

## ***Westlake UMC Good Friday Walk in Prayer and Reflection***

*Begin your walk in the Memorial Garden patio. If you wish, take several nails with you as you meditate on Jesus' Good Friday journey.*

### **Begin in the Garden - "Jesus Prays Alone" — Luke 22:39-44**

He came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. When he reached the place, he said to them, "Pray that you may not come into the time of trial." Then he withdrew from them about a stone's throw, knelt down, and prayed, "Father, if you are willing, remove this cup from me, yet not my will but yours be done." Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling on the ground.

*Remember that Jesus went to the Garden of Gethsemane to pray and his disciples cannot stay awake with him. Jesus prays alone as he struggles with what lies ahead. He prays that God's will be done. He is betrayed by a kiss.*

Lift any prayers on your heart to God as you remember the anguish for Jesus.

### **Walk East – "Jesus carries his cross"**

and carrying the cross by himself he went out to what is called the Place of the Skull, which in Hebrew<sup>Ⓜ</sup> is called Golgotha. There they crucified him and with him two others one on either side, with Jesus between them. —**John 19:17-18**

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him and made him carry it behind Jesus.

— **Luke 23:26**

*Walk along Center Ridge Road going East (away from Glenmore and toward Dover Center Rd), remember that after his trial, Jesus' suffering continued as a crown of thorns was placed on his head, he was mocked and had to carry his cross through the streets as part of the public humiliation and scorn of Christ. As Jesus stumbles, Simon of Cyrene is enlisted to carry Jesus' cross.*

Be mindful of what it was like to walk a public street scorned by many as you carry a heavy burden. Lift in prayer all those that suffer injustices and ask how Jesus may be calling you to walk beside those that suffer and to help.

### **Cross the lawn – "Jesus speaks words of comfort & mercy from the cross"**

*Turn left before the white barn and walk across the grass remembering the words that Jesus spoke from the cross to encourage others.*

- *"Jesus Cares for his Mother" — John 19:26-27*  
*"Mother, here is your son." To John the disciple, "Here is your mother."*
- *"Jesus Speak to Criminals" — Luke 23:39-43*  
*"Today you will be with me in paradise"*

What words from Jesus are a comfort to you when life is difficult? Consider how you use your words to give life & mercy, sharing your faith to encourage & care for others. Confess any places of resistance.

### **Cross the parking lot toward the wooded path – "Jesus intercedes" — Luke 23:34**

*"Father, forgive them: for they do not know what they are doing."*

*Let the hard surface of the lot remind you of the hardened hearts of those that scorned Jesus. Remember Jesus' powerful plea for forgiveness as he suffers and prays saying, "Father, forgive them as they do not know what they are doing".*

Pray about how Jesus' words of forgiveness on the cross impact your life. Where do you need forgiveness and need Jesus' help to lift the burden? Where are you struggling to forgive and to unhardened your heart? Lift those places up to Jesus.

### **Enter the wooded path bearing left, Stopping at Cross at the entrance – "Jesus Alone"**

— **Matthew 27:46** *"My God, my God why have you forsaken me?"*

*Jesus prayed the words from Psalm 22:1 to give words to the pain, suffering and loneliness he felt at that moment on the cross. Offer to God the times when you have felt forsaken and ask for new eyes to see how God was present. Who else are society's forsaken ones? Lift them up to God.*

### **Walk on to the cross and benches – Jesus prays his last - Luke 23:46**

*Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last.*

*The words of this final prayer are from Psalm 31:5a and is one Jesus likely learned to pray at bedtime as a child. In his death, Jesus gives himself to God completely, body and spirit. As you leave the path, consider what meaning Jesus' death on the cross has for you today. Leave your nails. Go in peace.*

### **May God Bless Your Walk & the Meditations of Your Heart**