



What's so **good** about Good Friday?

AN INTERGENERATIONAL WORSHIP RESOURCE

Good Friday and Easter focus the church's attention clearly on two essential aspects of our faith, summed up in Paul's words: 'Christ died for our sins, just as Scripture said he would. He was buried. He was raised from the dead on the third day, just as Scripture said he would be. (1 Corinthians 15:3,4)

Can people of all ages understand these things?

Probably no one of any age can fully understand them.

But people of all ages can hear them and,
by the power of the Holy Spirit — not by our intellect — believe them.

This resource is designed to help congregations plan an experience in which people of all ages together can wonder at them, celebrate them and worship the God behind them.

INTERGENERATIONAL WORSHIP

Worship is an encounter between God and God's people: a dialogue in which God speaks and people respond, both in the worship service and in their lives. Intergenerational (all-age) worship is, first and foremost, worship.

All worship is intergenerational. Each person (whether they come to worship alone or with a family) is part of a generational chain. Each worshiper has been shaped by previous generations and most are shaping following generations. Each carries strengths, hurts, joys and concerns relating to the generations that surround them. They bring all of this to worship, and these hurts and strengths, concerns and joys affect their worship experience.

Intentionally intergenerational worship

- allows the dialogue between God and people to take place in a variety of ways
- focuses on a simple theme and connects that theme with the lives of the worshipers
- provides worshipers (young and old) with an experience they can remember and talk about in their homes
- encourages interaction and dialogue among people of the various generations
- includes some surprises and fun — even in a basically solemn service
- takes seriously the understanding that people of all ages worship together in the body of Christ. People of all ages can also plan worship, invite people to worship, and lead worship
- recognises and values the children present in the worshiping congregation and 'the child within' each adult.

USING THIS RESOURCE

These notes have been prepared by the Resource Centre for Children's and Family Ministry of the Uniting Church (SA) to help congregations plan an intergenerational worship experience.

You may make as many copies of the notes as you need for your worship planners and leaders.

The use of music and other copyright elements is not covered in this permission.

Read through all the material. Discuss it as a planning team. You may use any of the ideas that are appropriate in your situation or you may use the entire sample service.

If you use the resource, we would appreciate your letting us know what you do. Send a brief email to rccfm@bigpond.com

For other intergenerational worship ideas see <http://mrn.sa.uca.org.au> Click on 'Children's Ministry', then 'All-Age Worship'.

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THEME

This *What's so good about Good Friday?* resource concentrates more on the benefits than the historical details of Good Friday.

There is a time and place to explore the physical horror of the crucifixion, to more fully appreciate the greatness of our sins and the greatness of Christ's suffering for us. That time and place is different for each person. We

deliberately gloss over the type of details in this resource.

The theme for this worship service is based on the Uniting Church (SA) Easter postcard campaign.

THE POSTCARD

This year's Easter postcard invites people to look more closely at the things we sometimes take for granted around Easter time.

In this instance, we're drawing attention to the name of Good Friday, and the apparent oxymoron of calling the anniversary of Jesus' death 'good'.

Easter is an ideal time to invite these kinds of questions from people; to encourage them to push past the glitter of foil-covered eggs and the mythical philanthropic Bunny who delivers them.

It's the time of year where we remember a man who died — and lived — 2000 years ago. The postcard gives congregations the opportunity to open up conversation by inviting people from their community to explore Easter more deeply.

Cost: \$65/1000 cards (orders above 5000 drop to \$50/1000 thereafter)

Orders by Monday, February 22, 2010

Enquiries: Sarah Urmston
(08) 8236 4260

surmston@sa.uca.org.au

WORSHIP PLANNING

An intergenerational worship service is best planned by an intergenerational team, working with the pastor/minister/priest or lay ministry team. If possible the team should consist of at least three people: one representing the youngest third, one, the middle third and one, the oldest third of the congregation.

Planning as an intergenerational team can be a valuable experience for all involved.

The team may also draw on people who have special abilities, eg in the areas of hospitality, music, drama, visual arts and technology.

Suggested planning steps:

- Begin with prayer, and trust God's Spirit to guide your planning.
- Consider how the theme relates to people in your congregation and community.
- Look through these notes to see how they can help in planning the kind of service you want to hold.
- Use these notes together with your regular worship format to develop a worship outline.
- Flesh out the outline; consider your own people and facilities.
- Work with worship leaders to plan details: who does what, when and how.

REALITIES TO CONSIDER

Easter provides Australians with a great four-day weekend and, in 2010, the start of the school term holiday. *What's so good about Good Friday?* — for many people— is that it is the start of that holiday break.

Many churches expect that a large portion of their regularly attending people — including those who take leading roles in worship — are away from home on the Easter weekend. For this reason they choose low-key, minimal effort worship for this time of year.

On the other hand, many people in our communities, who may not worship regularly, feel drawn to a church at Easter time. We should not ignore this opportunity for sharing the good news.

Churches in holiday destinations have a special opportunity to reach out to the people who flock into their community for the weekend.

These realities present special challenges in planning worship for the Easter weekend.

- How can you ensure that travellers away from your church home base have a worship experience as part of their Easter weekend?
- How can you provide a quality gospel-sharing worship experience for visitors during the Easter weekend?
- When would it be most appropriate for your congregation to hold intentionally intergenerational worship:
 - Palm (or Passion) Sunday
 - Good Friday
 - Maundy Thursday
 - Easter Sunday?
- Is 'the way you have always done it', the best way to deal with these challenges?
- Will Holy Communion be a part of the service? On one hand, Holy Communion is our God-given, tangible method for remembering *What's good about Good Friday?* On the other hand, church practices may complicate the use of the sacraments and even exclude some casual worshipers.
- Will this intergenerational worship be your one worship experience for the weekend or will it be one of a series of worship opportunities you offer?

