



Good Friday Audio Podcast 2022
A Living Sacrifice - An Invitation to Lament

Welcome to the Good Friday Audio Podcast.

This podcast is designed for you to do either as an individual or in a small group as a reflective and prayerful way to journey through the message and impact of Jesus' crucifixion on the Cross. It is not designed to be rushed, consumed while you are doing a bunch of other things, or listened to during a commute or as the soundtrack to some other activity you might be concentrating on. This podcast itself is the activity, and we highly encourage you to take 35 minutes of your day today, quieten down your soul and your life, get rid of all other distractions, and take the time to immerse yourself in what follows.

The podcast is structured in a way to invite you into times of listening, reflection, prayer, and contemplation. There is also time set aside for you to take communion. Throughout, we leave space for your own private worship and encounter with Jesus, and our prayer is that in this place of solitude and reflection you can open yourself afresh to what the Holy Spirit might want to do in your life in this moment.

Things to Prepare

- A Quiet Place – we want you to listen to this podcast in a quiet and unhurried way without any other distractions or activities.
- Communion – you will be led to take communion during the podcast so please prepare some juice/wine and bread.
- A Bible – we read a number of scripture passages during the podcast and you may wish to follow along in your bible.

Structure

Introduction – Andrew Gardener (0:00 – 3:38)

Opening Prayer - Susanna van Vuuren (3:39 - 4:52)

Poem by R.R. Wyatt - Read by Emma Bonga (4:53 - 6:28)

Scripture Reading: Psalm 22:1-8; Matthew 27:32-50 - Read by B'Elanna Satya (6:29 - 10:07)

Message on Lament - Andrew Gardener (10:08 - 17:09)

Guided Prayer of Lament from Psalm 88 -Led by B'Elanna Satya, Grace Ghattas, Emma Bonga, Susanna van Vuuren (17:10 - 27:18)

"True Love" by Phil Wickham - Performed by Promise Armstrong (27:19 - 32:38)

Communion - Led by Andrew Gardener (32:39 - 36:00)

Poem by Anonymous - Read by Emma Bonga (36:01 - 36:52)

Closing Reflection - Andrew Gardener (36:53 - 38:08)

On the Cross by R.R. Wyatt:

The sound of hammer on nail
Still reverberates around the hill
As your head sinks to your chest
Your last breath gone
And a single raindrop falls.

A tear from God as his son
Gives way and leaves his sight
The tortured bloody frame
Hanging in shame
A victim of our iniquity.

The sky blackens and seethes
As the rain begins to fall
Cleansing the torn limp body
Washing it clean
Sluicing the blood to the earth.

A crack of thunder resounds
And the gathered scatter afeared
Just a few remain, bearing witness
To a beloved's death
Yanked with indignity from the wood.

And the storm in its ferocity wails
Cracking deep the temple in rage
With a grief profound as truth
As the lamb slain
Is taken to a tomb, for a while.

Psalm 22 (NIV):

My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
² My God, I cry out by day, but you do not answer,
by night, but I find no rest.
³ Yet you are enthroned as the Holy One;
you are the one Israel praises.
⁴ In you our ancestors put their trust;
they trusted and you delivered them.

⁵ To you they cried out and were saved;
in you they trusted and were not put to shame.

⁶ But I am a worm and not a man,
scorned by everyone, despised by the people.

⁷ All who see me mock me;
they hurl insults, shaking their heads.

⁸ "He trusts in the LORD," they say,
"let the LORD rescue him.
Let him deliver him,
since he delights in him."

⁹ Yet you brought me out of the womb;
you made me trust in you, even at my mother's breast.

¹⁰ From birth I was cast on you;
from my mother's womb you have been my God.

¹¹ Do not be far from me,
for trouble is near
and there is no one to help.

¹² Many bulls surround me;
strong bulls of Bashan encircle me.

¹³ Roaring lions that tear their prey
open their mouths wide against me.

¹⁴ I am poured out like water,
and all my bones are out of joint.
My heart has turned to wax;
it has melted within me.

¹⁵ My mouth is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.

¹⁶ Dogs surround me,
a pack of villains encircles me;
they pierce my hands and my feet.

¹⁷ All my bones are on display;
people stare and gloat over me.

