



GOOD FRIDAY EXPERIENCE

2020



JESUS: EXAMPLE OF A SERVANT



Supplies Needed:

Journal or piece of paper and pen

Reflection:

The stories that we probably come to love first about Jesus involve his power. What a miracle worker he is! Lord of the sea, master of storms, conqueror of disease, victor over demons, raiser of the dead--there is nothing he can't do.

As you get older, though, you come to appreciate Jesus even more in his acts of humble service. One of the most powerful stories in all of Scripture comes from Maundy Thursday evening. A few hours before his crucifixion, he taught his disciples a memorable lesson about how servant leadership looks.

Read John 13:3-5,12-15 NLT

It was by service and suffering that Jesus redeemed us. It is his example of humble service that informs and inspires our attitude each day. Would the people around you say that at least some of the time you look and sound stubborn, proud, or even arrogant? Do you gravitate automatically to an agenda that features your comfort, your wants, your pleasures?

Experience:

What does foot-washing humility look like in your home? Make a list of three examples and do them before Sunday. If you are with other people, take a moment and share your examples.

Reflection for Kids:

Jesus served us when He died for us. Now, He wants us to serve the people around us. What are three ways you can serve your parents or your siblings before Sunday? Or maybe you can do something for an older person in your neighborhood to get through this time of staying at home.

Prayer:

Thank Jesus for His example of love and service. Thank Him for showing you how they go together. Ask Him to show you where you can love and serve others. And when you don't get it right, ask Him to correct you.

JESUS IS ALWAYS THERE



Supplies Needed:

Dice

Reflection:

'When the soldiers had crucified Jesus, they divided his clothes among the four of them. They also took his robe, but it was seamless, woven in one piece from top to bottom. So they said, "Rather than tearing it apart, let's throw dice for it." This fulfilled the Scripture that says, "They divided my garments among themselves and threw dice for my clothing." So that is what they did.'

John 19:23-24 NLT

The soldiers who crucified Jesus were looking right at the King of Kings yet were distracted by immediate gain. What gets in the way of you seeing Jesus in your life? Where do you miss Him during your day?

Reflection for Kids:

Jesus wants to be your friend. He wants to spend time with you, and He is always there for us. But sometimes we can forget about Him. Roll one of the dice. Whatever number shows on the dice, think about that number of different things in your life that make you forget about Jesus. Write them down or share them with someone in your family. Pray for God to help you remember Jesus all the time.

Experience

Take one of the dice and roll it one time. Whatever number shows on the dice, think of that number of things that distract you from your walk with Jesus. Say a prayer asking God to help remove these distractions.

Prayer:

Thank Jesus for His sacrifice for you. Imagine the pain He went through. Ask for forgiveness for all the ways you get distracted from talking to Him. And ask Him to help you make your relationship with Jesus number one.

JESUS CARRIES HIS CROSS



Supplies Needed:

Something heavy to lift

Experience:

The first task for Jesus is to carry His own cross up to the place He will be crucified. The heavy weight of the large wooden cross on His shoulders the whole way. The cross wasn't made from smooth, sanded wood from Home Depot. It was rough and ragged. The splinters would have pierced His skin. Step after step, the rough surface would have worn away at His skin.

Try to lift up a part of something heavy in your home. Feel the weight of it. Scholars believe that Jesus could have been carrying the cross for more than an hour as he walked. Imagine having to carry that heavy weight along the road for that long.

Reflection:

As Jesus walked, He knew His destination. He wasn't confused about the end of the story that He was living. He knew that He would carry His own cross and eventually be nailed to it. With every step, as the rough wood rubbed His bare skin, He knew the end was nearing.

What might it feel like to know that you're walking to your own death?

What emotional response would you have to carrying the very thing that you would die on?

Reflection for Kids:

The cross was really heavy, and Jesus needed help to carry it for more than an hour. With the help of your parents, try to pick up something very heavy in your house. Can you imagine carrying that heavy object around the block all by yourself? In everyday life, when do you need help from someone stronger than you?

