

# FAMILY EXPERIENCE



GOOD  
FRIDAY

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INTERACTIVE  
REFLECTIONS OF  
THE CROSS

## Welcome to Foothill Vineyard Church

As you enter the main auditorium, please head to your right. You will see Station #1.

Please show respect to others who are also walking through. We ask that you talk in the courtyard or cafe and keep the main auditorium free from chatting with friends unless it is part of the station experience.

As you take this time to slow down on Good Friday to remember Christ, let go of any stress of life and engage with this process. Allow the Holy Spirit to highlight and impact you in a new way. Fully engage with each activity and try not to be bashful as you participate in each station. Please feel free to express yourself in worship as you like.

Enjoy the journey.

## **Station #1   Palm Sunday**

A week before Jesus' resurrection He went with his disciples to Jerusalem to celebrate Passover. As he entered city the crowds shouted praise for him.

**Pick up a palm branch and think about what it would be like to be there with Jesus as you read this scripture.**

*A large crowd of Passover visitors took palm branches and went down the road to meet Jesus as he entered the city. They shouted,*

*"Praise God!*

*Blessings on the one who comes in the name of the LORD!*

*Hail to the King of Israel!" John 12:12-15*

Only five days later this same crowd shouted, "crucify him!", because he didn't do what they wanted...and save them from their enemies. Jesus came to save them from something far worse...their sins.

**Sometimes we will not understand God's will and plan for our lives. But it is important to trust him anyway. It is always important to remember he loves us and knows what is best for us.**

## **Station #2: The Lord's Supper**

**Have someone read aloud the following Scripture:**

*On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, “This is my body, which is given for you. Do this in remembrance of me.” In the same way, he took the cup of wine after supper, saying, “This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.”*

**1 Corinthians 11:23-25**

The night before his death, Jesus celebrated a meal with his disciples. It was at this time that he used the bread to symbolize his body that was broken for us, and the wine to symbolize the shedding of his blood for our sins.

Before you take communion together please remember the cost of being a follower of Christ. Following Jesus requires 100% of who you are!

**Take communion as a group. Have each person dip the bread into the cup and partake, then move on to the next station.**

### **Station #3: Garden of Gethsemane**

Shortly after Jesus celebrated the Passover meal with His disciples, he began thinking of his upcoming death, and became afraid...

*Then Jesus went with them to the olive grove called Gethsemane, and he said, “Sit here while I go over there to pray.” He told them, “My soul is crushed with grief to the point of death. Stay here and keep watch with me.” He went on a little farther and bowed with his face to the ground, praying, “My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.”* **Matthew 26:36-39**

Here in the garden, Jesus experienced how we feel when we're scared and alone. He could have given into his fear and chosen not to die for our sins. Yet he loved us so much that he became our example by obeying his Father's will...and died for our sins.

Take a few moments and think about how Jesus felt as he prayed in the garden that night. Are there any thoughts, fears, or areas you haven't fully given to God?

You can follow Jesus' example by saying, “*Not my will, but yours be done.*”

As a symbol of following Jesus in obedience, write any area(s) on a piece of paper. Then light the piece of paper using the candle. Once it has caught fire, quickly leave it to burn in the concrete container around the candle.

**Please BE CAREFUL!**

## **Station #4: The Crucifixion**

It is important for us to remember the extreme price Jesus paid. The Bible describes the pain and sorrow Jesus experienced during his crucifixion.

**Take turns reading these scriptures out loud.**

*But many were amazed when they saw him. His face was so disfigured he seemed hardly human, and from his appearance, one would scarcely know he was a man.*

**Isaiah 52:14**

*But he [Jesus] was pierced for our disobedience, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all. Isaiah 53:5-6*

*Carrying the cross by himself, he went to the place called Place of the Skull (in Hebrew, Golgotha). There they nailed him to the cross. Two others were crucified with him, one on either side, with Jesus between them.*

**John 19:17-18**

He suffered at the hands of the people he came to love and save.

**In remembrance of his pain and sorrow, take the hammer and have each person hit the nail two or three times.**

**After each person has a turn move on to the next station.**

## **Station #5: Our Guilt**

A minute ago, you held the hammer that drove the nail a little deeper into the cross. The Bible says in 1 Corinthians 15:3, “*Christ died for our sins.*”

### **John 10:17**

“*no man takes my life, I lay it down.*”

Jesus laid down his life for us...to rescue us from our sins. Ultimately, we sent Him to be crucified. It wasn't just the Jews or Romans. It was also you and I...our mistakes, regrets, and sin.

**Repeat the following phrase quietly until your heart understands it...**

“**my** sins nailed Jesus to the cross.”

Take the paintbrush and place some red paint on the palm of your hands as a symbol of our guilty hands in the death of Jesus.

Then after his death on the cross...

“*taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. And since the tomb was nearby, they laid Jesus there.*” **John 19:40,42**

**As soon as you or your group has participated move on to the next station.**

## **Station #6: Resurrection Day**

**Read the following scripture aloud**

*But very early on Sunday morning the women went to the tomb, taking the spices they had prepared. They found that the stone had been rolled away from the entrance. So they went in, but they didn't find the body of the Lord Jesus. As they stood there puzzled, two men suddenly appeared to them, clothed in dazzling robes. and asked, "Why are you looking among the dead for someone who is alive? He isn't here! He is risen from the dead!" Luke 24:1-6*

Jesus rose from the dead and is alive today. That means He has new life and offers us new life through Him.

Because of his resurrection our hands can be made clean...and all guilt removed—all we have to do is ask!

**Have each person rinse the person's hands to their right with the clean water from the water fountain. Use the red pitcher to retrieve the water and use the brown/black bucket for the dirty water.**

**This is what Christ does for us!**

**Use the towel to dry your hands before moving to the next station.**

## **Station #7: Doubting Thomas**

One of Jesus' disciples struggled with believing that Jesus had truly risen from the grave...

*One of the twelve disciples, Thomas, was not with the others when Jesus came. They told him, "We have seen the Lord!" But he replied, "I won't believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side." Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. "Peace be with you," he said. Then he said to Thomas, "Put your finger here, and look at my hands. Put your hand into the wound in my side. Don't be without faith any longer. Believe!" After doing as the Lord instructed, Thomas exclaimed, "My Lord and my God!"*

The Bible is clear...for "*Blessed are those who believe.*"

Ask yourself, "Do I believe...not just in Jesus rising from the grave, but in God's plan for us...in God's plan for me?"

Are there areas in your heart where you need to trust and believe God? Think about this for a minute.

**When the Holy Spirit shows you an area where you need to step out in faith and believe God, paint that word or a picture it represents on the canvas. (Example: relationships, faith, future, comfort, finances, self-denial, wisdom)**

**Then, personally tell God that you will trust him in that area and move on to the next station.**

## **Station #8: The Great Commission**

**Have someone read the following scripture aloud.**

*Jesus came and told his disciples, "I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."*

**Matthew 28:18-20**

If we trust in Jesus with all our heart as our Savior and commit to follow him, the Bible tells us that we become a new person inside, and that it is important to let others know about Jesus.

**Have someone else read this next Scripture aloud.**

*You are the light of the world—like a city on a mountain, glowing in the night for all to see. Don't hide your light under a basket! Instead, put it on a stand and let it shine for all. **Matthew 5:14-15***

**Let's be the light of the world.**

**Let's show everyone how we love and follow Jesus by obeying him.**

**As a symbol of you being the light of the world, light a candle and then take a minute or two and write a prayer to Jesus in the journal.**