INVITATION AND ADVERTISING

Once you have sorted out the broad outline of your worship plan, let your congregation know what is planned. Encourage them to catch the vision of the worship opportunity/ies you are planning for Easter time, particularly the intergenerational worship event.

Encourage congregation members who will have visiting family and friends to make the service a part of their holiday weekend.

The Uniting Church (SA) postcards give you a great way of extending your invitations beyond your regular worshipers. The postcards themselves are written invitations that your members can give to friends, neighbours, workmates and other contacts.

Invite families involved in your church's children's programs: playgroup, Sunday school, kids club, day care, etc. Invite people from organizations that use your church's facilities.

The graphic from the postcard can be the basis of advertising banners and/or posters.

GRAFFITI WALL

The *What's so good about Good Friday?* theme gives you a unique opportunity for promoting the worship service.

Create a 'graffiti wall' near the entrance of the church for two or more weeks before the service. The heading on the wall is '*What's so 'good' about Good Friday?*' possibly incorporating the graphic from the postcard.

The wall can be simply butcher's paper or brown mailing paper (a BIG bit of it), taped onto the wall. Have coloured textas or crayons available for people to write their comments. Be sure it is low enough for kids to make their contributions and high enough that adults don't have to bend down. Also test that the textas will not bleed through the paper onto the wall behind it.

Alternatively, use brick- or wood-grain-patterned wallpaper. Again provide wide textas (or if you are really brave, spray paint). Another possibility is an old blackboard and chalk or a whiteboard and markers.

Consider having the graffiti wall outside the church or even in a more public place where people from the community can write their comments. This could be a good way of stirring up community awareness of the coming service.

NOTE: Comments that you might consider rude or inappropriate may appear on your graffiti wall. This is not a disaster. It can be a teaching point as you consider how people made fun of Jesus at the time of his trial and crucifixion.

Your graffiti wall can be a part of the service. You may place it right at the entrance where people have to look at it as they enter. You may place it at the front where the worship leader can refer to it. You may take photos of sections of it (individual comments) and display them on PowerPoint slides as people arrive or during the service.

You won't know exactly how you can use the comments until you have them. If you are really concerned about having the comments you want to use, ask people from your planning team to write them as a starting point for other contributions.

WORSHIP SPACE & VISUALS

A clean, tidy worship area is an inviting space for regular worshipers and visitors alike. Your church cleaners have an important role in the worship service. If your plans for the worship will impact on their regular routine, eg rearranging furnishings, creating extra 'mess', be sure to speak with them ahead of time.

Call on people with technical and artistic skills to create an atmosphere that supports the theme of the service.

The traditional liturgical colour for Good Friday is black.

Consider ways of using the crucifixion graphic from the postcard as a visual focus for the service.

MUSIC

Music has the power to set moods and to draw people into physical movement. Words set to music seem to have much greater impact and are remembered longer than spoken words.

Use music extensively in the service, and use it in a number of ways and forms:

- Instrumental music, eg as people arrive to set the mood — in traditional worship, the prelude; as people leave — the postlude; and at other times during the service
- Congregational singing, the most common form of music with the greatest participation — in traditional worship, the hymns.
- Performance music that helps present the message to the congregation — in traditional worship, a choir anthem.

SONG SUGGESTIONS

The sheer number of hymns and spiritual songs focusing on *What's so good about Good Friday?* is evidence of the significance of this event for Christians.

Use mostly songs that are familiar to your congregation and that they can sing comfortably. Include traditional hymns as well as more contemporary songs and songs for children.

Display the words of songs in your usual way.

For the benefit of children and visitors, explain briefly any obscure images or unfamiliar language in the songs. Be careful of choosing songs that dwell on images you are not exploring in the service, eg 'blood of the lamb'.

Consider ways of involving children who are too young to read the words.

Hymns

Look in the 'Holy Week' or 'Passion' section of your church's hymnbook or choose from this list of favourites:

- *Amazing Grace* (Newton)
- *Beneath the cross of Jesus* (Clephane)\Christ the life of all the living (Homburg)
- *Glory be to Jesus* (Caswell)
- *O dearest Jesus, what law hast thou broken* (ten verses, choose the most appropriate)
- *Jesus I will ponder now* (von Burden)
- *My song is love unknown* (Crossman)
- *O dearest Lord, thy sacred head* (Hardy)
- *O perfect life of love* (Baker)
- *We sing the praise of him who died* (Kelly)
- *When I survey the wondrous cross* (Watts)

Contemporary songs:

- *At the cross* (Butler, Vineyard)
- *At the cross* (Morgan&Zschech, Hillsong)
- *Could I ever* (Seeley, Planetshakers)
- *Deeper and deeper* (Bullock)
- *Don't you know* (Garra&Drain, Scripture in Song)
- *Find me at the cross* (O'Brien, Seam of God)
- *God of my comfort* (Bullock)
- *How deep the Father's love* (Townsend, Kingsway/Thankyou)
- *I know it* (Zschech)
- *It's all about Jesus* (Seeley, Planet Shakers)
- *It's your blood* (Christ, Scripture in Song)
- *It was on the cross* (Conner, Praise 4 Worship)
- *Lead me to the cross* (Kendrick&Thompson, Praise & Worship)
- *Lead me to the cross* (Fraser, Hillsong)
- *My Redeemer lives*
- *Nothing but the blood* (Lowry, All Together)
- *The power of the cross* (Getty & Townend, worshiptogether.com)
- *The steadfast love of the Lord* (Makedonez)
- *So you would come* (Fragar, Hillsong)
- *The wonder of the cross* (Beeching, Thankyou)
- *When his time was over* (Robin Mann, All Together)
- *You rescued me* (Bullock)

Some songs for children:

- *God's love (that he sent us his son)* (unknown)
- *Jesus dying on the cross* (Simpson)
- *Jesus loves me this I know* (Warner) vv 1&2
- *Turn our sadness upside down* (Newton)

WORSHIP LEADERS

Your regular worship leader may lead intergenerational worship. Alternatively, the worship can be led by another person or a group of people representing different generations (genders and/or ethnic backgrounds).

