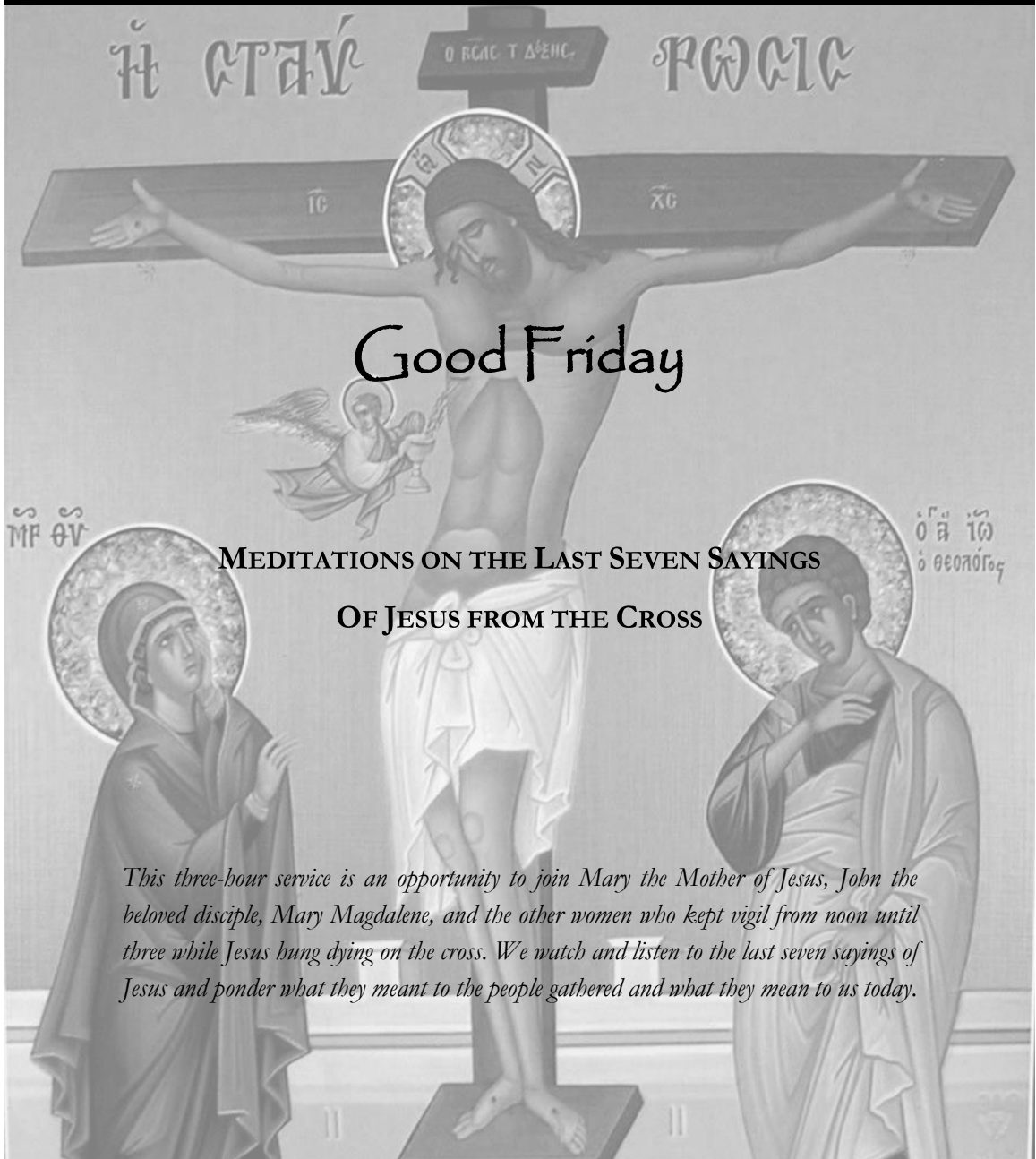


# Meditations on the Last Seven Words



## Good Friday

### MEDITATIONS ON THE LAST SEVEN SAYINGS OF JESUS FROM THE CROSS

*This three-hour service is an opportunity to join Mary the Mother of Jesus, John the beloved disciple, Mary Magdalene, and the other women who kept vigil from noon until three while Jesus hung dying on the cross. We watch and listen to the last seven sayings of Jesus and ponder what they meant to the people gathered and what they mean to us today.*

