

GOOD FRIDAY AT HOME EXPERIENCE GUIDE: OBSERVE SILENCE FROM 12-3 PM

The most sacred hours during Good Friday are from 12 pm (noon) to 3 pm, because traditionally, this is when Jesus was on the Cross. They're sometimes known as the 3 hours of agony.

During this time, hold silence in your home. If you have children, encourage them to do the same (to the best of their ability). Turn off the phones, TV, and other devices. Pray, read from the trial and crucifixion sections in Scripture.

Please note that spending an extended period of time in silence can create an uncomfortableness in us. Partially because we are so used to distraction and noise around us and partially, because there are times when God is trying to speak to us and we're not sure that we want to hear what He has to say.

Yet, when we do allow the silence to wash over us, we are often better for it.

Observing silence today is a great way to celebrate Good Friday. If the whole three hours seems a bit much for you, start with just 10 to 15 minutes of silence at 3 pm.

Some readings for Good Friday that relate to the Passion are:

- Isaiah 52:13-53:12
- Psalm 31:2, 6, 12-13, 15-16, 17, 25
- Hebrews 4:14-16; 5:7-9
- John 18:1-19:42

#eastbrookathome

We would love to see your Good Friday experience!
Share a photo online and use the tag #eastbrookathome.