The sample service involves leadership roles for:

- WORSHIP LEADER/S the host (or co-leader) leading worshippers through the service.
- MUSIC TEAM/SONG LEADER who encourage and lead congregational singing
- HOSPITALITY TEAM
- TECHNOLOGY TEAM
- BIBLE READER/S
- PRAYER LEADER/S

SERMON

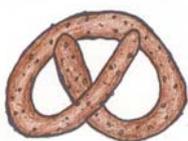
A sermon in an all-age worship service should be an all-age sermon. This means it's short and simple — generally no more than three points. Stories, illustrations and dialogue can help people of all ages to engage with and remember the message.

If an adults-only sermon is used, you will need to organize a theme-related activity for children to do during the sermon.

Any of the Good Friday Bible texts (see page 7) could be the text for a sermon.

The sample service does not include a sermon as such, but has short comments on several Bible passages that answers the question *What's so good about Good Friday?*

PRETZELS



A pretzel can be used in a number of ways in Good Friday worship.

Worshippers can make soft pretzels before the service.

Pretzel-making requires access to a kitchen or work area and a stove (a crock pot can be substituted) and an oven. You'll also need hand-washing facilities.

It is easier to manage in a small congregation than a larger one, but with careful planning it can be done in almost any situation.

Do not undertake the project unless you have a supervisor who knows what they are doing: an experienced pretzel-maker or someone who at least has used the recipe successfully.

Parents (or other carers who bring children) must be responsible for supervising the children during this activity and ensuring that children with food intolerance are not placed in danger.

There are many benefits to a pretzel-making activity:

- It will give people of all generations an opportunity to do something together. Adults can help even the youngest to participate in some aspect of the process.
- It is a tactile, physical activity, involving intelligences often overlooked in worship.
- When a volunteer bakes the formed pretzels during worship in an oven near the worship area, the sense of smell will be engaged and help create a memorable experience.
- When people sample their pretzel creations after the service, the sense of taste will be engaged and there will be more opportunity for intergenerational mixing and conversation.

Besides all this, the pretzel symbol can be used in the worship service itself as a prayer posture and in other ways.

See page 10 for more about pretzels.



TAKE HOME

It is a good idea in an all-age service to provide worshippers with a memento of the service that they can take home with them to encourage ongoing conversation about the worship theme and the worship experience.

A pretzel or pretzel recipe can be a good thing to take home. You might also consider making copies of the Worship at Home leaflet that worshippers can use to review the theme.

HOME AND AWAY

These notes include a 'Worship at Home' leaflet (page 16) that you can give to those families and individuals from your congregation who will not be worshipping in a church setting over the Easter weekend.

It is intended to help them take time to consider *What's so good about Good Friday?*

DATE OPTIONS

These notes are written for worship that is held on Good Friday. If you choose to do it at another time, you will want to add appropriate elements

- **Palm Sunday** (28 March 2010): use many of the suggestions presented here, but add something of the narrative of Jesus' triumphal entry into Jerusalem. Use at least one Palm Sunday song. Use some palm leaves as decorations for the worship space.
- **Passion Sunday** (28 March 2010): if you observe this date as Passion Sunday, you may use the notes as for Good Friday, but explain

the term Passion and its link with 'Good Friday'.

- **Maundy Thursday** (1 April 2010): add a segment on the last supper. Seriously consider having Holy Communion as part of your service.
- **Easter Sunday** (4 April, 2010): *What's good about Good Friday?* is that it isn't the end of the story. What is good about Easter is that it comes after Good Friday. If you are planning an Easter celebration, make it a celebration of life — Jesus life and our life. Use only portions of the Good Friday notes that will place Easter in its context.

UPSIZING & DOWNSIZING

These Good Friday worship ideas can be used in large or small congregations. They can also be used in a home church setting.

Each planning group will need to adapt the ideas to suit their own particular situation: people, traditions and facilities.

REHEARSAL

Because this service will be different from your usual service, it requires careful planning. It also requires rehearsal. A complete walk-through will pinpoint any logistical problems, allow the worship leader/s to fine-tune instructions for the worshipers and ensure that the service itself runs smoothly.

Use rehearsal time as an opportunity to pray together.

- Thank God that you, as a team, have the privilege of leading people in worship.
- Ask God to bring people to worship who need to hear the good news.
- Ask God to bless all who worship with you.
- Ask God to give you all an ever greater appreciation of *What's good about Good Friday?*
- Ask God to accept your planning and worship leading as acts of love and service to him.
- Ask God to bless your efforts and to work through what you do and say — to his glory and the benefit of all worshipers.

What's so good about Good Friday?

BIBLE TEXTS

The Bible texts for Good Friday as set out in the Revised Common Lectionary are:

Psalm: 22

Old Testament: Isaiah 52:13 – 53:12

Epistle: Hebrews 10:16–25 or Hebrews 4:14-16; 5:7–9

Gospel: John 18:1 – 19:42

John 18,19 Is one of four Gospel accounts relating the story of Jesus' suffering and death. Each account is written from a different perspective, but the details are remarkably similar.

Other accounts of the story from Jesus' prayer in Gethsemane through his trials, crucifixion and burial are:

- Matthew 26:30 – 27:66
- Mark 14:26 – 15:47
- Luke 22:39 – 23:56.

Here are some excerpts from the other lectionary texts that help us answer our key question: *What's so good about Good Friday?*

The quotations are from *The New International Readers' Bible*

Psalm 22:29–31

All the rich people of the earth will worship God and take part in his feasts.