**DO JUSTICE, LOVE KINDNESS, AND WALK HUMBLLY WITH YOUR GOD**

## MEDITATIONS ON THE LAST SEVEN SAYINGS OF JESUS FROM THE CROSS

*A large unadorned cross may be placed in the worship space prior to the service.*

*The service follows a pattern of psalm, meditation, silent contemplation and adoration.*

*The people's responses are printed in bold.*

*You may stay for some or all of the service. If you choose to leave, please do so during the reading of the psalms.*

**PROCESSION IN SILENCE** *The people stand for the procession.*

*The people kneel*

*Officiant* Blessed be our God

**People** **For ever and ever. Amen**

*Officiant* Let us pray.

Almighty God, we pray you graciously to behold this your family, for whom our Savior Jesus Christ was willing to be betrayed, and given into the hands of sinners and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever.

**People** **Amen**

**PSALM** *All stand and read responsively, the people reading the verses in bold*

*Psalm 69:1-18*

Save me, O God, for the waters have risen up to my neck.

**I am sinking in deep mire, and there is no firm ground for my feet.**

I have come into deep waters, and the torrent washes over me.

**I have grown weary with my crying; my throat is inflamed;  
my eyes have failed from looking for my God.**

Those who hate me without a cause are more than the hairs of my head;  
my lying foes who would destroy me are mighty. Must I then give back what I never stole?

**O God, you know my foolishness, and my faults are not hidden from you.**

Let not those who hope in you be put to shame through me, Lord GOD of hosts;  
let not those who seek you be disgraced because of me, O God of Israel.

**Surely, for your sake have I suffered reproach, and shame has covered my face.**

I have become a stranger to my own kindred, an alien to my mother's children.

**Zeal for your house has eaten me up; the scorn of those who scorn you has fallen upon me.**

I humbled myself with fasting, but that was turned to my reproach.

**I put on sack-cloth also, and became a byword among them.**

Those who sit at the gate murmur against me, and the drunkards make songs about me.

**But as for me, this is my prayer to you, at the time you have set, O God:**

"In your great mercy, O God, answer me with your unfailing help.

**Save me from the mire; do not let me sink;**

**let me be rescued from those who hate me and out of the deep waters.**

Let not the torrent of waters wash over me, neither let the deep swallow me up;  
do not let the Pit shut its mouth upon me.

**Answer me, O God, for your love is kind; in your great compassion, turn to me."**

#### FIRST MEDITATION

**Father, Forgive them for they know not what they do.**

*Luke 23:34*

**SILENT MEDITATION** *At the sound of the bell the following antiphon is said*

*Officiant* We adore you, O Christ, and we bless you.

*People* **Because by your holy cross you have redeemed the world.**

*Silence is kept, at the sound of the bell the antiphon is repeated.*

**PSALM** *All stand and read responsively, the people reading the verses in bold*

*Psalm 71*

In you, O God, have I taken refuge; let me never be ashamed.

**In your righteousness, deliver me and set me free; incline your ear to me and save me.**

Be my strong rock, a castle to keep me safe; you are my crag and my stronghold.

**Deliver me, my God, from the hand of the wicked,  
from the clutches of the evildoer and the oppressor.**

For you are my hope, O God, my confidence since I was young.

**I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength; my praise shall be always of you.**

I have become a portent to many; but you are my refuge and my strength.

**Let my mouth be full of your praise and your glory all the day long.**

Do not cast me off in my old age; forsake me not when my strength fails.

