



I wonder how you really feel today, this Good Friday. Can it really be a good day?

I have been trying to put in order my emotions from early this morning to this evening and beyond.

When I awake and remember that this is the day that my Lord was crucified, I am filled with **sorrow** and sadness. I can picture his mother, heartbroken, his disciples scared and frightened, His followers watching in dismay and unbelief, women and men weeping. I think of the long night, the betrayal, the trial, the accusations. Then the reality of the pain he suffered, the nails piercing his hands the cruelty shown to him, the beating and whipping, the jeering, the blood running freely from his crown of thorns and his open wounds, the inhumanity of his death on the cross. Yet it was God's will, but why? Then I remember how the human race created in love had turned away from God and Jesus was sent to save us, to save me and you, to bring us back to God..

It is then I realise the great sacrifice that both God and Jesus made for our salvation; for God he so loved the world that he gave his only begotten Son to be our Saviour to die for our sins. How **humble** I then feel, for the love of the Father and the

love of his Son Jesus is far greater than my love can ever be, far more comprehensive, given freely and given to me and you. We are his creation and he loves us unconditionally one and all.

Then I think of the times that I am unworthy of that love, when I have ignored his word, disregarded his teaching, acted against his will and tried to go my own way. I feel **shame** and plead **forgiveness**.

, And yet despite my failings, his **love** for me is still there, forgiving me time and time again and every time I sin and am forgiven, my love for him grows and blossoms and I try once more to be a true disciple and follow his ways.

We have the foresight, the knowledge to know that he rose from the dead on Easter Day; and because he overcame death, because he is alive to us now, he has given us hope. **Hope** of our own resurrection, hope of eternal life, hope of meeting him face to face, hope of our place in heaven. It's a real reason for Joy, for us to live our life and live it for him rejoicingly.

So today is a day full of mixed emotions, sorrow and sadness, humbleness, shame, forgiveness love, hope and joy.

We are not quite there yet but I look forward to celebrating his resurrection with joy in my heart, keen and eager to please him, to do his will, whether in small ways or as a big challenge. He has called me by name, here I am lord, I live and love for you, for you have done great things for me and Holy is your name. Lord by your cross and resurrection you have set us free. You are the Saviour of the world. Thank you Jesus for dying for me. Amen.