Prayer:

Pray through your emotions when you consider Jesus carrying His own cross. Pray through how you feel about Him knowing He was walking to His death. Spend some time talking to God about your thankfulness for this effort.

JESUS MEETS HIS MOTHER



Supplies Needed:

Notecard or piece of paper and pen

Experience:

Mary watches as her Son struggles and gasps for each step. The weight becomes too much and He falls. She runs to Him as she had so many times when He was a child. She reaches Him and offers the comfort of her arms and her tears. The comfort only she could give.

Think about someone you deeply love. Imagine seeing them in excruciating pain. How would seeing their pain affect you?

Do you have someone in your life who is going through something challenging or painful? Your words of encouragement would mean so much to them. Spend a few minutes writing a note of encouragement to that person.

Reflection:

Do you remember falling down as a child? Is there anything more comforting than the loving embrace of a mother or father in that moment? Somehow pain decreases and safety returns. Yet Mary knew that she couldn't save Jesus this time. She could not comfort him in the way she had so many times before. How helpless would you feel in this situation? What would be going through your mind in that moment?

Reflection for Kids:

Think about a time when you saw someone you love get hurt. Maybe your brother or sister fell and hurt their knee or maybe mom or dad smashed their finger with a hammer. If you saw someone you love get hurt, what would you do? How does it make you feel when someone gets hurt?

Prayer:

Pray through the things in your life that feel overwhelming. The things that you need God to give you comfort in. Pray about your wounds and that He would heal them. Also, consider praying for the person you wrote the note to at this station.

JESUS MEETS SIMON AND THE WOMEN OF JERUSALEM



Supplies Needed:

Post-its and pen

Experience:

As Jesus walks, He encounters a man named Simon, who is chosen to help carry His cross, and a group of women from Jerusalem. These were loyal followers of Jesus who wanted to encourage Him and tell Him that they still believe in Him and love Him. In His weakest moment, they tell Him that He is loved and believed in. That must have meant so much to him.

Through prayer we can encourage one another and bear each other's burdens too. Write down the thing or things you need prayer for on post-it notes and stick them on a window or glass door as a reminder. If others are in your home, walk along the glass and as you read their requests, pray for them. Leave the notes up as a reminder.

Reflection:

We weren't meant to walk through life alone, especially when times are hard. It can be scary to let people into our needs and challenges, but when we let healthy people in it is always rewarding.

Who are some people who have encouraged you and walked with you in the past?

Who could you reach out to this week to share the challenges you're facing, and ask them about theirs?

Reflection for Kids:

One of the ways we can help others is by telling them how much we love them or what we appreciate, or like, about them. Think about the people in your family. What is one thing you like or appreciate about the people in the room with you right now? Share those kind words with them.

Prayer:

Pray that God would help you to be an encouraging person to others. Ask for an opportunity and the courage to do it. Also ask God for the courage to share your own vulnerability with safe people in your life and let them into your journey.

JESUS DIES ON THE CROSS



Supplies Needed:

None

Experience:

As the sky grew dark, Jesus died. He breathed His last breath. His physical heart, pumping blood throughout His body, stopped beating. The air left His lungs, the blood stopped moving through His veins, and He was lifeless.

Listen to the sound of a beating heart. The sound of life. The first sound we listen for in a newly formed baby growing inside the womb.

Reflection:

Life is a truly precious gift. Jesus sacrificed that gift for us.

What are some of the attributes of life that you are most thankful for? Are you using this one life you have wisely?

Reflection for Kids:

Life is an amazing gift. Think of all the great experiences we get to have. Hanging out with friends. Curling up for a movie with our family. Laughter. Play. Toys. We have so much to be grateful for.

Prayer:

Pray that God would increase your value of the life you have been given. That He would help you to spend your time and energy on worthwhile things. That he would give you a deep sense of gratitude for even the simplest attributes of being alive.