¹⁸ They divide my clothes among them
and cast lots for my garment.

¹⁹ But you, LORD, do not be far from me.
You are my strength; come quickly to help me.

²⁰ Deliver me from the sword,
my precious life from the power of the dogs.

²¹ Rescue me from the mouth of the lions;
save me from the horns of the wild oxen.

²² I will declare your name to my people;
in the assembly I will praise you.

²³ You who fear the LORD, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of Israel!

²⁴ For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.

²⁵ From you comes the theme of my praise in the great assembly;
before those who fear you I will fulfill my vows.

²⁶ The poor will eat and be satisfied;
those who seek the LORD will praise him—
may your hearts live forever!

²⁷ All the ends of the earth
will remember and turn to the LORD,
and all the families of the nations
will bow down before him,

²⁸ for dominion belongs to the LORD
and he rules over the nations.

²⁹ All the rich of the earth will feast and worship;
all who go down to the dust will kneel before him—
those who cannot keep themselves alive.

³⁰ Posterity will serve him;
future generations will be told about the Lord.

³¹ They will proclaim his righteousness,
declaring to a people yet unborn:
He has done it!

Matthew 27:32-50 (NIV):

The Crucifixion of Jesus

³² As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry the cross. ³³ They came to a place called Golgotha (which means “the place of the skull”). ³⁴ There they offered Jesus wine to drink, mixed with gall; but after tasting it, he refused to drink it. ³⁵ When they had crucified him, they divided up his clothes by casting lots. ³⁶ And sitting down, they kept watch over him there. ³⁷ Above his head they placed the written charge against him: this is Jesus, the king of the Jews. ³⁸ Two rebels were crucified with him, one on his right and one on his left. ³⁹ Those who passed by hurled insults at him, shaking their heads ⁴⁰ and saying, “You who are going to destroy the temple and build it in three days, save yourself! Come down from the cross, if you are the Son of God!” ⁴¹ In the same way the chief priests, the teachers of the law and the elders mocked him. ⁴² “He saved others,” they said, “but he can’t save himself! He’s the king of Israel! Let him come down now from the cross, and we will believe in him.” ⁴³ He trusts in God. Let God rescue him now if he wants him, for he said, ‘I am the Son of God.’” ⁴⁴ In the same way the rebels who were crucified with him also heaped insults on him.

The Death of Jesus

⁴⁵ From noon until three in the afternoon darkness came over all the land. ⁴⁶ About three in the afternoon Jesus cried out in a loud voice, “*Eli, Eli, lema sabachthani?*” (which means “My God, my God, why have you forsaken me?”). ⁴⁷ When some of those standing there heard this, they said, “He’s calling Elijah.” ⁴⁸ Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. ⁴⁹ The rest said, “Now leave him alone. Let’s see if Elijah comes to save him.” ⁵⁰ And when Jesus had cried out again in a loud voice, he gave up his spirit.

Guided Prayer of Lament from Psalm 22:

*My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
² My God, I cry out by day, but you do not answer,
by night, but I find no rest.*

Reconciling Christ,
we are weighed down by sin and separation, a world that is not at peace, people who are not whole. You reached out to the thief, you welcomed him to God's side. Come alongside us in the darkness, and bring grace and peace to everything that is broken.

Take a moment to pray your own prayer of honesty before God and confess any sin you feel you need to bring to him today...

*But I am a worm and not a man,
scorned by everyone, despised by the people.
⁷ All who see me mock me;
they hurl insults, shaking their heads.
⁸ "He trusts in the Lord," they say,
"let the Lord rescue him.
Let him deliver him,
since he delights in him."*

Forgiving Christ,
when the world condemns us, when wrong is done to us, when we carry the weight of things that are too much to forgive, come along side us in the darkness, and give us the grace to be forgiven and forgiving.

Take a moment to bring before God any areas of your life where you are seeking forgiveness or where you need to be forgiving towards others...

*Yet you are enthroned as the Holy One;
you are the one Israel praises.
⁴ In you our ancestors put their trust;
they trusted and you delivered them.
⁵ To you they cried out and were saved;
in you they trusted and were not put to shame.*

Loving Jesus,
we carry the weight of the people we love, concern for their sorrows and suffering. Our care for them is deep, and sometimes there is not much we can do. Come alongside us in the darkness, and cradle the ones we love in your strong hands.

