

# SEEING JESUS

THE SUFFERING MESSIAH



GOOD FRIDAY AT HOME  
EXPERIENCE GUIDE



# GOOD FRIDAY AT HOME EXPERIENCE GUIDE

Our staff has put together a few options for you, your household, or your family to see and experience Jesus, the Suffering Messiah, at home this Good Friday. There are some ideas for children of different ages, as well as for families to participate in together, and for those living alone to experience at home. Here is what you will find in this PDF:

**FOR YOUNGER CHILDREN: BEAUTY OF THE CROSS**

**FOR OLDER CHILDREN: TAKING OUR SIN**

**FASTING**

**OBSERVE SILENCE FROM 12-3 PM**

**EXPERIENCE THE PASSION: THE WAY OF THE CROSS**

## Questions? Need Help?

Please let us know if you have questions about any of these activities, the office continues to be open by phone only, 414.228.5220, or email us at [info@eastbrook.org](mailto:info@eastbrook.org)

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# GOOD FRIDAY AT HOME EXPERIENCE GUIDE FOR KIDS

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Read the account of Jesus' crucifixion and death from a children's story Bible that uses age-appropriate language and detail.

Allow children to enter into the seriousness and sadness of Jesus' suffering. Explain that Jesus was willing to go to the cross to pay for our sin. Everyone sins (Romans 3:23), and because God cannot allow sin into Heaven, He had to find a way to remove our sin. He did this by taking the punishment for our sin on Himself.

## **FOR YOUNGER CHILDREN: BEAUTY OF THE CROSS**

Draw an outline of a cross, either a large one on mural paper or smaller, individual crosses for each family member. Have everyone write or draw an area of sin, or simply write their name on the cross, identifying with the sin that was paid for by Jesus' death. Afterward, glue colored paper or tissue paper scraps all over the cross. Explain that the cross, which was an instrument of death, can be made beautiful when we remember how Jesus paid for our sin there and forgives us.

## **FOR OLDER CHILDREN: TAKING OUR SIN**

Draw a large cross on a sheet of paper or poster board. Give everyone an index card and have them write "sin" on one side. On the other side, let them write or draw a specific area of sin. Young children can dictate their thoughts for someone else to write. Tape the card with the word "sin" on the outside to each person's shoulder, as you explain again that sin is common to everyone.

Play some quiet music, and allow each person, one at a time, to take the "sin" tag from their shoulder and place it on the cross to remember that Jesus took all of our sin on Himself. End in a prayer of thanks for Jesus' great love and plan to rescue us from sin.

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# GOOD FRIDAY AT HOME EXPERIENCE GUIDE: FASTING

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Good Friday is traditionally a day of fasting. The idea probably started because of these verses:

*"And Jesus said to them: Can the children of the bridegroom mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken away from them, and then they shall fast."  
(Matthew 9:15)*

*"But the days will come when the bridegroom shall be taken away from them; and then they shall fast in those days." (Mark 2:20)*

*"But the days will come, when the bridegroom shall be taken away from them, then shall they fast in those days." (Luke 5:35)*

So we typically view Good Friday as a day of fasting, because Christ suffered on the Cross on the original Good Friday and because He was, in a way, "taken away from us" on that day, through death.

Consider fasting until dinner, skipping a meal, fasting from a particular food, or fasting from TV or other media today.

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

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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

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# GOOD FRIDAY AT HOME EXPERIENCE GUIDE: EXPERIENCE THE PASSION

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Take some time today to experience the Passion. You may choose to do this by watching a movie such as the *Passion of the Christ* or similar Jesus movies that depict the arrest, trials and crucifixion.

Or, you may choose to do a virtual walk through of the Stations of the Cross, called "The Way of the Cross" that we have been using at Eastbrook for the past three years. Either use this PDF to read through the scripture passages, reflecting on the questions as you look at each image.

