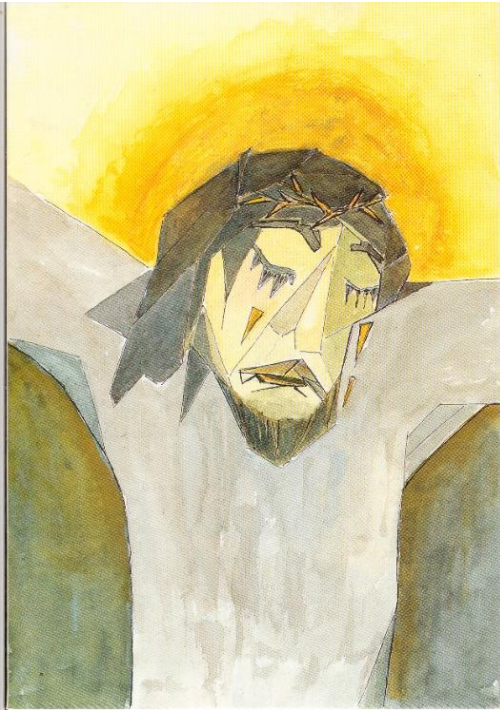


Greater love has no-one but that he gives up his life for his friends. Jesus showed his love for the disciples, and also for all who follow after (including ourselves), by sharing a meal with them. We are all the more aware of the value of that after months of being prevented such simple pleasures. But the meal Jesus shared was symbolic, and celebratory. It remembered the way God had saved his people from slavery in Egypt by keeping them safe from the plagues that ensued. The Passover meal also reminded Jesus followers of the lamb who was slain so that its blood could adorn the lintel and doorposts of all God's people. Jesus introduced the idea that here his body was given as bread for us, and his blood shed as wine for us. Two staple necessities in Jesus' time, and such a simple message that it speaks in all ages and all cultures.

Jesus gave his life for us, to free us from slavery to self, and also to give us a foretaste of a heavenly banquet that all who are part of God's family will share.

You may wish to listen to ['Broken for me, Broken for you'](#)

## **Meditation 7: The Crucifixion**



*Rendering of the Crucifixion by Nancy Bateman and Salvador Dali respectively.*

And so we come to the death of Jesus – abandoned by his friends, betrayed by a disciple, wrongly accused, Jesus gives himself up, dying so that we might know the way to eternal life.

This is my friend, my friend indeed, who at my need his life did spend.

In the quietness, let us give thanks to Him for loving us so much. For his faithfulness and courage, for his sensitivity and compassion. As we contemplate the agony of crucifixion we pray for all who are suffering physical, mental and emotional pain at this time. May they know the presence of God who suffers with them through Christ on the cross.

You may wish to listen to ['When I survey the wondrous cross'](#)

As we move through this Easter Weekend, may we be prepared to watch with Christ in his suffering, that we might rise with him in the resurrection from the dead, and glorify his name, now and forever more.

**AMEN**

You may wish to listen to ['All for Jesus, all for Jesus'](#) to bring your time to a close