**For my enemies are talking against me,  
and those who lie in wait for my life take counsel together.**

They say, "God has forsaken him; go after him and seize him; because there is none who will save."

**O God, be not far from me; come quickly to help me, O my God.**

Let those who set themselves against me be put to shame and be disgraced;  
let those who seek to do me evil be covered with scorn and reproach.

**But I shall always wait in patience, and shall praise you more and more.**

My mouth shall recount your mighty acts and saving deeds all day long;  
though I cannot know the number of them.

**I will begin with the mighty works of the Lord GOD;**

**I will recall your righteousness, yours alone.**

O God, you have taught me since I was young, and to this day I tell of your wonderful works.

**And now that I am old and gray-headed, O God, do not forsake me, till I make known  
your strength to this generation and your power to all who are to come.**

Your righteousness, O God, reaches to the heavens;  
you have done great things; who is like you, O God?

**You have showed me great troubles and adversities,**

**but you will restore my life and bring me up again from the deep places of the earth.**

You strengthen me more and more; you enfold and comfort me,

**Therefore I will praise you upon the lyre for your faithfulness, O my God;**

**I will sing to you with the harp, O Holy One of Israel.**

My lips will sing with joy when I play to you, and so will my soul, which you have redeemed.

**My tongue will proclaim your righteousness all day long,**

**for they are ashamed and disgraced who sought to do me harm.**

## SECOND MEDITATION

**Woman, here is your son. Son, here is your mother**

*John 19:26-27*

**SILENT MEDITATION** *At the sound of the bell the following antiphon is said*

*Officiant* We adore you, O Christ, and we bless you.

*People* **Because by your holy cross you have redeemed the world.**

*Silence is kept, at the sound of the bell the antiphon is repeated.*

**PSALM** *All stand and read responsively, the people reading the verses in bold*

*Psalm 51*

Have mercy on me, O God, according to your loving-kindness;  
in your great compassion blot out my offenses.

**Wash me through and through from my wickedness and cleanse me from my sin.**

For I know my transgressions, and my sin is ever before me.

**Against you only have I sinned and done what is evil in your sight.**

And so you are justified when you speak and upright in your judgment.

**Indeed, I have been wicked from my birth, a sinner from my mother's womb.**

For behold, you look for truth deep within me, and will make me understand wisdom secretly.

**Purge me from my sin, and I shall be pure; wash me, and I shall be clean indeed.**

Make me hear of joy and gladness, that the body you have broken may rejoice.

**Hide your face from my sins and blot out all my iniquities.**

Create in me a clean heart, O God, and renew a right spirit within me.

**Cast me not away from your presence and take not your holy Spirit from me.**

Give me the joy of your saving help again and sustain me with your bountiful Spirit.

**I shall teach your ways to the wicked, and sinners shall return to you.**

Deliver me from death, O God, and my tongue shall sing of your righteousness,

O God of my salvation.

**Open my lips, O God, and my mouth shall proclaim your praise.**

Had you desired it, I would have offered sacrifice, but you take no delight in burnt-offerings.

**The sacrifice of God is a troubled spirit; a broken and contrite heart,  
O God, you will not despise.**

Be favorable and gracious to Zion, and rebuild the walls of Jerusalem.

**Then you will be pleased with the appointed sacrifices, with burnt-offerings and  
oblations; then shall they offer young bullocks upon your altar.**

### THIRD MEDITATION

**Truly I tell you, today you will be with me in paradise.**

*Luke 23:43*

**SILENT MEDITATION** *At the sound of the bell the following antiphon is said*

*Officiant* We adore you, O Christ, and we bless you.

*People* **Because by your holy cross you have redeemed the world.**

*Silence is kept, at the sound of the bell the antiphon is repeated.*

**PSALM** *All stand and read responsively, the people reading the verses in bold*

*Psalms 143*

LORD, hear my prayer, and in your faithfulness heed my supplications;  
answer me in your righteousness.

