



EDDIE'S EMBRACE

A REFLECTION ON
GOOD FRIDAY



Gospel:

John 18 - 19:

Please read the Passion readings from the bible or scan the QR Code:



Reflection:

'Into your hands I commend my spirit' recalls Jesus' agony in the Garden of Gethsemane, imploring God for help and coming to acceptance of what is to come. 'I am a reproach' remind us of the scorn and fear directed at Jesus during the dark of the night as he was taken from one leader to another for judgement. 'Those who have seen me...run far away from me' takes us back to the loneliness that Jesus must have felt when everyone even his friends deserted him. 'But as for me I trust in you Lord' prompts us to appreciate that Jesus gave absolutely everything he had, right o his last breath. 'Be strong, let your heart take courage' is Jesus' message to those at the foot of the Cross, and to us who share this Good Friday with him two thousand year later. Can we too pray Father I put my life in your hands?

Prayer:

Dear God, We remember today, the pain and suffering of the cross, and all that Jesus was willing to endure, so we could be set free. He paid the price, such a great sacrifice, to offer us the gift of eternal life. Help us never to take for granted this huge gift of love on our behalf. Help us to be reminded of the cost of it all. Forgive us for being too busy, or distracted by other things, for not fully recognizing what you freely given, what you have done for us. Thank you, Lord that by your wounds we are healed. Thank you that because of your huge sacrifice we can live free. Thank you that sin and death have been conquered and that your Power is everlasting. Thank you that we can say with great hope, "It is finished..." For we know what's still to come. And death has lost its sting. We praise you for you are making all things new.

Amen.