All those who go down to the edge of the grave will fall on their knees in front of him.

I'm talking about those who can hardly keep themselves alive.

Those who are not yet born will serve him.

Those who are born later will be told about the Lord.

And they will tell people who have not yet been born that he has done what is right.

Isaiah 53:4

He suffered the things we should have suffered. He took on himself the pain that should have been ours.

Isaiah 53:5

He was punished to make us whole again. His wounds have healed us.

Isaiah 53:10,11

My plan will be brought about through him.

After he suffers, he will see the light that leads to life. And he will be satisfied.

My godly servant will make many people godly because of what he will accomplish.

He will be punished for their sins.

Hebrews 4:14,16

We have a high priest who can feel it when we are weak and hurting. We have a high priest who has been tempted in every way, just as we

are. But he did not sin. So let us boldly approach the throne of grace. Then we will receive mercy. We will find grace to help us when we need it.

Hebrews 5:8,9

Jesus was God's Son. But by suffering he learned what it means to obey. In that way he was made perfect. Eternal salvation comes from him. He saves all those who obey him.

Hebrews 10:16–18

'This is the covenant I will make with them after that time', says the Lord.

'I will put my laws in their hearts.

I will write my laws on their minds.' (*Jer 31:33*)

Then he adds, 'I will not remember their sins anymore.

'I will not remember the evil things they have done.' (*Jer 31:34*)

'Where those have been forgiven, there is no longer any offering for sin.'

Hebrews 10:19–23

Bothers and sisters, we are not afraid to enter the Most Holy Room. We enter boldly because of the blood of Jesus. His way is new because he lives. It has been opened for us through the curtain. I'm talking about his body.

Let us hold firmly to the hope we claim to have. The One who promised is faithful.

Hebrews 10:24,25

Let us consider how we can stir up one another to love. Let us help one another to do good works. Let us not give up meeting together.

Some are in the habit of doing this. Instead, let us cheer each other up with words of hope. Let us do it all the more as you see the day coming when Christ will return.

Also consider:

Romans 3:24

The free gift of God's grace makes all of us right with him. Christ Jesus paid the price to set us free.

Romans 3:25

God gave him as a sacrifice to pay for sins. So he forgives the sins of those who have faith in his blood.

John 3:16,17

God loved the world so much that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life. God did not send his Son into the world to judge the world. He sent his Son to save the world through him.

1 Corinthians 1:18,19

The message of the cross seems foolish to those who are lost and dying. But it is God's power to us who are being saved. It is written, 'I will destroy the wisdom of those who are wise. I will do away with the cleverness of those who think they are so smart.' (Isa 29:14)

1 Corinthians 15:1-8

Brothers and sisters, I want to remind you of the good news I preached to you. You received it and have put your faith in it. Because you believed the good news, you are saved. But you must hold firmly to the message I preached to you. If you don't, you have believed it for nothing.

What I received I passed on to you. And it is the most important of all. Here is what it is. Christ died for our sins, just as Scripture said he would. He was buried. He was raised from the dead on the third day, just as Scripture said he would be. He appeared to Peter. Then he appeared to the Twelve. After that, he appeared to more than 500 believers at the same time. Most of them are still living. But some have died. ⁷ He appeared to James. Then he appeared to all the apostles. Last of all, he also appeared to me. I was like someone who wasn't born at the right time or in a normal way.

What's so good about Good Friday?

GOOD FRIDAY

DATES

Many events in the traditional Christian calendar are determined by the Hebrew calendar rather than the Roman calendar in common use today

The date of Pentecost is determined by astronomical observations: the first new moon after the spring (Northern Hemisphere) equinox.

Jesus' crucifixion and death (our rescue from slavery to sin and the fear of death) took place around the Hebrew Passover (God's rescue of his people from slavery in Egypt).

Jesus died and was buried prior to the Sabbath which began at 6:00 pm on our Friday. The women went to the tomb early on the morning after the Sabbath — the third day.

The Eastern Churches use slightly different calculations and celebrate the events a week later than Western churches.

NAME

Good Friday is sometimes called 'The Holy and Great Friday' (*he hagia kai megale paraskeue* in Greek) and sometimes 'Sorrowful Friday' (*Charfreitag* in German).

The name Good Friday may have developed simply from identifying it as a holy or 'good' day or even from the term 'God's Friday'.

HISTORY

In the early Church, all Sundays were feast days for celebrating Jesus' resurrection; all Fridays were fast days for remembering Jesus' death.

Between the fourth and seventh century the Friday before Easter gained special significance as the day associated with the crucifixion.

TRADITIONS

Good Friday comes at the end of Lent. Lent is a period of fasting, meditation and penitence. It lasts 40 days (excluding Sundays) prior to Easter. In some cases it was the 40 days of preparation for baptism on Easter Sunday.

Many people have looked at Lent also as a period of sacrifice — 'giving up something for Lent' — to remind themselves of Jesus' sacrifice — giving up his life for us.

Lent begins with Ash Wednesday, which is preceded by Shrove Tuesday, a time for clearing out from the home whatever will be 'given up' for Lent. When this was food, the surplus food may have been cooked up into pancakes. Hence our 'Pancake Day'.

Some churches hold worship services Ash Wednesday; some, on each Wednesday of Lent. People are encouraged to meditate on the gospel accounts of Jesus' suffering and death: See Matthew 26-27; Mark 14-15; Luke 23; John 17-19. Some churches provide special guides for personal or group study.

GOOD FRIDAY WORSHIP

Tre Ore (three hours) — In some communities, Good Friday worship lasts three hours, from 12 noon to 3:00 pm — representing the hours Jesus was on the cross. This sombre and moving worship experience is often broken into seven segments (plus an opening and conclusion) each one focusing on one of the 'words' Jesus spoke from the cross. Worshipers have the option of participating for the entire three hours or for just a few of the segments.