**Enter not into judgment with your servant, for in your sight shall no one living be  
justified.**

For my enemy has sought my life; he has crushed me to the ground;  
he has made me live in dark places like those who are long dead.

**My spirit faints within me; my heart within me is desolate.**

I remember the time past; I muse upon all your deeds; I consider the works of your hands.

**I spread out my hands to you; my soul gasps to you like a thirsty land.**

O God, make haste to answer me; my spirit fails me;

do not hide your face from me or I shall be like those who go down to the Pit.

**Let me hear of your loving-kindness in the morning, for I put my trust in you;  
show me the road that I must walk, for I lift up my soul to you.**

Deliver me from my enemies, O God, for I flee to you for refuge.

**Teach me to do what pleases you, for you are my God;**

**let your good Spirit lead me on level ground.**

Revive me, O God, for your Name's sake; for your righteousness' sake, bring me out of trouble.

**Of your goodness, destroy my enemies and bring all my foes to naught,  
for truly I am your servant.**

#### FOURTH MEDITATION

**I thirst.**

*John 19:28*

**SILENT MEDITATION** *At the sound of the bell the following antiphon is said*

*Officiant* We adore you, O Christ, and we bless you.

*People* **Because by your holy cross you have redeemed the world.**

*Silence is kept, at the sound of the bell the antiphon is repeated.*

**PSALM** *All stand and read responsively, the people reading the verses in bold*

*Psalm 22*

My God, my God, why have you forsaken me?

and are so far from my cry and from the words of my distress?

**O my God, I cry in the daytime, but you do not answer; by night as well, but I find no rest.**

Yet you are the Holy One, enthroned upon the praises of Israel.

**Our forefathers put their trust in you; they trusted, and you delivered them.**

They cried out to you and were delivered; they trusted in you and were not put to shame.

**But as for me, I am a worm and no man, scorned by all and despised by the people.**

All who see me laugh me to scorn; they curl their lips and wag their heads, saying,

**"He trusted in the LORD; let him deliver him;  
let him rescue him, if he delights in him."**

Yet you are he who took me out of the womb, and kept me safe upon my mother's breast.

**I have been entrusted to you ever since I was born;  
you were my God when I was still in my mother's womb.**

Be not far from me, for trouble is near, and there is none to help.

**Many young bulls encircle me; strong bulls of Bashan surround me.**

They open wide their jaws at me, like a ravening and a roaring lion.

**I am poured out like water; all my bones are out of joint;  
my heart within my breast is melting wax.**

My mouth is dried out like a pot-sherds; my tongue sticks to the roof of my mouth;  
and you have laid me in the dust of the grave.

**Packs of dogs close me in, and gangs of evildoers circle around me;  
they pierce my hands and my feet; I can count all my bones.**

They stare and gloat over me; they divide my garments among them; they cast lots for my clothing.

**Be not far away, O God; you are my strength; hasten to help me.**

Save me from the sword, my life from the power of the dog.

**Save me from the lion's mouth, my wretched body from the horns of wild bulls.**

I will declare your Name to my brethren; in the midst of the congregation I will praise you.

**Praise the LORD, you that fear him; stand in awe of him, O offspring of Israel;  
all you of Jacob's line, give glory.**

For he does not despise nor abhor the poor in their poverty;

neither does he hide his face from them; but when they cry to him he hears them.

**My praise is of him in the great assembly;  
I will perform my vows in the presence of those who worship him.**

The poor shall eat and be satisfied, and those who seek the LORD shall praise him:

"May your heart live for ever!"

**All the ends of the earth shall remember and turn to the LORD,  
and all the families of the nations bow before him.**

For kingship belongs to the LORD; he rules over the nations.

**To him alone all who sleep in the earth bow down in worship;  
all who go down to the dust fall before him.**

My soul shall live for him; my descendants shall serve him;

they shall be known as the LORD'S for ever.