Or visit [eastbrook.org/wayofthecross](http://eastbrook.org/wayofthecross) to hear Eastbrookers of all ages read through each station. This is a great way to experience the Way of the Cross together, even when we cannot be together at this time.

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Station 1 read by  
Dawn Schuessler

# 1. JESUS IN THE GARDEN

## Read Luke 22:39-46

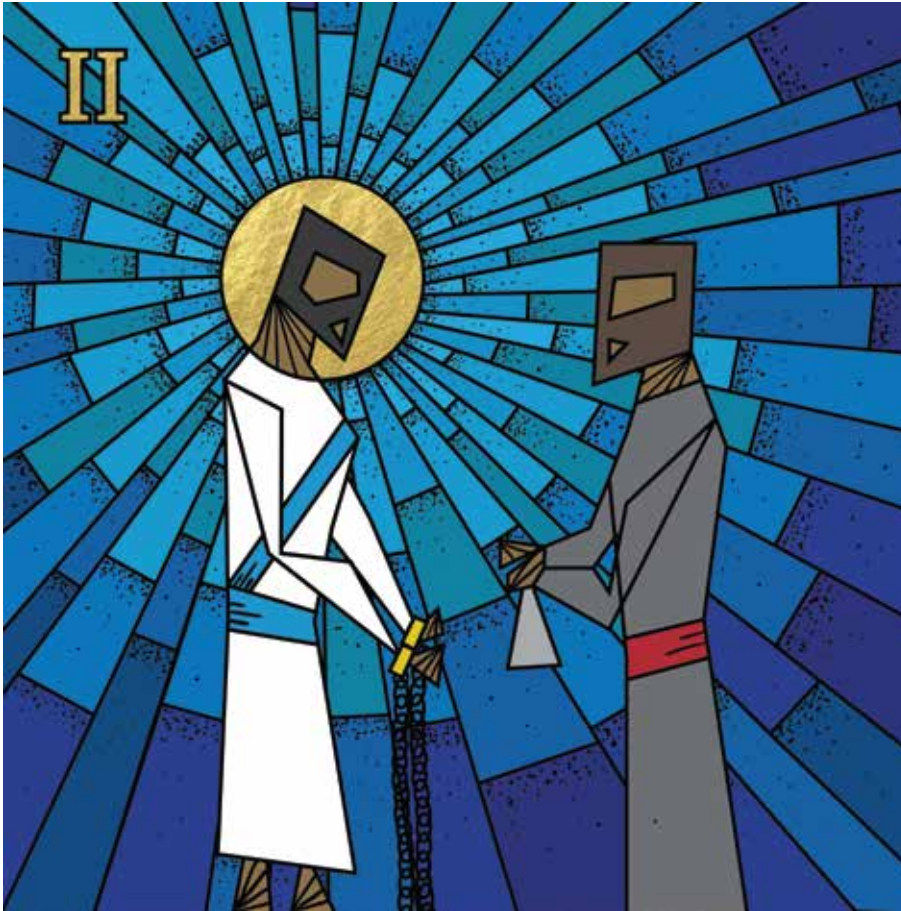
*Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.*

*When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."*

## Reflection & Prayer

Jesus knew all the pain and suffering He was about to experience. His sacrifice wasn't a spur of the moment decision. He deliberately chose to take the journey to the Cross, in spite of the great cost. Yet He still says to the Father: "not my will, but yours be done."

Can you sense His anguish? Do you feel His struggle?



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Station 2 read by  
Chris Kendl

## 2. JESUS IS BETRAYED

### Read Matthew 26:14-16; 47-50

*The one called Judas Iscariot—went to the chief priests and asked, “What are you willing to give me if I deliver him over to you?” So they counted out for him thirty pieces of silver. From then on Judas watched for an opportunity to hand him over.*

*While he was still speaking, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people. Now the betrayer had arranged a signal with them: “The one I kiss is the man; arrest him.” Going at once to Jesus, Judas said, “Greetings, Rabbi!” and kissed him. Jesus replied, “Do what you came for, friend.” Then the men stepped forward, seized Jesus and arrested him.*

### Reflection & Prayer

Judas was one of Jesus’ closest friends, one of the twelve disciples who had been with Him for three years. He agreed to betray Jesus for just thirty silver coins.