Tri diem (three days) — in some communities Good Friday worship is one of three linked worship services.

The first is held on Thursday (Maundy Thursday). It recalls and often re-enacts the events of Jesus' last supper with his disciples in which he instituted the sacrament of Holy Communion. This service may conclude with stripping all decoration from the worship centre to create the sombre mood for the following day.

The second is held on Friday, when people recall the events of Good Friday.

The final worship is on Sunday. It is a joyous celebration of Jesus' Resurrection on the third day. All the decorations (and more) are in place, brass instruments may be added to the usual musical instruments and singers. People dress in new (or best) clothes (possibly the beginning of the idea of the Easter bonnet).

Stations of the cross ('Way of the cross' or 'Via dolorosa') is a form of Good Friday worship generally done by individuals or in small groups.

Each worshiper moves at their own pace through a series of eight to fourteen scenes (paintings, carvings or other illustrations) depicting Jesus' passion. At each 'station' worshipers are invited to take time to look seriously at Jesus and meditate on the significance of what Jesus is experiencing.

An excellent format for doing stations of the cross with children and families can be found at www.cptryon.org/prayer/child/stations/index.html The plan includes a number of stations that are not strictly biblical and can be omitted.

What's so good about Good Friday?

THE PRETZEL

THE PRETZEL STORY

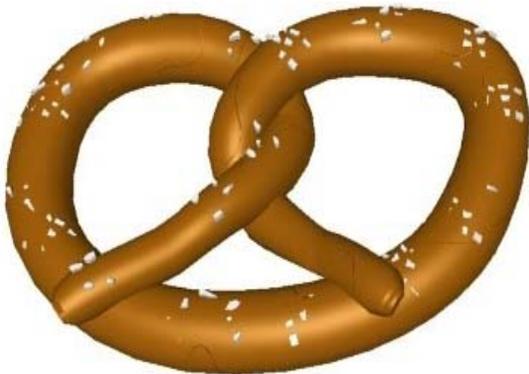
Believe it or not, the food that we now consider just a snack has been associated with prayer and almsgiving, has been used to help teach religion and as part of wedding ceremonies. It saved a city from destruction, was a symbol of good fortune and provided serious sustenance during times of famine and depression.

Pretzels have been around for such a long time that their true origin has been lost.

There is a tradition, though, that bread-like soft pretzels were invented by a monk sometime around the sixth century. Playing around with leftover strips of bread dough, the monk-baker twisted them until they resembled a person's crossed arms. This was a common posture for prayer in those days. He baked the titbits and shared them with his brother monks. They liked them so much they began using them as a reward for children in their schools. They used the inter-connected sections of the 'pretiola' (*little prayers*) to help the children understand the Trinity: Father, Son and Holy Spirit.

The crunchy hard pretzel evolved in the late 1600s, through an error. A baker put them in the oven without rising and forgot about them. Baked too long and unrisen, the pretzels grew dark, hard and crunchy. And turned out to be a great success. Not only did they taste delicious but, due to the moisture being baked entirely out, freshness was preserved and they would keep longer.

Today pretzels are made from different grains, in a variety of shapes, and with all sorts of coatings and toppings.



A SIMPLE RECIPE FOR PRETZELS**

INGREDIENTS

- 1 packet of active dry yeast
- 1½ cup warm water
- 1 Tablespoon sugar
- 1 Tablespoon of salt
- 4 cups of plain flour
- 1 large egg, beaten
- Coarse salt

METHOD

Preheat oven to 'hot' (240° C)

Prepare the dough

1. In a big bowl, mix 2 tablespoons warm water with the yeast to dissolve it.
2. Stir in the remaining warm water and sugar.
3. Gradually add flour, mixing by hand or with a dough hook on an electric mixture. Continue mixing until a ball forms.
4. Turn the dough onto a lightly-floured work surface and knead to make it smooth. Use enough flour so the dough is not sticky.
5. Divide the dough up into golf ball size pieces.

Shape the pretzel

6. Roll the dough to form 'worms'
7. Form a 'U' then cross the ends, twisting at the middle. Fold the ends back down to meet the U and press to secure the dough.

'Wash' the dough

8. Bring 2 quarts of water to boil in a large saucepan.
9. Drop the shaped pretzels into the boiling water for 30 seconds. Remove with a slotted spoon or egg lifter.

• Bake

10. Place pretzel on oven slide (greased or covered with baking paper)
11. Brush with beaten egg.
12. Sprinkle with salt.
13. Bake in hot oven for 15 minutes or until browned.

**You may use another favourite pretzel recipe. However, if you are having a group pretzel-making activity, avoid recipes with a lye wash and those that require a long 'rising' time.



What's so **good** about Good Friday?

A SAMPLE WORSHIP PLAN

This worship service has a number of segments. Each follows the same pattern:

- ask the question
- read a Bible text
- reflect on how the text answers the question
- sing a song (or selected verses of a song) and/ or do an activity
- pray
- add a comment or mark an existing comment on a graffiti wall.

You may choose to do any number of these segments.

If you hold the worship service on a day other than Good Friday eg Palm Sunday, Maundy Thursday or Easter Sunday, you may add a segment that refers more directly to the day of the service.

Each segment can be led by a different person OR different people can be responsible for a particular part of the segments, eg one person reads all the Bible passages, another person leads all the prayers.

Suggested wording for worship leaders is in *italic print*

CHURCH DECORATION

Church decoration is minimal: no flowers or candles. Make a feature of a central cross or crucifix if you have one. Possibly placing it on a stand draped in black.

Have a lectern or music stand with a large Bible. All Bible reading is to be done there.

Place a *What's so good about Good Friday?* 'graffiti wall' (see page 3) near the entrance to the worship area so people will have to pass closely by it as they enter.