**They shall come and make known to a people yet unborn the saving deeds that he has done.**

## FIFTH MEDITATION

**My God, my God, why have you forsaken me.**

*Matthew 27:46*

**SILENT MEDITATION** *At the sound of the bell the following antiphon is said*

*Officiant* We adore you, O Christ, and we bless you.

*People* **Because by your holy cross you have redeemed the world.**

*Silence is kept, at the sound of the bell the antiphon is repeated.*

**PSALM** *All stand and read responsively, the people reading the verses in bold*

*Psalm 31*

In you, O God, have I taken refuge; let me never be put to shame;  
deliver me in your righteousness.

**Incline your ear to me; make haste to deliver me.**

Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold;  
for the sake of your Name, lead me and guide me.

**Take me out of the net that they have secretly set for me, for you are my tower of strength.**

Into your hands I commend my spirit, for you have redeemed me, O God of truth.

**I hate those who cling to worthless idols, and I put my trust in God.**

I will rejoice and be glad because of your mercy; for you have seen my affliction;  
you know my distress.

**You have not shut me up in the power of the enemy; you have set my feet in an open place.**

Have mercy on me, O God, for I am in trouble; my eye is consumed with sorrow,  
and also my throat and my belly.

**For my life is wasted with grief, and my years with sighing;  
my strength fails me because of affliction, and my bones are consumed.**

I have become a reproach to all my enemies and even to my neighbors,  
a dismay to those of my acquaintance; when they see me in the street they avoid me.

**I am forgotten like a dead man, out of mind; I am as useless as a broken pot.**

For I have heard the whispering of the crowd; fear is all around;  
they put their heads together against me; they plot to take my life.

**But as for me, I have trusted in you, O God. I have said, "You are my God.**

My times are in your hand; rescue me from the hand of my enemies,  
and from those who persecute me.

**Make your face to shine upon your servant, and in your loving-kindness save me."**



O God, let me not be ashamed for having called upon you; rather,  
let the wicked be put to shame; let them be silent in the grave.  
**Let the lying lips be silenced which speak against the righteous,  
haughtily, disdainfully, and with contempt.**

How great is your goodness, O God! which you have laid up for those who fear you;  
which you have done in the sight of all for those who put their trust in you.  
**You hide them in the covert of your presence from those who slander them;  
you keep them in your shelter from the strife of tongues.**

Blessed be God! for he has shown me the wonders of his love in a besieged city.  
**Yet I said in my alarm, I have been cut off from the sight of your eyes.  
Nevertheless, you heard the sound of my entreaty when I cried out to you.**

Love God, all you who worship God; God protects the faithful,  
but repays to the full those who act haughtily.  
**Be strong and let your heart take courage, all you who wait for God.**

#### SIXTH MEDITATION

**Father, into your hands I commend my spirit..**

*Luke 23:46*

**SILENT MEDITATION** *At the sound of the bell the following antiphon is said*

*Officiant*     *We adore you, O Christ, and we bless you.*

**People**       **Because by your holy cross you have redeemed the world.**

*Silence is kept, at the sound of the bell the antiphon is repeated.*

**PSALM**       *All stand and read responsively, the people reading the verses in bold*

*Psalm 40*

I waited patiently upon God; who stooped to me and heard my cry.

**God lifted me out of the desolate pit, out of the mire and clay;  
God set my feet upon a high cliff and made my footing sure.**

He put a new song in my mouth, a song of praise to our God;  
many shall see, and stand in awe, and put their trust in God.

**Happy are they who trust in God! they do not resort to evil spirits or turn to false  
gods.**

Great things are they that you have done, O God my God! how great your wonders and your  
plans for us! there is none who can be compared with you.

**Oh, that I could make them known and tell them! but they are more than I can  
count.**

In sacrifice and offering you take no pleasure (you have given me ears to hear you);  
**Burnt-offering and sin-offering you have not required, and so I said, "Behold, I come.**

In the roll of the book it is written concerning me: "I love to do your will, O my God; your law is deep in my heart."