How could Judas betray Jesus, his friend, for money? How do you think Judas felt when he looked at the coins in his hand and realized what he had traded for them? How do you think Jesus felt as He experienced the betrayal of Judas?





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Station 3 read by  
Laure Herlinger

## 3. JESUS BEFORE PILATE

### Read Matthew 27:11-26

*Meanwhile Jesus stood before the governor, and the governor asked him, "Are you the king of the Jews?" "You have said so," Jesus replied. When he was accused by the chief priests and the elders, he gave no answer. Then Pilate asked him, "Don't you hear the testimony they are bringing against you?" But Jesus made no reply, not even to a single charge—to the great amazement of the governor. Now it was the governor's custom at the festival to release a prisoner chosen by the crowd. At that time they had a well-known prisoner whose name was Jesus Barabbas. So when the crowd had gathered, Pilate asked them, "Which one do you want me to release to you: Jesus Barabbas, or Jesus who is called the Messiah?" For he knew it was out of self-interest that they had handed Jesus over to him. While Pilate was sitting on the judge's seat, his wife sent him this message: "Don't have anything to do with that innocent man, for I have suffered a great deal today in a dream because of him." But the chief priests and the elders persuaded the crowd to ask for Barabbas and to have Jesus executed. "Which of the two do you want me to release to you?" asked the governor. "Barabbas," they answered. "What shall I do, then, with Jesus who is called the Messiah?" Pilate asked.*

*They all answered, "Crucify him!" "Why? What crime has he committed?" asked Pilate. But they shouted all the louder, "Crucify him!" When Pilate saw that he was getting nowhere, but that instead an uproar was starting, he took water and washed his hands in front of the crowd. "I am innocent of this man's blood," he said. "It is your responsibility!" All the people answered, "His blood is on us and on our children!" Then he released Barabbas to them. But he had Jesus flogged, and handed him over to be crucified.*

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Station 4 read by  
Nic Fridenmaker

## 4. JESUS IS BEATEN

### Read Matthew 27:26-31a

*But he [Pilate] had Jesus flogged, and handed him over to be crucified. Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. They spit on him, and took the staff and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him.*

### Reflection & Prayer

Some deaths are quick. Some deaths are noble.  
This death was neither. It's one thing to kill a man,  
It's another to shame and humiliate him.  
Think for a second...  
That the King of heaven has spit on His face.  
O, the divine disgrace of our Savior.

What was said to mock Jesus? Which aspect of the suffering that Jesus endured do you think was the most unbearable?



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Station 5 read by  
Dave Rendall

## 5. JESUS AND HIS CROSS

### Read John 19:16-17

*Finally Pilate handed him over to them to be crucified.*

*So the soldiers took charge of Jesus carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha).*