ARRIVAL ACTIVITY

MAKING PRETZELS

As people arrive they go to a kitchen or another work area where a supervisor helps each person to make a pretzel. See page 10 for a recipe.

People may be involved in mixing and kneading the dough or you may have the dough pre-mixed so that people simply shape their pretzels.

Provide hand-washing facilities for before and after the activity.

Each person places their formed pretzel on baking paper and writes their name beside it so they will be able to collect their own after the service.

BEGINNING OF WORSHIP

ENTRY

After worshipers complete the arrival activity, they move into the worship space.

HOSPITALITY TEAM gives each person a sealed plastic bag with a salted pretzel in it and

- welcomes people
- encourages them to study the graffiti wall
- helps them settle into seats
- encourages them to sit quietly for a few minutes, looking at the projected image (or poster) and listening to the music.

TECH TEAM shows PowerPoint slide of the *What's so good about Good Friday?* postcard or another illustration of Jesus' crucifixion.

MUSIC TEAM plays quiet instrumental to encourage people's quiet meditation.

2. WELCOME / INVOCATION

WORSHIP LEADER: *What's so good about Good Friday?*

One good thing about it is that we come together to worship.

*We are here today **not** to worship a day on the calendar — Good Friday,*

*... **not** to worship a symbol — a cross,*

*... **not** even to worship an historical event — the suffering and death of Jesus Christ.*

We are here to worship God.

Show a demonstration pretzel [a real pretzel large enough for the whole congregation to see, or a cardboard cut-out of a pretzel shape or a picture].

This pretzel reminds us that the God we worship comes to us in three ways.

Point to one of the open spaces in the pretzel for each person of the trinity:

- *the Father who loved the world and gave his Son,*
- *Jesus who died and came back to life for us,*
- *and Holy Spirit who makes it possible for us to believe and worship.*

Before we do anything else, I want to make an important announcement. Each of you should have a plastic bag with a pretzel in it. Please do not open the bag.

I promise that later in the worship I will tell you to open them. Please wait until that special time.

3. SONG

MUSIC TEAM leads people in singing 'Jesus I will ponder' or another opening song.

During the song, the *What's so good about Good Friday?* graffiti board can be brought forward and placed where it will be visible throughout the service.

Throughout the following segments you may want to have the prayers (and perhaps the Bible passages) projected on screen or available in a worship booklet, so that people can join in with them.

SEGMENT 1

QUESTION

*When you looked at our graffiti wall — or contributed to it — you would have discovered that **we** have many answers to the question *What's so good about Good Friday?**

We're going to look now into the Bible to find out some of God's answers to the question.

BIBLE READING [JOHN 3:16]

This one of my favourite parts of the Bible,

God loved the world so much that he gave his one and only Son. . .

REFLECTION

God's love for us. God's Son given for us. I think this verse is telling us that Good Friday is good because it is about God's love, and about God's Son — Jesus.

ACTIVITY

Use a demonstration pretzel. Show that the pretzel can look like a heart — a symbol of love.

Or, if people have their own pretzels, suggest that they turn their pretzels to find a symbol of love and show it to one another.

AND/OR Sing 'So you would come' or 'How deep the Father's Love' or another song about God's love.

PRAYER

Sometimes when people pray they fold their hands. Today we're going to do something a bit different.

Show the demonstration pretzel and demonstrate the position.

I'd like you to cross your hands over your chest and bow your head. You'll look something like this pretzel.

Let's pray: Dear God, you are a loving God. Thank you for the gift of your Son. Amen.

GRAFFITI WALL

Add to the graffiti wall or find on it: 'God's love' or 'God's Son' or something similar

SEGMENT 2

QUESTION

Let's see what other answers we can find to our question: What's so good about Good Friday?

BIBLE READING [JOHN 19:16,17,30]

This is from one of the accounts of what happened on the day that we now remember as Good Friday.

... Pilate handed Jesus over to them to be nailed to a cross. So the soldiers took charge of Jesus. He had to carry his own cross. He went out to a place called The Skull. In the Aramaic language it was called Golgotha. There they nailed Jesus to the cross.

It continues a bit later:

After Jesus drank he said, 'It is finished'. Then he bowed his head and died.

REFLECTION

On Good Friday we remember that Jesus was nailed to a cross — like a criminal. It was a punishment that was physically painful and emotionally humiliating. And Jesus died.

That doesn't sound 'good' to me. But it must be a part of the answer.

ACTIVITY

Use the demonstration pretzel to show that the centre of the symbol looks a bit like a cross.

Or, if people have their own pretzels, suggest that they find a cross within the symbol for God's love and show it to one another.

AND/OR a soloist (or recording) performs 'The wonder of the cross' or sing 'When I survey the wondrous cross' or another song about Jesus' crucifixion

PRAYER

Invite people to take the pretzel prayer position.

Let's pray: Dear God, help me to understand why something so horrible as Jesus dying on a cross can be 'good'. Amen.

GRAFFITI WALL

Add to the graffiti wall or find on it: 'Jesus died on a cross', or something similar.

SEGMENT 3

QUESTION

Let's look at another answer from God's word to our question: What's so good about Good Friday?

BIBLE READING [ISAIAH 53:4,5]

This is from a part of the Bible that prophesied what would happen before it actually happened.

He [Jesus] suffered the things we should have suffered.
He took on himself the pain that should have been ours.
He was punished to make us whole again.
His wounds have healed us.

REFLECTION

'For us' — Good Friday is good because what Jesus did was for us. We deserve to be punished, but Jesus was punished in our place. He was punished to make us whole again.

ACTIVITY

Sing 'The power of the cross' or another song emphasising 'for us'.

PRAYER

We've been praying 'me' prayers and bending ourselves like pretzels. Now let's think about Jesus dying — not just for 'me', but for all of us.

