

GOOD FRIDAY: In Your Hands

*Jesus called out with a loud voice,
'Father, into your hands I commit my spirit.'
When he had said this, he breathed his last.*

Luke 23:46

*God demonstrates his own love for us in this:
While we were still sinners, Christ died for us.*

Romans 5:8

**Praise be to God for the proof of His love for us.
Praise be to God that He has reconciled us to Himself.**

With Jesus we can say:

"Father, into your hands we commit our lives."

In your hands our lives are safe, come what may.

We know that your forgiveness is greater than our sinfulness.

**Even though there may be difficulties and dangers ahead,
we are in your hands.**

All that is spectacular and all that is plain
have their origin in you, O God.

All that is lovely and all who are loving are rooted in you.

**For your life informs our living,
for your compassion changes our hearts,
for your clear speaking cuts through are confusing generalities,
for your disturbing presence, your innocent suffering,
for your fearless dying, your rising to life, breathing forgiveness:
for all this we give you thanks.**

Compassionate God, lifted up on the cross to draw all to yourself.
Grant that we who have been grafted to this cross
also find it a Tree of Life.

*Adapted from a prayer by Ian Cowie
(Eggs and Ashes by Ruth Burgess & Chris Polhill)*