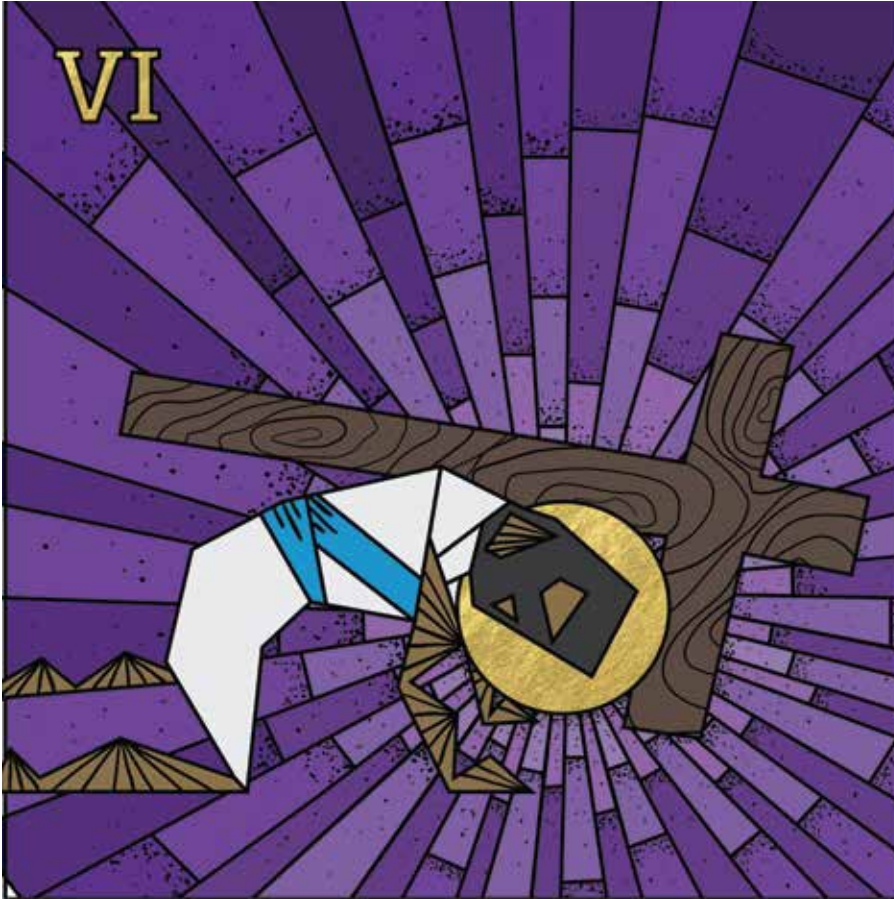
### Reflection & Prayer

According to tradition, the route Jesus took as He carried the Cross is an uphill route. Jesus arduously walked from the hall of Pilate, up to Calvary, totaling about a third of a mile.

No one really knows the exact route Christ followed. But a bird's eye view of the story in Scripture tells us where the road actually begins. It didn't start from the court of Pilate, nor did it start in the garden of Gethsemane, not from the journey into Jerusalem that we celebrate on Palm Sunday. It didn't even begin in Bethlehem. Jesus' journey to the Cross began long before; as the echo of the crunching of the fruit was still sounding in the Garden of Eden, Jesus was leaving for Calvary.



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Station 6 read by  
Jennifer Dreger

## 6. JESUS FALLS

### Reflection & Prayer

We know Roman practice was to have the condemned carry their own crosses to the site of crucifixion. Jesus carries the weight of His own Cross on His shoulders, and upon that Cross is heaped the weight of all of our sins. My sins cost Him this humiliation. And now the weight of those sins crushes down on Him with every step.

Suddenly, Jesus falls.

The weight of the Cross is too much. The beatings had weakened Him to the point of collapse—carrying the Cross was more than could be expected. He cannot bear it. He is on the ground, and He knows what it is to feel defeated, weak, unable to go on. And yet, He must go on. The soldiers pick Him up and force Him to continue.



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Station 7 read by  
Angg Tucker

