



Good Friday 2025

***Meditation Song:*** Watch and pray (Helen)

1 Watch and pray with me a while  
Watch and pray with me a while  
Watch and pray, watch and pray  
With me a while

2 My heart is heavy now  
Take this cup from me, he cried  
Watch and pray, watch and pray  
With me a while

Chorus  
Not my will but yours be done  
Not my will but yours be done  
Not my will but yours be done  
Abba Father, Abba Father

Give it all to you, give it all to you  
We surrender to you  
Abba Father, Abba Father

***Welcome:***

## **Acknowledgement of First Peoples:**

As we gather together on this Good Friday, we acknowledge that we gather on the land of the Gadigal and Wangal people. We pay our respects to them and those Aboriginal people here present. We pray for justice and peace in this land.

## ***Moment of Stillness:***

### **Collect for Good Friday:**

It is Friday, Holy One,  
and we stand at the foot of the cross.  
Where shall we cast our eyes?

**We look down. We glance to the side.  
We stare inward. We look up at Jesus.**

My God, my God, what does this mean?  
How is this sacred?  
How can this save?  
How is this love?

**This is a hard place to stand.  
We want to run away.  
Yet you, gracious God, bid us stay.**

So, we ask for courage, patience and calm.  
Help us to watch and listen and pray.  
It is Friday, and we stand at the foot of the cross.  
**Hold on to us here. Do not let us go.  
This we pray in the precious name of Jesus,  
Amen.**

## ***Hymn: When I Survey the Wondrous Cross***

1. When I survey the wondrous cross  
On which the Prince of glory died,  
My richest gain I count but loss,  
And pour contempt on all my pride.
2. Forbid it, Lord, that I should boast,  
Save in the death of Christ my God!

All the vain things that charm me most,  
I sacrifice them to His blood.

3. See from His head, His hands, His feet,  
Sorrow and love flow mingled down!  
Did e'er such love and sorrow meet,  
Or thorns compose so rich a crown?
4. Were the whole realm of nature mine,  
That were a present far too small;  
Love so amazing, so divine,  
Demands my soul, my life, my all.

### *JESUS SEVEN WORDS FROM THE CROSS*

1. Luke 23:33-34 (Joy)

<sup>33</sup> When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. <sup>34</sup> Then Jesus said, “**Father, forgive them; for they do not know what they are doing.**” And they cast lots to divide his clothing.

#### **Reflection - Marian**

*The first candle is extinguished (Marian)*

*Silence*

2. Luke 23:39-43 (Joy)

<sup>39</sup> One of the criminals who were hanged there kept deriding him and saying, “Are you not the Messiah? Save yourself and us!” <sup>40</sup> But the other rebuked him, saying, “Do you not fear God, since you are under the same sentence of condemnation? <sup>41</sup> And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.” <sup>42</sup> Then he said, “Jesus, remember me when you come into your kingdom.” <sup>43</sup> He replied, “**Truly I tell you, today you will be with me in Paradise.**”

#### **Reflection – Helen**

*The second candle is extinguished (Helen)*

*Silence*

### 3. John 19:25-27 (Joy)

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. <sup>26</sup> When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." <sup>27</sup> Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

**Reflection** – Roger

*The third candle is extinguished (Roger)*

*Silence*

### 4. John 19:28-29 (Joy)

<sup>28</sup> After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." <sup>29</sup> A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth.

**Reflection** - David

*The fourth candle is extinguished (David)*

*Silence*

### 5. Matthew 27:45-46 (Joy)

<sup>45</sup> From noon on, darkness came over the whole land until three in the afternoon. <sup>46</sup> And about three o'clock Jesus cried with a loud voice, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?"

**Reflection** – Chris W

*Fifth candle extinguished (Chris)*

## **Reflection Song:** Crucified God – Helen

*Silence*

### 6. Luke 23:44-46 (Joy)

<sup>44</sup> It was now about noon, and darkness came over the whole land until three in the afternoon, <sup>45</sup> while the sun's light failed; and the curtain of the temple was torn in two. <sup>46</sup> Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last.

### **Reflection** – Jen

*The sixth candle is extinguished (Jen)*

*Silence*

### 7. John 19:30 (Joy)

<sup>30</sup> When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.

### **Reflection** - Andrew

*Silence*

*(Joy) The Christ candle is extinguished and 3 loud knocks are made on the table to represent the death of Christ*

*Silence*

### **Blessing** (Joy)

You will know this blessing by how it does not stay still,  
by the way it refuses to rest in one place.

You will recognise it by how it takes first one form, then another:

Now running down the face of the mother  
who watches the breaking of the child she had borne.  
Now in the stance of the woman who followed him here  
and will not leave him bereft.

Now it twists in anguish on the mouth of the friend whom he loved;

Now it bares itself in the wound, the cry, the finishing and final breath.

This blessing is not in any one of these alone.

It is what binds them together.

It is what dwells in the space between them,  
though it be torn and gaping.

It is what abides  
in the tear the rending makes.

***Amen.***

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*Blessing: What abides? – Jan Richardson*