

## Refection Good Friday 2024

St John's Gospel holds all that we need for the reflection today. Read through it a more than once slowly and let Jesus speak to you in words that you understand. This will happen if you make the journey with Jesus and relate your life to this journey that Jesus made for us out of deep love.

To help Isaiah offer these thoughts.

*"He was pierced for our transgressions,  
He was crushed for our iniquities;  
the punishment that brought us peace was on Him,  
and by His wounds we are healed." - Isaiah 53:5*

While Malcolm Guite shares this sonnet.

### Crucifixion: Jesus is nailed to the cross

See, as they strip the robe from off his back  
and spread his arms and nail them to the cross,  
the dark nails pierce him and the sky turns black,  
and love is firmly fastened on to loss.  
But here a pure change happens. On this tree  
loss becomes gain, death opens into birth.  
Here wounding heals and fastening makes free,  
earth breathes in heaven, heaven roots in earth.  
And here we see the length, the breadth, the height,  
where love and hatred meet and love stays true,  
where sin meets grace and darkness turns to light,  
we see what love can bear and be and do.  
And here our Saviour calls us to his side,  
his love is free, his arms are open wide.