## 7. JESUS AND HIS MOTHER

### Reflection & Prayer

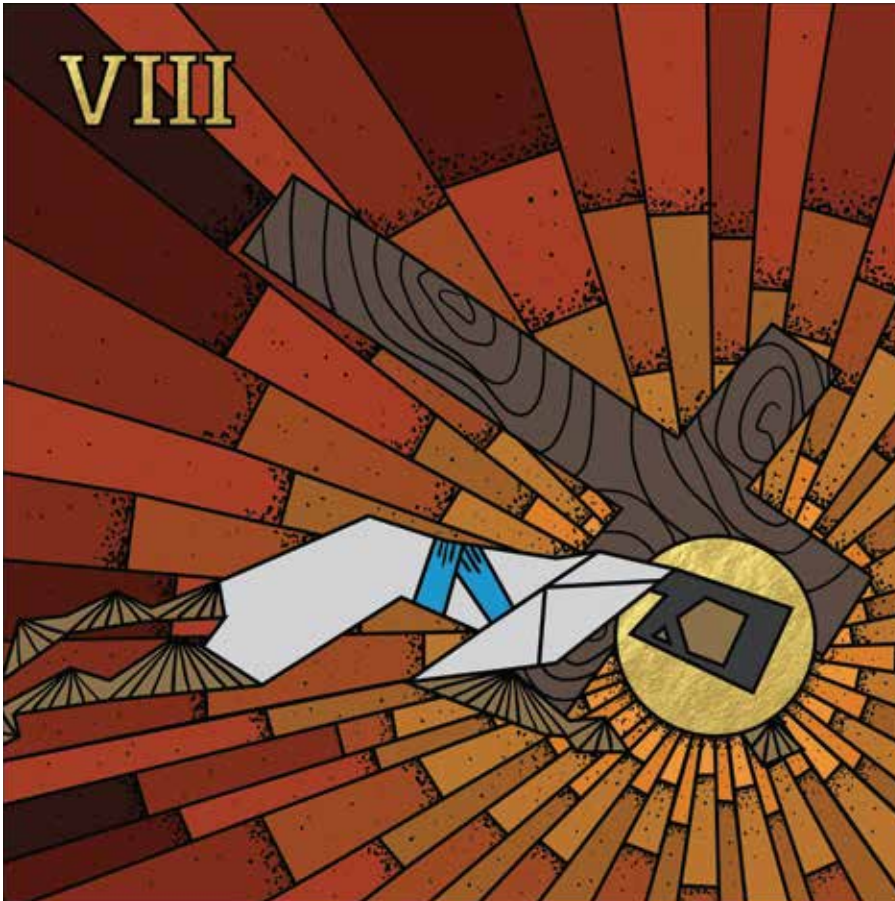
What must it be like to see your mother as you are walking to your own execution? Mary gave birth to this boy, she brought Him as an infant into the temple, she lifted Him up in her arms when the wise men came to adore Him. She fled with Him to Egypt, she took Him up to Jerusalem when He was 12 years old. She was with Him at the marriage feast. Even when He had left her to preach, she hovered about Him. And now she's there to give Him comfort at the hour of His death.

The presence of Mary reminds us that while Jesus was fully God, He was also fully man. As He suffered and endured, it was not somehow "less painful" because of His deity. In fact, the writer of Hebrews says that Jesus' suffering allows Him to help us in our suffering. He knows what it is like when we suffer physically. He also knows what it is like to lose those closest to you.

In the garden, we saw the anguish He felt as He anticipated what was to come. It was not just physical suffering, but the betrayal of one of His friends, and the pain He knew His friends and family would experience because of His death as well.



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Station 8 read by  
Marc Erickson

## 8. JESUS FALLS AGAIN

### Reflection & Prayer

Tradition (and common sense) tells us Jesus fell multiple times as He carried His Cross to His death. The weight is too much; Jesus is physically exhausted and falls again. His knees scrape on the road, and His face is pushed into the dirt. Maybe He's reminded that "from dust you came and to dust you shall return." Maybe He catches His breath for a moment before the soldiers force Him back to His feet to continue the journey.

Hebrews 12 tells us it was because of the joy set before Him that He endured the Cross. He knew what was coming and He knew why it had happen—because it was the only way to bring you and I back into relationship with God.

What are burdens in your life right now that only the hope of heaven can empower you to endure?



