



# GOOD FRIDAY GUIDE

2026

# THE LAST SUPPER



Before Jesus is arrested, he spends time eating a Passover meal with his disciples. During this meal, he demonstrates a model of servant leadership by washing his disciples' feet. He also institutes a new covenant with them through tying the meal to his body and blood – a model for our remembrance of his work on the cross. We invite you to meditate on these events by reading the Scripture passage below; consider the humility of our Lord as you spend time with this passage.

## **The Lord's Supper and a New Covenant**

*And when the hour came, he reclined at table, and the apostles with him. And he said to them, "I have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the kingdom of God." And he took a cup, and when he had given thanks he said, "Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood.*

(Luke 22:14-20, ESV)

## **Jesus Washes the Disciples Feet**

*Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. When he had washed their feet and put on his outer garments and resumed his place, he said to them, "Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. If you know these things, blessed are you if you do them.*

(John 13:3-5, 12-17, ESV)

# THE GARDEN OF GETHSEMANE



Here, Jesus agonizes in prayer over the coming death he must face. He asks the Father if it would be possible for the cup of suffering to pass from him, yet he is fully submissive to God's will for his life. In the midst of this agony, Jesus experiences the first falling away of his disciples – they are unable to stay awake with him and support him in prayer.

As you read through the Scripture passages below, focus on the emotional turmoil of our Lord. Consider the mental anguish and loneliness Christ faced in the garden. You could focus on the cup of suffering Christ was to endure – trying to imagine drinking from that cup. You might want to pray about your own life – places you are wrestling to submit to the Lord's will.

## **Gethsemane**

*Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed,*

*saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." And again he came and found them sleeping, for their eyes were heavy. So, leaving them again, he went away and prayed for the third time, saying the same words again. Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand."*

(Matthew 26:36-46, ESV)

# THE PRAETORIUM



It is here that Jesus is finally and officially given the death penalty. He has endured a night of hearings and questioning, first before Jewish temple leaders and the Sanhedrin, then Pilate, then Herod, and Pilate again. Consider here, the many hours of questioning. Consider the chants of the crowd, calling for Jesus' crucifixion. Consider the innocence of Jesus. You may want to read the account from the Bible below.

Meditate on the questions Pilate asked Jesus, and his truthful responses. Pilate wondered aloud: "What is truth?" Jesus tells us: "I am the truth." What does this Truth mean in your life? Jesus says, "I am the life." Consider the price Jesus paid to bring that Life to us.

## **Pilate Questions Jesus at the Praetorium**

*Then they led Jesus from the house of Caiaphas to the governor's headquarters. It was early morning. They themselves did not enter the governor's headquarters, so that they would not be defiled, but could eat the Passover. So Pilate went outside to them and said, "What accusation do you bring against this man?" They answered him, "If this man were not doing evil, we would not have delivered him over to you." Pilate said to them, "Take him yourselves and judge him by your own law." The Jews said to him, "It is not lawful for us to put anyone to death." This*

*was to fulfill the word that Jesus had spoken to show by what kind of death he was going to die.*

*So Pilate entered his headquarters again and called Jesus and said to him, "Are you the King of the Jews?" Jesus answered, "Do you say this of your own accord, or did others say it to you about me?" Pilate answered, "Am I a Jew? Your own nation and the chief priests have delivered you over to me. What have you done?" Jesus answered, "My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world." Then Pilate said to him, "So you are a king?" Jesus answered, "You say that I am a king. For this purpose, I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice." Pilate said to him, "What is truth?"*

*After he had said this, he went back outside to the Jews and told them, "I find no guilt in him. But you have a custom that I should release one man for you at the Passover. So do you want me to release to you the King of the Jews?" They cried out again, "Not this man, but Barabbas!" Now Barabbas was a robber.*

*(John 18:28-40, ESV)*

# JESUS' PHYSICAL SUFFERING



In Gethsemane, Jesus prays about the cup of suffering he is about to endure. Here, we see some of the physical ways in which it was carried out . . . Scripture says Jesus was mocked, flogged, beaten and spit upon, among the other physical pain he endured. His blood flowed freely long before he was nailed to the cross.

Consider the crown of thorns; imagine this being jammed down on your own head. Consider a spike being driven through your hand or foot. Could you endure a flogging with an instrument like the flagellum, designed to literally shred the flesh on one's back? Finally, consider the cross; try to remember it, not as a symbol of Christianity, but as an instrument of torture and execution – the hanging noose, electric chair or lethal injection of Jesus' day. Consider for a moment the truth of Isaiah's prophecy: these sufferings were for your healing.

## **“This is My Body, Broken For You”**

*Then he released for them Barabbas, and having scourged Jesus, delivered him to be crucified.*

*Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole battalion before him. And they stripped him and put a scarlet robe on him, and twisting together a crown of thorns, they put it on his head and put a reed*

*in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" And they spit on him and took the reed and struck him on the head. And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him.*

(Matthew 27:26b-31, ESV)

# GOLGOTHA



Take some time to consider the cross, upon which your Savior breathed his last breaths and uttered, “It is finished.” What does the finished work of Jesus on the cross mean to you? How would your life be different if not for the blood of Jesus?

Think for a moment about the price that Jesus paid on the cross – not just in physical suffering, but in the spiritual darkness and utter despair of full rejection by God, his Father. Try to imagine how the events of the cross tore at the relationships within the Trinity. How did God the Father and God the Holy Spirit experience the cross? Think of the hopelessness and despair of a person who does not know the forgiveness and grace of Jesus – and now realize that Jesus willingly experienced that very bleakness out of love for you.

The fact that Jesus could show mercy and demonstrate forgiveness even in the face of the horror of the cross defies our understanding. Truly, he is a God of love. Our sin nailed him to the cross, and he willingly allowed it to happen.

## **Golgotha: The Place of the Skull**

*And it was the third hour when they crucified him. And the inscription of the charge against him read, “The King of the Jews.” And with him they crucified two robbers, one on his right and one on his left. And those who passed by derided him, wagging their*

*heads and saying, "Aha! You who would destroy the temple and rebuild it in three days, save yourself, and come down from the cross!" So also the chief priests with the scribes mocked him to one another, saying, "He saved others; he cannot save himself. Let the Christ, the King of Israel, come down now from the cross that we may see and believe." Those who were crucified with him also reviled him.*

(Mark 15:25-32, ESV)

**In the middle of the room** you will notice a cross on the floor. Before He was hoisted into the air on a cross, Jesus would have been laid down and nailed to large pieces of wood similar to those lying in the floor here.

**As you feel led, you are invited to** write a prayer of thanksgiving or of confession on the red piece of paper provided and nail it to the cross. You may want to spend some time kneeling in prayer here. **When you are finished, please exit through the double doors.**