Take a moment to pray for the people in your life - your family, friends and colleagues, especially for those you know who are in need in this time...

*Do not be far from me,
for trouble is near
and there is no one to help.*

¹² *Many bulls surround me;
strong bulls of Bashan encircle me.*

¹³ *Roaring lions that tear their prey
open their mouths wide against me.*

¹⁴ *I am poured out like water,
and all my bones are out of joint.*

*My heart has turned to wax;
it has melted within me.*

¹⁵ *My mouth is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.*

Suffering Savior,
in all our thirst, in all our sickness, in all our longing, in all our pain, you are there. Come alongside us in the darkness, and walk with us through all our suffering.

Take a moment to pray for any area of your life where you are suffering right now. Bring your emotions to God and allow him to tenderly comfort you...

*But you, Lord, do not be far from me.
You are my strength; come quickly to help me.*

²⁰ *Deliver me from the sword,
my precious life from the power of the dogs.*

²¹ *Rescue me from the mouth of the lions;
save me from the horns of the wild oxen.*

Dearest Jesus,
even in death, you are there. When we mourn, when we are afraid, when we come to our own end, you have been there, too. Come alongside us in the darkness, and carry us through death to life.

Take a moment to pray for any areas of healing or restoration you need. Bring before God any places of death in you, and ask him for his life...

*From you comes the theme of my praise in the great assembly;
before those who fear you I will fulfill my vows.*

²⁶ *The poor will eat and be satisfied;
those who seek the Lord will praise him—
may your hearts live forever!*

Jesus of Justice,
We bring the poor before you, those who are marginalised, the hurting, the grieving. We ask you to fight with your mighty arm for those who cannot fight for themselves. We ask you to step into battle for those who are weak and oppressed. Come alongside them in their darkness, and deliver the poor into your loving hands.

Take a moment to pray for the poor and the oppressed in our city and around the world. Pray for those impacted by war, for those unjustly treated, for those who are in prison, for those who need God's deliverance...

*All the ends of the earth
will remember and turn to the Lord,
and all the families of the nations
will bow down before him,
²⁸for dominion belongs to the Lord
and he rules over the nations.*

Saving Jesus,
Thank you that the work of Good Friday and the power of the cross which creates an invitation for all to be saved. Thank you that you reach out to the ends of the earth, and you will for all to know your saving grace. Awaken the church to bring you message of hope. Rise up a new army to carry forth your gospel. Come alongside us in the darkness, and empower us to shine your light.

Finally, take a moment to pray for the salvation of anyone in your sphere of influence that you long to see come to Jesus. Pray for the gospel to shine brightly in Hong Kong, and for many to come to faith in this hour...

"True Love" By Phil Wickham:

Come close, listen to the story about a love more faithful than the morning.
The Father gave His only Son just to save us.
The Earth was shaking in the dark.
All creation felt the Father's broken heart.
Tears were filling Heaven's eyes
The day that true love died
The day that true love died
When blood and water hit the ground
Walls we couldn't move came crashing down
We were free and made alive
The day that true love died
The day that true love died
Search you heart you know you cant deny it
Come on, lose your life just so you can find it
The Farther gave Jesus only Son just to save us
The Earth was shaking in the dark
All creation felt the Father's broken heart
Tears were filling Heaven's eyes
The day that true love died
The day that true love died
Then blood and water hit the ground
Walls we couldn't move came crashing down
We were free and made alive

The day that true love died
The day that true love died
Now, Jesus is alive
Jesus is alive
Jesus is alive
Jesus is alive
Jesus is alive
Oh, He is alive
He rose again
When blood and water hit the ground
Walls we couldn't move came crashing down
We were free and made alive
The day that true love died
The day the true love died
Come close listen to the story

Poem by Anonymous:

We are often not the Easter People
that we should be,
living in the certain knowledge
of your great mercy and love.
Distracted by the world around us
we fail to hear your voice,
or hide when faith is challenged
as we wander off the path.
Forgive us, we pray;
restore the love that we first had,
a faith that can endure.
We will keep our eyes fixed on you, Lord,
and with you at our right hand
we shall not be shaken.