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Station 9 read by  
Nancy Erickson

## 9. JESUS AND THE WOMEN

### Read Luke 23:27-31

*A large number of people followed him, including women who mourned and wailed for him. Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. For the time will come when you will say, 'Blessed are the childless women, the wombs that never bore and the breasts that never nursed!' Then*

*"they will say to the mountains, "Fall on us!"  
and to the hills, "Cover us!"*

*For if people do these things when the tree is green, what will happen when it is dry?"*

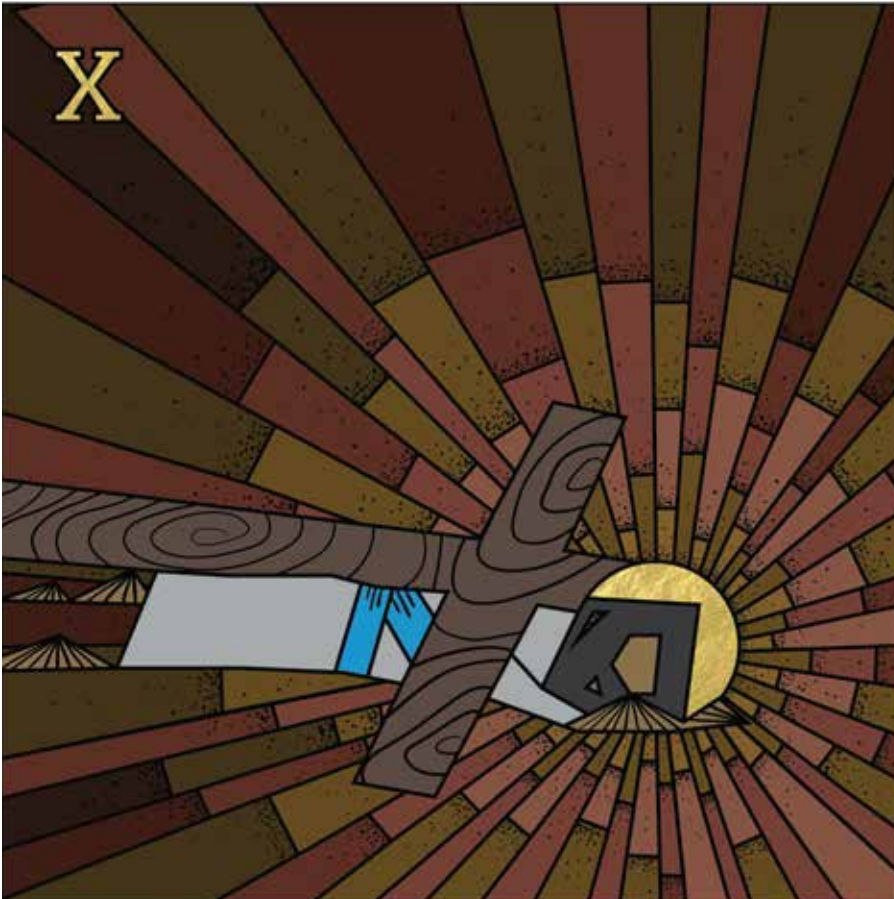
### Reflection & Prayer

Jesus broke so many barriers for His day: He touched lepers, He healed on the Sabbath, and He spoke to women in public. Jesus ignored traditions that were oppressive, and He stood up to the authorities who challenged Him. And now the women of Jerusalem show their gratitude by meeting Jesus along the way and crying over His fate. Earlier, Jesus prophesied that the women of Jerusalem would weep for Him, and now that prophecy is fulfilled.

Repeat these words as you reflect on our need for an atoning sacrifice:  
Lord Jesus Christ, Son of God, Have Mercy on Me, A Sinner



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Station 10 read by  
Camille Fehring

## 10. JESUS FALLS AGAIN

### Reflection & Prayer

Utterly broken and devastated, Jesus falls again. This time, even the soldiers know that He can't rise by His own power. They roughly grab the Son of God and half-drag, half-push Him up the rest of the hill.

Is the Cross getting heavier? Is Jesus getting weaker? The life that has raised the dead, healed the lame, and given sight to the blind is draining from Him.





