



A Pilgrimage in Prayer

**Good Friday**

Friday, 29 March, 2024

10.00am

As we move to each location we sing:  
*Jesus, remember me when you come into your kingdom*

At the beginning of each station, we say:  
**We adore you, O Christ, and we bless you,  
because by your holy cross, you have redeemed the world.**

At the end of each station we say:  
Lord have mercy upon us.  
**Christ have mercy upon us.**

## Preparation

Before the service the Cathedral Youth Choir sings:  
Wash Me Thoroughly – Wesley  
There's a Wideness in God's Mercy – Bevan  
Oh Sacred Head Sore Wounded – MacDonald

## At the Font

### Opening Prayer

The Lord be with you  
**and also with you.**

Eternal God,  
in the cross of Jesus  
we see the cost of our sin  
and the depth of your love:  
in humble hope and fear  
may we place at his feet  
all that we have and all that we are,  
through Jesus Christ our Lord.  
**Amen.**

# South Aisle – Garden of Eden

## Reading: The Creation of Humanity

*Genesis 2:5-9, 18-25*

In the day that the Lord God made the earth and the heavens, when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground; but a stream would rise from the earth, and water the whole face of the ground— then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' So out of the ground the Lord God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called each living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the Lord God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said,

'This at last is bone of my bones  
and flesh of my flesh;  
this one shall be called Woman,  
for out of Man this one was taken.'

Therefore, a man leaves his father and his mother and clings to his wife, and they become one flesh. And the man and his wife were both naked, and were not ashamed.

## **Reflection**

## **Activity as the Choir Sings**

*God so loved the world – Chilcott*

## **Prayer**

Faithful Creator,  
whose mercy never fails:  
deepen our faithfulness to you  
and to your living Word,  
Jesus Christ our Lord.  
**Amen.**

# North Aisle – The Garden of Temptation

## Reading: The Fall of Humanity

*Genesis 3:1-13*

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, ‘Did God say, “You shall not eat from any tree in the garden”?’ The woman said to the serpent, ‘We may eat of the fruit of the trees in the garden; but God said, “You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.”’ But the serpent said to the woman, ‘You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.’ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

They heard the sound of the Lord God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man, and said to him, ‘Where are you?’ He said, ‘I heard the sound of you in the garden, and I was afraid, because I was naked; and I hid myself.’ He said, ‘Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?’ The man said, ‘The woman whom you gave to be with me, she gave me fruit from the tree, and I ate.’ Then the Lord God said to the woman, ‘What is this that you have done?’ The woman said, ‘The serpent tricked me, and I ate.’

## Hymn: I Heard the voice of Jesus Say

I heard the voice of Jesus say,  
“Come unto Me and rest;  
Lay down, O weary one, lay down  
your head upon my breast.”

I came to Jesus as I was,  
weary, worn, and sad;  
I found in Him a resting place,  
and He has made me glad.

I heard the voice of Jesus say,  
“Behold I freely give  
The living water; thirsty one,  
stoop down and drink, and live.”

I came to Jesus, and I drank  
of that life-giving stream;  
My thirst was quenched, my soul revived,  
and now I live in Him.

I heard the voice of Jesus say,  
“I am this dark world's Light;”  
Look unto Me, your morn shall rise,  
and all your day be bright.”

I looked to Jesus, and I found  
in Him my star, my sun;  
and in that Light of life I'll walk  
till traveling days are done.

## Reflection

### Activity as the Choir Sings

*Lord for thy tender mercies' sake – Farrant*

## Prayer

May the God of all healing and forgiveness  
draw us to himself,  
and cleanse us from all our sins  
that we may behold the glory of his Son,  
the Word made flesh,  
Jesus Christ our Lord.  
**Amen.**

# North Transept – Garden of Gethsemane

## Reading: Jesus Prays and is betrayed

*Mark 14:32-50*

They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' He came and found them sleeping; and he said to Peter, 'Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.' And again he went away and prayed, saying the same words. And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. He came a third time and said to them, 'Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand.'

Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him and lead him away under guard.' So when he came, he went up to him at once and said, 'Rabbi!' and kissed him. Then they laid hands on him and arrested him. But one of those who stood near drew his sword and struck the slave of the high priest, cutting off his ear. Then Jesus said to them, 'Have you come out with swords and clubs to arrest me as



though I were a bandit? Day after day I was with you in the temple teaching, and you did not arrest me. But let the scriptures be fulfilled.' All of them deserted him and fled.

## Reflection

## Choir

*When I survey the wondrous Cross* – arr. Dan Forrest

Silence is kept.

## Prayer

Eternal God,  
in the cross of Jesus  
we see the cost of sin  
and the depth of your love:  
in humble hope and fear  
may we place at his feet  
all that we have and all that we are,  
through Jesus Christ our Lord.  
**Amen.**

# South Transept – The Garden Tomb

## Reading: Jesus On the Cross

*Mark 15:33-39*

When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, 'Truly this man was God's Son!'

## Hymn: My Song is love unknown

My song is love unknown,  
my Saviour's love to me,  
love to the loveless shown,  
that they might lovely be.  
O, who am I, that, for my sake,  
my Lord should take frail flesh, and  
die?

He came from his blest throne,  
salvation to bestow:  
but sin made strange, and none  
the longed-for Christ would know.  
But O, my friend, my friend indeed,

who at my need his life did spend!

Sometimes they strew his way,  
and his sweet praises sing;  
resounding all the day  
hosannas to their King.  
Then 'Crucify!' is all their breath,  
and for his death they thirst and  
cry.

Why, what hath my Lord done?  
What makes this rage and spite?  
He made the lame to run,

he gave the blind their sight.  
Sweet injuries! Yet they at these  
themselves displease, and 'gainst  
him rise.

They rise, and needs will have  
my dear Lord made away;  
a murderer they save,  
the Prince of Life they slay.  
Yet cheerful he to suffering goes,  
that he his foes from thence might  
free.

In life no house, no home  
my Lord on earth might have;

in death no friendly tomb,  
but what a stranger gave.  
What may I say? Heaven was his  
home;  
but mine the tomb wherein he lay.

Here might I stay and sing,  
no story so divine;  
never was love, dear King,  
never was grief like thine!  
This is my friend, in whose sweet  
praise  
I all my days could gladly spend  
*Samuel Crossman (c. 1624-1684) alt.*

## Reading: Jesus dies

*Mark 15:39-47*

Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, 'Truly this man was God's Son!'

There were also women looking on from a distance; among them were Mary Magdalene, and Mary the mother of James the younger and of Joseph, and Salome. These used to follow him and provided for him when he was in Galilee; and there were many other women who had come up with him to Jerusalem.

When evening had come, and since it was the day of Preparation, that is, the day before the sabbath, Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of Jesus. Then Pilate wondered if he were already dead; and summoning

the centurion, he asked him whether he had been dead for some time. When he learned from the centurion that he was dead, he granted the body to Joseph. Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joseph saw where the body was laid.

## Final Activity

### Concluding Prayer

Christ crucified draw you to himself,  
to find in him a sure ground for faith,  
a firm support for hope,  
and the assurance of sins forgiven;  
and the blessing of God almighty  
Father, Son and Holy Spirit  
Be with you and be known through you  
This day and always  
**Amen.**

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