Good Friday – 10th April 2020

Good morning!

"But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." Isaiah 53:5

It's Good Friday.

Here are a couple of ways you might consider praying today:

1) Find a cross – One already in your house? One from Palm Sunday? One you could make with a couple of twigs?
Sit somewhere quiet with it and read **Isaiah 53** & **Luke 23:26-43** slowly in a modern translation, by yourself or with others. Thank Jesus for everything he did – all for our sake.

2) Think about some people you know who don't yet know Jesus, nor the love of the Father for us that sent Jesus to his death in our place. Imagine them kneeling at the foot of the Cross with you. Pray for them. Pray for God to reveal the depth of his love to them. Pray for breakthrough in their lives this Easter.

3) *"It was about noon and darkness fell across the whole land…" Luke 23:44*
A Prayer of St Ignatius of Loyola for those experiencing darkness, for trust in Jesus – pray it over any you know:

O Jesus Christ,
When all is in darkness,
And we feel our weakness and helplessness,
Give us the sense of your presence,
Your love, and your strength.
Help us to have perfect trust
In your protecting love
And strengthening power,
So that nothing may frighten or worry us,
For living close to You,
We shall see Your hand,
Your purpose, Your will through all things
Amen

4) For those with children, check out the Good Friday resources **here**

5) *"Will you stay with me one hour?" Mark 14:37*

Join via the Trinity website with "An Hour At The Cross" at **12pm** today, for prayer, reflection and worship. **http://trinitycheltenham.com/live-stream/**