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Station 11 read by  
Osas Osemwegie

## 11. JESUS IS HELPED

### Read Luke 23:26

*As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus*

### Reflection & Prayer

Jesus could have carried the Cross alone, but He allowed a man named Simon to help Him. Just as He could feed the hungry and clothe the naked and build homes for the homeless without me...but He does not. Instead, He relies on me to aid Him, to help Him build the Kingdom, to help Him carry the Cross.



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Station 12 read by  
The Slagter Family

## 12. JESUS IS CRUCIFIED

### Read Luke 23:32-43

*Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots.*

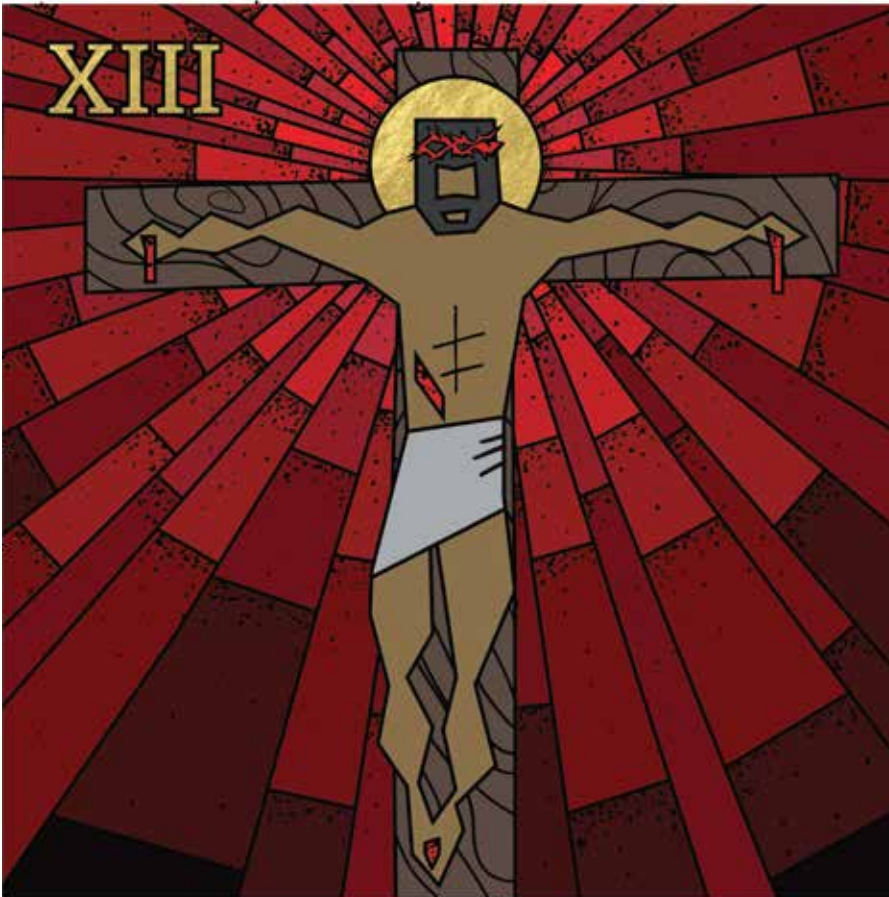
### Reflection & Prayer

Huge, sharp spikes are hammered through Jesus' wrists and feet—He nearly loses consciousness with each swing of the hammer. He is raised up, and the Cross drops with a thud into a hole in the ground.

Jesus' weight hangs on those spikes, and to breathe, He has to pull Himself up on the nails. Yet, while the nails are digging into His flesh, and He struggles to hold onto life, He offers forgiveness.



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Station 13 read by  
Luis Valero

## 13. JESUS DIES

### Read John 19:28-30

Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "I am thirsty." A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

### Reflection & Prayer

Every breath is a struggle. Wheezing, Jesus whispers in a barely audible voice, "Father, into your hands I commend my spirit." One more gasping breath, and it is finished. A soldier jams a spear between His ribs as a test, and the blood and water that issue forth show conclusively that the Savior of the world is indeed dead. The price is paid. We are redeemed.



