



Father, forgive them... Good Friday April 2, 2021

A Time of Meditation

A self guided meditation with original music by Robert Howard,
piano.



Preparation

- **Luke 23:33-43**
- **"Lamentation" - piano**
- **"In Quiet" - piano**

Receiving God's Forgiveness

Luke 7:48-49 - Write words that you think of when you think about forgiveness

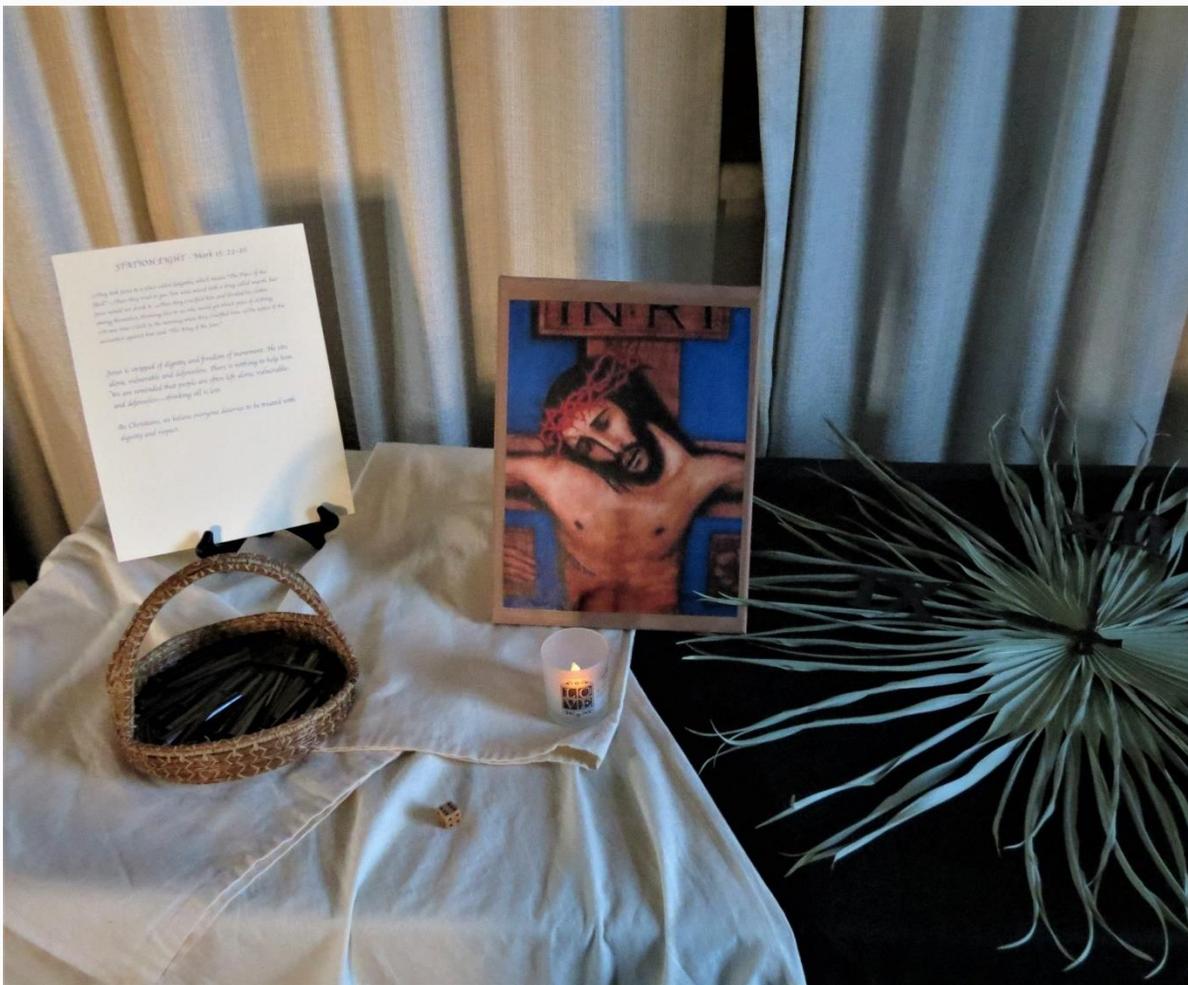
- **"Loss" – piano**

Forgiving Ourselves

Ephesians 1:7-8, I John 1:9, 2:12 Where do you need to accept Christ's forgiveness for yourself? What losses continue to hurt you? what keeps you from accepting yourself? Open yourself to Jesus' words of forgiveness today.

O God, I admit that too often I live on the surface of life. I am afraid of the depths, though I try to hide many things deep within me. Somehow, I have

thought that by depending upon my own powers I could solve the problems of life. I have tried to escape by withdrawing from the difficult, the challenging, the crucifying experiences of life. I stray far from the fullness of life you promise. Forgive me for my self-centeredness, my lack of touch with my own pain and others. Help me to hear and to receive your words: Neither do I condemn you, your sins are forgiven, rise and walk. Amen



- "Forgiveness Hymn" - piano

Forgiving Others

Matt.6:14-15, Mk 11:25-26, Ephesians 4:32 Think about those for whom you hold a grudge; those for whom you feel anger, blame, people who hurt you. Find in Christ the power to forgive those who have hurt you. If you can, reach out to them and tell them you let go of the past. If the person has passed on, this is more painful – lift that person in prayer and find that offered forgiveness accepted.

