

GOOD FRIDAY LIFEGROUP EXPERIENCE GUIDE

This Guide is designed for LifeGroups to gather in person on Good Friday to remember the sacrifice of Jesus (feel free to use it on Thursday or Saturday, if your group is unable to do so on Good Friday). It can be 60 minutes as suggested, or longer if you prefer.

We hope this helps you have a meaningful communal time during Holy Week, in addition to participating in the Prayer Stations (April 3 to 7).

May our Good Friday experience together make Resurrection Sunday all the more meaningful!

Before Your Gathering

You can prepare the following, with flexibility in what is best suited for your group:

1. Pre-assign readers for scripture passages.
 2. Ask someone to lead the sung worship time.
 3. Plan the space, e.g. people can find respective spots when it's time for personal meditation.
 4. Communion elements.
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IT IS FINISHED.

Welcome to our Good Friday gathering. Throughout this Lent season, we have been reflecting through the sermon series Christ Our Example, and this Holy Week we have the Prayer Stations open throughout for people to meditate on the seven last words of Jesus. One of these powerful words as He hung on the cross is recorded in John 19:30 — the sixth of the seven words — which we will hone in on today: “*It is finished.*” As we remember Jesus’ sacrifice, may we find hope, peace and purpose in His finished work.

Opening Prayer (1 min)

Pray this together to start:

It's a dark day to be gathered here, Jesus;
It's a barren place, this — filled with shadows and death.
But we are here because we need to be here;
The shadows of this day are our shadows, the death is our death.
Now, as we worship, Your cross becomes for us a mirror,
Reflecting back to us our own brokenness, sinfulness, and darkness.
And as we reflect on Your love-inspired sacrifice,
We discover an open doorway to life.
We gather at the foot of your cross
Because we desperately need to be here.
Amen.

Scripture Reading (2 min)

Read these texts aloud:

Isaiah 53:4-6

John 19:28-30

Group Reflection (30 min)

Reflect on the following thoughtfully:

1.

When you hear the words “finished” or “it’s finished”, what comes to your mind?

2.

Reviewing the scene of Jesus’ crucifixion, some people would have said the same words that day:

The Soldiers, after their execution shift: It’s finished, thank goodness!

The Crowd, as the buzz died down and they saw Jesus’ body: It’s finished, he is gone.

Judas, reckoning with the weight of his betrayal: It’s finished, it had to be done and I did it.

Peter and the disciples, the reality of their desertion sinking in: It’s finished, what now?

The Priests, relieved they got the problem sorted: It's finished, that will show them.
But no one could say it the way Jesus said it or mean it the way Jesus meant it.

All the gospels record Jesus cried out with a loud voice, but only John records what He said.
The word in Greek is *tetelestai* (derived from the verb *teleo* = "to complete" or "to fulfill"),
typically used in ancient Greek culture to signify the completion of a task,
the payment of a debt, or the fulfillment of a legal obligation.

As you reflect, what do you imagine Jesus meant when he said, "It is finished"?

(Boxes serve as visual prompt, no need to fill in)

An expression of anguish and loss?	An expression of triumph and achievement?	An expression of submission and faith?

Sung Worship & Personal Meditation (15 min)

Suggested song:

[Finished Work of Christ](#) or any similar-themed song

For personal meditation, you can use instrumental music or simply have silence.

Time of personal meditation:

After singing, remain in a posture of worship and spend some time in personal meditation on John 19:30. If needed, find a more comfortable position.

Journal your thoughts to help you meditate deeper:

- How does Jesus' sacrifice on the cross impact your daily life?
 - How does it hold significance throughout the year?

Group Response (10 mins)

Leader can share this to encourage:

As we reflect on the words of Jesus, “It is finished,” we are reminded of the completeness of His sacrifice for us. Jesus took on Himself the wages of sin that we deserve, so that we can be reconciled to God and live full lives. It is with our trust in Jesus’ finished work on the cross that we can rest in assurance and live with hope, peace and purpose.

Take this time to share in Communion, starting with praying this prayer in unity:

Dear Lord Jesus, we thank you for the sacrifice of Jesus on the cross.

We confess our sins and ask for your forgiveness.

[pause for confession]

Thank you for the assurance of salvation that comes through Jesus’ finished work.

Help us to live lives that honour you and reflect your love in the world.

Amen.

Leader to facilitate:

Let’s take the bread and cup, the body and blood of Jesus, and partake together.

[people can either pair and pray or take turns to pray in one group]

Closing Prayer (2 mins)

Pray together to close:

Almighty and everlasting God, who in your tender love for the human race sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, grant that we may follow the example of his patience and humility. Thank you for the reminder of your love on this Good Friday. Grace us to walk in the way of his suffering and share in his resurrection. May we carry the truth of your finished work with us always, and may it inspire us to live lives that reflect your grace and truth. Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.

(Adapted from Prayer for Holy Week, from the Book of Common Prayer)