**I proclaimed righteousness in the great congregation;  
behold, I did not restrain my lips; and that, O God, you know.**

Your righteousness have I not hidden in my heart; I have spoken of your faithfulness and your deliverance; I have not concealed your love and faithfulness from the great congregation.

**You are God; do not withhold your compassion from me;  
let your love and your faithfulness keep me safe for ever,**

For innumerable troubles have crowded upon me; my sins have overtaken me, and I cannot see; they are more in number than the hairs of my head, and my heart fails me.

**Be pleased, O God, to deliver me; O God, make haste to help me.**

Let them be ashamed and altogether dismayed who seek after my life to destroy it; let them draw back and be disgraced who take pleasure in my misfortune.

**Let those who say "Aha!" and gloat over me be confounded, because they are ashamed.**

Let all who seek you rejoice in you and be glad; let those who love your salvation continually say, "Great is God!"

**Though I am poor and afflicted, God will have regard for me.**

You are my helper and my deliverer; do not tarry, O my God.

## SEVENTH MEDITATION

**It is finished.**

*John 19:30*

**SILENT MEDITATION.** *At the sound of the bell the following antiphon is said*

*Officiant* We adore you, O Christ, and we bless you.

*People* **Because by your holy cross you have redeemed the world.**

*Silence is kept, at the sound of the bell the antiphon is repeated.*

**PSALM** *All stand and read responsively, the people reading the verses in bold*

*Psalm 25*

To you, O God, I lift up my soul; my God, I put my trust in you;  
let me not be humiliated, nor let my enemies triumph over me.

**Let none who look to you be put to shame; let the treacherous be disappointed in their schemes.**

Show me your ways, O God, and teach me your paths.

**Lead me in your truth and teach me, for you are the God of my salvation;  
in you have I trusted all the day long.**

Remember, O God, your compassion and love, for they are from everlasting.

**Remember not the sins of my youth and my transgressions;  
remember me according to your love and for the sake of your goodness, O God.**

Gracious and upright are you; therefore you teach sinners in your way.

**You guide the humble in doing right and teach your way to the lowly.**

All your paths are love and faithfulness to those who keep your covenant and testimonies.

**For your Name's sake, O God, forgive my sin, for it is great.**

Who are they who fear you? You will teach them the way that they should choose.

**They shall dwell in prosperity, and their offspring shall inherit the land.**

You are a friend to those who fear you and will show them your covenant.

**My eyes are ever looking to you, for you shall pluck my feet out of the net.**

Turn to me and have pity on me, for I am left alone and in misery.

**The sorrows of my heart have increased; bring me out of my troubles.**

Look upon my adversity and misery and forgive me all my sin.

**Look upon my enemies, for they are many, and they bear a violent hatred against me.**

Protect my life and deliver me; let me not be put to shame, for I have trusted in you.

**Let integrity and uprightness preserve me, for my hope has been in you.**

Deliver the people of Israel, O God, out of all their troubles.

## CONCLUDING PRAYERS

*Officiant* Let us pray; Jesus, Lamb of God

*People* **Have mercy on us.**

*Officiant* Jesus, bearer of our sins:

*People* **Have mercy on us.**

*Officiant* Jesus, Redeemer of the world:

*People* **Grant us your peace.**

*Officiant* Worthy is the Lamb, the Lamb that was slain, to receive all power and wealth, wisdom and might, honor and glory and praise.

*People* **Praise and honor, glory and might,  
to Him who sits on the throne and to the lamb for ever and ever.**

*The service concludes with the following prayer. No blessing or dismissal is added.*

*Officiant* Jesus Christ, Son of the living God, we ask you to set your passion, cross, and death between your judgment and our souls, now and in the hour of our death. Give mercy and grace to the living; pardon and rest to the dead; to your holy Church peace and concord; and to us sinners everlasting life and glory; for in the Holy Trinity, you live and reign, one God, now and for ever.

***People*** **Amen.**

*When you are ready, we invite you to leave in silence and refrain from conversation until you are clear of the worship space.*