For this prayer we're going to link elbows, and pray a 'we' prayer.

Encourage people to link up with one another.

Let's pray: Dear God, what you did for us is truly amazing. We can't understand that you love us that much. But we thank you, and we love you for it. Amen.

GRAFFITI WALL

Add to the graffiti wall or find on it: 'For us' or something similar.

SEGMENT 4

QUESTION

Let's see what other answer we can find in the Bible to our question: What's so good about Good Friday?

BIBLE READING [HEBREWS 10:17]

This is from a letter. The writer was trying to help people understand what happened when Jesus died.

[God said:]
'I will not remember their sins anymore.
I will not remember the evil things they have done.' . . . Where those have been forgiven, there is no longer any offering for sin.

REFLECTION

Good Friday is good because we are forgiven — because Jesus died for us.

ACTIVITY

Use a set of word cards in this activity. You may have eight 'helpers' to hold the cards.

We don't like to think of **sin** and **evil deeds** as having anything to do with us. But the truth is, God wants us to be **perfect** like Jesus is.

[Stand 'perfect' beside the cross or crucifix.]

. . . and we aren't perfect. At least, I'm not.

I prefer words like **naughty** or **selfish** or **thoughtless** to describe my not-perfect self.

What about you? Do these words apply to you? When? Do you use other words? Think about it.

[Allow 30–60 seconds for quiet thought.]

Jesus took all those not-perfect things about us with him to the cross.

{Lay all the sin words face down at the base of the cross}.

Jesus life was **given** **for** us,

[Hold the two cards forming 'given for' side by side in front of the cross.]

. . . so that we are **for** **given**

[Switch the two cards around to form the new word.]

And now God sees us as **perfect**.

[Hold 'perfect' beside 'forgiven'].

And that's why Good Friday is good.

AND/OR Sing 'You rescued me' or another song about forgiveness.

PRAYER

Invite people to kneel or stand and take the pretzel prayer position.

[CONFESSION] Dear God, I have thought, said, and done many wrong things. I have not loved you as I should. I have been unkind to others.

I am very sorry for this. I ask you to forgive me, and help me to be more like Jesus. Amen.

[FORGIVENESS] Look up now — at the cross.

God sent Jesus to take your place. Jesus died for you — and for all of us — on a cross. God has forgiven you because Jesus died for your sins.

GRAFFITI WALL

Add to the graffiti wall or find on it: 'Forgiveness' or something similar.

SEGMENT 5

QUESTION

We can find even more answers in the Bible to our question: What's so good about Good Friday?

BIBLE READING [HEBREWS 4:16]

This is more from the letter explaining why Jesus death (and Good Friday) was good.

Let us boldly approach the throne of grace. Then we will receive mercy. We will find grace to help us when we need it.

REFLECTION

Good Friday is good because Jesus died and we are forgiven — free from sin. We are also free to come to God in prayer whenever we need to be assured of his mercy and grace.

ACTIVITY

Sing 'Amazing Grace' or another song about God's mercy and grace.

PRAYER

Invite people to take the pretzel prayer position.

Because Jesus died for us, we don't need to be held back by sin or fear. We can come directly to God, just like a loved child can talk with a good parent.

Let's pray together the prayer Jesus taught us:

Our Father in Heaven

Hallowed be your name.

Your kingdom come.

Your will be done on earth as it is in heaven.

Give us today our daily bread.

And forgive us our sins as we forgive those who sin against us.

Lead us not into temptation,
but deliver us from evil.

For the kingdom, the power and the glory are yours. Now and forever. Amen.

GRAFFITI WALL

Add to the graffiti wall or find on it: 'Mercy' or 'Grace' or something similar.

SEGMENT 6

QUESTION

Let's see what else we can find to answer our question: What's so good about Good Friday?

BIBLE READING [1 CORINTHIANS 15:3-8]

This is from another Bible letter.

What I received I passed on to you. And it is the most important of all. Here is what it is. Christ died for our sins, just as Scripture said he would. He was buried. He was raised from the dead on the third day, just as Scripture said he would be. He appeared to Peter. Then he appeared to the Twelve. After that, he appeared to more than 500 believers at the same time. . . . Last of all, he also appeared to me.

REFLECTION

Good Friday is good because it isn't the end of the story.

God's justice demanded punishment. Jesus took our punishment for us. Jesus died so that we are forgiven.

But Jesus came back to life. Jesus is alive! There are eyewitnesses of that fact. God's love is life giving love.

ACTIVITY

'Jesus is alive!' can you say it with me?

I hope you're up to celebrating this in a special way — a 'way-ve' actually: a Mexican wave to celebrate that Good Friday is good because Jesus is alive!

Give instructions for one row or group of people to start the wave by standing, raising their hands and shouting: 'Jesus is alive!'

As soon as they have said 'Jesus' the next row begins.

Continue around the room, perhaps several times.

The leader may have to act as a conductor, pointing to each group when it is their time to start. Don't worry if it's a bit ragged.

AND/OR Sing 'Jesus is alive' or 'God's love (that he sent us his Son)' or another children's song about Jesus death and life.

PRAYER

Invite people to take the pretzel prayer position.

Let's pray: Dear God, thank you for bringing Jesus back to life. Amen.

GRAFFITI WALL

Add to the graffiti wall or find on it: 'Jesus rose again' or 'Jesus is alive' or something similar.

SEGMENT 7

QUESTION

Let's look at one more answer to our question: What's so good about Good Friday?

BIBLE READING [HEBREWS 10:23]

This is from another Bible letter.

Let us hold firmly to the hope we claim to have. The One who promised is faithful.

REFLECTION

Good Friday is good because Jesus, who died for us is alive. Our hope is that we will also live with him forever. All that Jesus did for us on Good Friday is proof that God — who makes that promise — is faithful. God keeps his promises — always.