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Station 14 read by  
Joran Weitzer

## 14. JESUS IN THE TOMB

### Read John 19:38-41

*Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night.*

*Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid.*

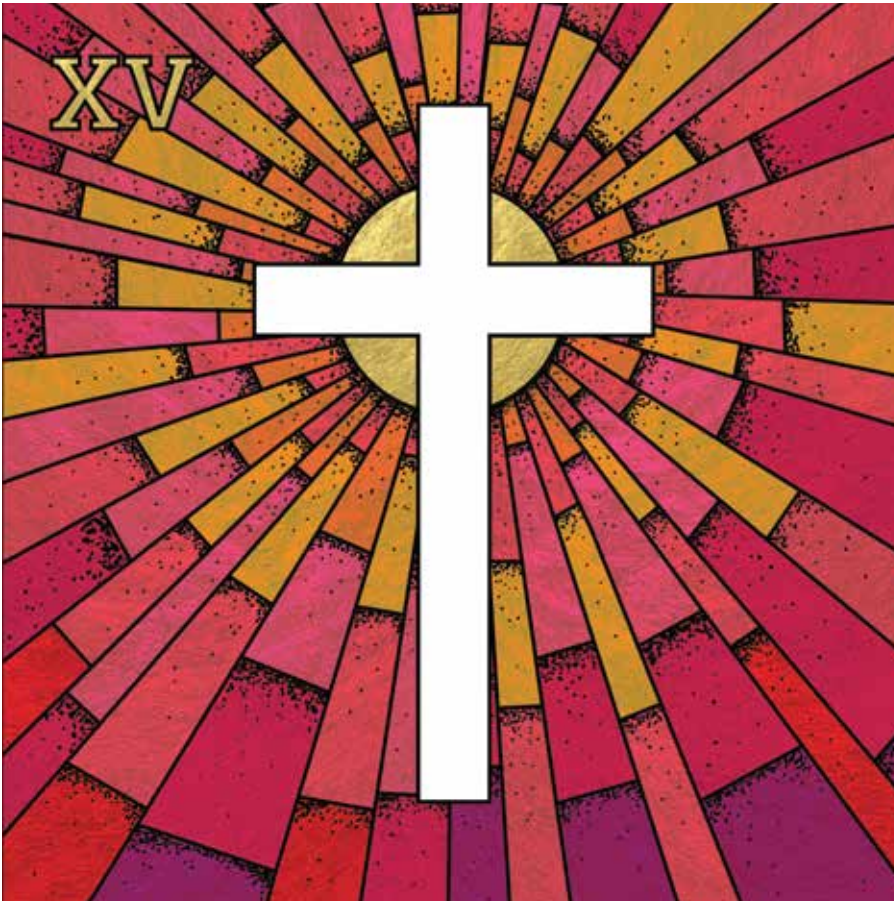
### Reflection & Prayer

At the very moment that Jesus was closest to His eternal glory, He seemed to be farthest from it. His body was placed in a stone-cold tomb, sealed with a massive rock, guarded by Roman soldiers. Death is so very final.

Lord, help me trust that Your plans are higher than mine. For even when all seems lost, You're still at work. Death is not the final word for You, Son of Life.



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Station 15 read by  
The Tikalsky Family

## 15. JESUS IS ALIVE

### Read Luke 24:1-8

*On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.'" Then they remembered his words.*

### Read 1 Peter 1:3

*Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,*

### Reflection & Prayer

Jesus was not bound to the tomb; Jesus was not bound to death! Jesus is Risen—HE IS ALIVE! This good news is not just something that happened 2000+ years ago, it is something that matters in your life today. Jesus' death and resurrection means that you have a new birth, a living hope, good news. How will you live differently today? What does the resurrection change in your life?

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