

## Good Friday Lenten Reflection

Text- Luke 23:46

### What's So Good About "Good Friday"?

Good Friday is the most difficult and most complex day of the Passion week. But before we rush into celebrating the good news of the resurrection and new life, we must pause and reflect on Jesus' sacrifice for us. He suffered publicly after the Jewish people betrayed him and they insisted that he be killed despite not committing any crimes. Jesus was tortured, ridiculed, betrayed by the Jews, he took up his cross, and finally suffered a humiliating, bloody death on the cross by crucifixion (a criminal's death). Jesus hung, stripped of his garments, on the cross between two criminals. There hung our Lord!

One of the ways Good Friday is observed is by reading and reflecting on the seven phrases recorded in the Gospels that confirm aspects of who Jesus was and how his life and death fulfilled the Scriptures. His last words hold meaning because they show us that Jesus was consistent in his message and mission up until his very last breath. Jesus' final words offers a glimpse into the depth of his suffering to accomplish redemption. His final words between the time of his crucifixion and his death reveal his divinity as well as his humanity.

Jesus last word in the verse 46, "Father, into your hands I commit my spirit!" finished the work. Jesus in his final moments on his journey is what life is about. He began life with God and he completed his earthly journey with God. Jesus' role in God's great plan was that of *the good Shepherd* who laid down His life for the sheep that He may take it up again. Jesus could have commanded the angels to rescue him. But the sinless Shepherd chose to accept an undeserved, cruel death in order to save His sheep. Jesus' terrible wounds showed both the seriousness of our sin and the depth of His love. All this He did for us on Good Friday!

What are we doing for Jesus?" On Good Friday, we should see the truth about God and ourselves--and the power of the Cross. Good Friday should awaken in us a desire to commit our lives to Jesus Christ. So, let us remember that on Good Friday, Jesus sacrificed his life for us that we may have life. Without the shedding of His blood, there could be no salvation. So, let us be forever grateful and thankful because he endured for us.

Our Father in heaven, we give You all the glory for the love you showed the world. by sending your only Son to die for us so we might have everlasting life. Help us to remember this great sacrifice all the days of our lives. Help us to live a righteous, holy, and just life that will honor your Holy name so that His sacrifice will not be in vain. In Jesus Christ, our Lord's name. Amen.



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