ACTIVITY

Do you remember that at the beginning of the service I asked you not to open your plastic bags? I promised that I would tell you when it was time to open them.

My promise was just a little one compared to the promises God makes to us. But I'm going to keep my promise. Now is the time to open your bag and eat your pretzel.

As you eat your pretzel, taste how good it is. Know that Good Friday too is good because God is good and keeps his promises

AND/OR

Sing 'Great is thy faithfulness' (Chisholm) or another song of trust in God.

PRAYER

Invite people to take the pretzel prayer position.

Let's pray: Dear God, you are completely faithful and trustworthy. Thank you for your promise that we will live with you forever. Amen.

GRAFFITI WALL

Add to the graffiti wall or find on it: 'Hope' or 'Faithful' or something similar.

CONCLUSION OF WORSHIP

ANNOUNCEMENTS

WORSHIP LEADER makes any necessary announcements. Keep these very brief.

- Explain and invite people to any fellowship activities planned for after the service and any other worship opportunities planned for the Easter period.
- Explain how the offering will be collected and how the offering money will be used. Also give guests permission to refrain from giving an offering.
- Explain any take-home item/s you are providing.

OFFERING (Optional)

The offering is collected in your usual manner. As the offering is collected:

MUSIC TEAM may play instrumental music, possibly a medley of tunes used in the segments.

BLESSING

WORSHIP LEADER: *As you leave our worship, Please remember the message in the pretzel.*

Use a demonstration pretzel again.

Good Friday is good because the cross is at the centre of God's love for us.

As you say the blessing indicate the three persons of the trinity in the three open spaces in the pretzel

*May the grace of God the Father
The love of Jesus Christ, his Son
and the fellowship of the Holy Spirit be with you
now and always. Amen.*

SONG

MUSIC TEAM leads the singing 'It's all about Jesus' or another closing song.

LEAVING AND HOSPITALITY

As people leave they may collect the pretzels they made.

You may encourage people to stay for a cuppa and chat and eat their pretzels; or they can wrap or bag them and take them home.

Let us hold firmly to the hope we claim to have. The One who promised is faithful. (Hebrews 10:23)

Good Friday is good because _____

Thank you, God, that _____

✦ After thinking and praying through these Bible answers to the question

What's so good about Good Friday?

You may want to affirm your faith in the One who died for you, for the forgiveness of your sins. The One who is faithful.

Use these traditional words from the Apostles' Creed:

I believe in Jesus Christ, God's only Son, our Lord,
who was born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and buried.
He descended into Hell.
On the third day he rose again from the dead.
He ascended into Heaven and sits at the right hand of God.
From thence he will come to judge the living and the dead.

✦ To conclude your meditation, make the sign of the cross* and say this blessing for yourself or for one another:

May Jesus Christ, who for our sakes became obedient unto death, even death on a cross, keep us safe and strengthen us in faith and love. Amen.

* If you wish, you may simply trace over the picture of a cross on the front of this leaflet with your finger.



Take some time during this Easter long weekend to think about the reason for the holiday.

You can focus your thoughts on the question

What's so good about Good Friday?

✦ Answer that question for yourself first, then look inside this leaflet for some answers that come from the Bible.

You can use this leaflet for your own meditation or as a guide for a devotional time with your family.

✦ Good Friday is the day Christians focus on the death of their Saviour.

So the soldiers took charge of Jesus. He had to carry his own cross. He went out to a place called The Skull. . . . There they nailed Jesus to the cross. . . .
Pilate had a notice prepared. It was fastened to the cross. It read, 'Jesus of Nazareth, the king of the Jews'. . . .
When the soldiers crucified Jesus, they took his clothes. . . .
Jesus' mother stood near his cross. . . .
Later Jesus said, 'I am thirsty'. He knew that everything was now finished. He knew that what Scripture said must come true. A jar of wine vinegar was there. So they soaked a sponge in it. They put the sponge on a stem of the hyssop plant. Then they lifted it up to Jesus' lips.
After Jesus drank he said, "It is finished". Then he bowed his head and died. (from John 19:16-30)

What could be worse? How can we call it a good day?

✦ Do you know this old spiritual song?

Were you there when they crucified my Lord?
O, sometimes, it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord.

If you know it, sing it.

Think about the word 'tremble'. As you think deeply — with your heart as well as your mind — about *What's so good about Good Friday?* you are likely to tremble at the amazing thing God did for you on that Friday some 2000 years ago.

✦ These Bible passages can help you to understand what happened and why it is good. Read each passage, then answer the question for yourself and turn your thoughts into a prayer.

God loved the world so much that he gave his one and only Son. . . . (John 3:16)

Good Friday is good because _____

Thank you, God, that _____

He [Jesus] suffered the things we should have suffered.
He took on himself the pain that should have been ours.
He was punished to make us whole again.
His wounds have healed us. (Isaiah 53:4,5)

Good Friday is good because _____

Thank you, God, that _____

God said: 'I will not remember their sins anymore.
I will not remember the evil things they have done'. . . . Where those have been forgiven, there is no longer any offering for sin. (Hebrews 10:17)

Good Friday is good because _____

Thank you, God, that _____

Let us boldly approach the throne of grace. Then we will receive mercy. We will find grace to help us when we need it. (Hebrews 4:16)

Good Friday is good because _____

Thank you, God, that _____

What I received I passed on to you. And it is the most important of all. Here is what it is.
Christ died for our sins, just as Scripture said he would.
He was buried.
He was raised from the dead on the third day, just as Scripture said he would be.
He appeared to Peter.
Then he appeared to the Twelve. After that, he appeared to more than 500 believers at the same time. . . . Last of all, he also appeared to me. (1 Corinthians 15:3-8)

Good Friday is good because _____

Thank you, God, that _____