

GOOD FRIDAY **A PRAYER LABYRINTH EXPERIENCE**



A GUIDE TO THE LABYRINTH

Use this guide as little or as much as you choose while you walk the labyrinth. There are places where an icon has been placed along the path. You have the option of pausing at those points to read the corresponding section in this guide or continue along the path. Let the Holy Spirit lead you and walk at your own pace. This walk is meant to help us understand the sacrifices of Jesus and more fully appreciate Resurrection Sunday.

**As you enter the labyrinth take a moment to pray
at the altar and reflect on the reading.**



PREPARE YOUR HEART AND MIND

READING: LUKE 22:39-46 & MATTHEW 26:45-46

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!"

REFLECT

Jesus knew all the pain and suffering he was about to experience. As you're kneeling or sitting in prayer, can you sense his anguish? Do you feel his struggle? Yet he still says, "not my will, but yours be done." Jesus' sacrifice wasn't a spur of the moment decision. He deliberately chose to take the journey to the cross – despite the great cost.



DENIAL

READING: MATTHEW 26:69-75

Now Peter was sitting out in the courtyard, and a servant girl came to him. "You also were with Jesus of Galilee," she said. But he denied it before them all. "I don't know what you're talking about," he said. Then he went out to the gateway, where another servant girl saw him and said to the people there, "This fellow was with Jesus of Nazareth." He denied it again, with an oath: "I don't know the man!" After a little while, those standing there went up to Peter and said, "Surely you are one of them; your accent gives you away." Then he began to call down curses, and he swore to them, "I don't know the man!" Immediately a rooster crowed. Then Peter remembered the word Jesus had spoken: "Before the rooster crows, you will disown me three times." And he went outside and wept bitterly.

REFLECT

What would cause you to betray someone you care about? Have you ever denied Jesus with your words, actions, or non-action? If you have, place those times before God and receive his forgiveness.



CARRY

READING: LUKE 23:26

As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus."

REFLECT

The cross Jesus has been carrying is very heavy. He is becoming weak and almost ready to faint. **PRAY:** Lord, help me to recognize when I want to give up after falling more than once and remember that you never gave up and fulfilled your command. Your grace is always given.

MOCKED

READING: MATTHEW 27:26, 27-31A

But he (Pilate) had Jesus flogged and handed him over to be crucified.



Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. They spit on him and took the staff and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him.

REFLECT

History and the present day are full of hatred and wars. Who is truly guilty? How have we all contributed to the current state of the world?



NAILED

READING: LUKE 23:33-34

When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, “Father, forgive them, for they do not know what they are doing.”

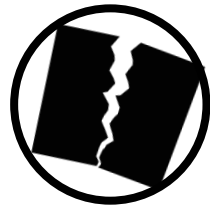
REFLECT

Jesus talked a lot about loving enemies and forgiving others. But here at the cross he goes beyond words and ideals and teaches us by example. With the nails digging into his flesh and the hammer hovering... He offers forgiveness.

FINISHED

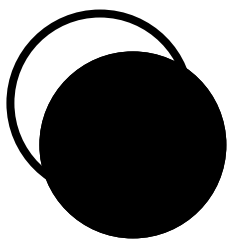
READING: LUKE 23:44-49

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last.



REFLECT

Imagine you are standing in front of the cross with the disciples. Everything you hoped for is lost. Everything you believed in is gone. Do you feel the heaviness of despair? Do you feel sorrow, emptiness, and confusion?



THE TOMB

READING: JOHN 19:38-41

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night.

Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid.

REFLECT

Imagine the emotion of the disciples as Jesus' body was laid in the tomb. Take some time to think about the sacrifice that was made for you. All that was suffered, all that was given was given out of love. As you imagine yourself at the entrance to the tomb, remember how much you are loved. Remember Jesus' command to Love one another as I have loved you. (John 13:34)



SUNDAY IS COMING...

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.

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?

Were the whole realm of nature mine,
that were an offering far too small.
Love so amazing, so divine,
demands my soul, my life, my all.

Love so amazing, so divine,
demands my soul, my life, my all.

Chris Tomlin | Isaac Watts | J. D. Walt | Jesse Reeves | Lowell Mason
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CELEBRATE EASTER

ST. PAUL UMC LARGO: 1498 ROSERY ROAD
9 AM – CHOIR | 11 AM – BAND