I'm sorry for the times someone wasn't beautiful and I looked away.

I'm sorry for the times someone stretched out a hand and I pretended not to notice.

I'm sorry for the times someone needed to be held and I clung to safety instead.

I'm sorry for the times truth was on my tongue and I swallowed it instead of speaking it.

I'm sorry for the times love as in my heart and I was too embarrassed to express it.

I'm sorry for the times fear was in my heart, and I didn't trust you with it.

I'm sorry for the times I claimed to be an innocent bystander and still I knew that by being a passive participant, I too was guilty.

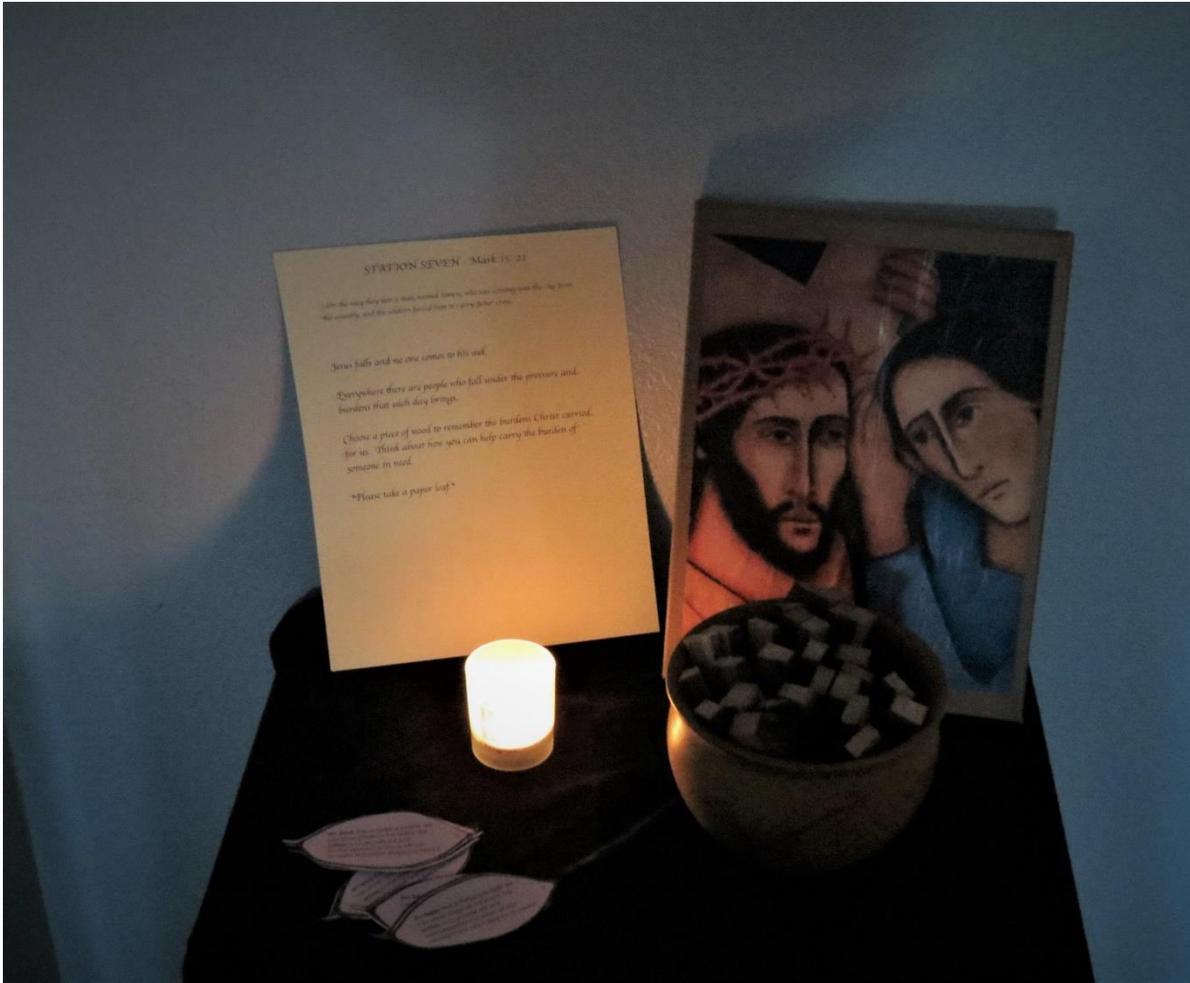
I'm sorry for the times a stranger asked for something and I pretended not to realize what was needed.

God, forgive me, and lead me over the bridge from forgiveness to forgiving, for that is the bridge you offer to us, though Jesus the Christ, amen.

- **"Reflection" - piano**

Living in Grace You are loved, forgiven, and sent forth to live the new life Christ offers
Col. 3:12-17 Luke 23:44-49

Go in peace.



Photos from St. John's, by Susan Timko

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Why is this called "Good" Friday? The cross isn't good, crucifixion isn't good. Torture and the killing of political prisoners isn't good. Why do we see Jesus' death as good? Because through that sacrifice, we could see what was a gift of love in which our failures and sins are forgiven. The cross, the instrument of death, becomes a symbol of reconciliation. God through Jesus took care of everything that you think separates you from God --

That's what grace means
