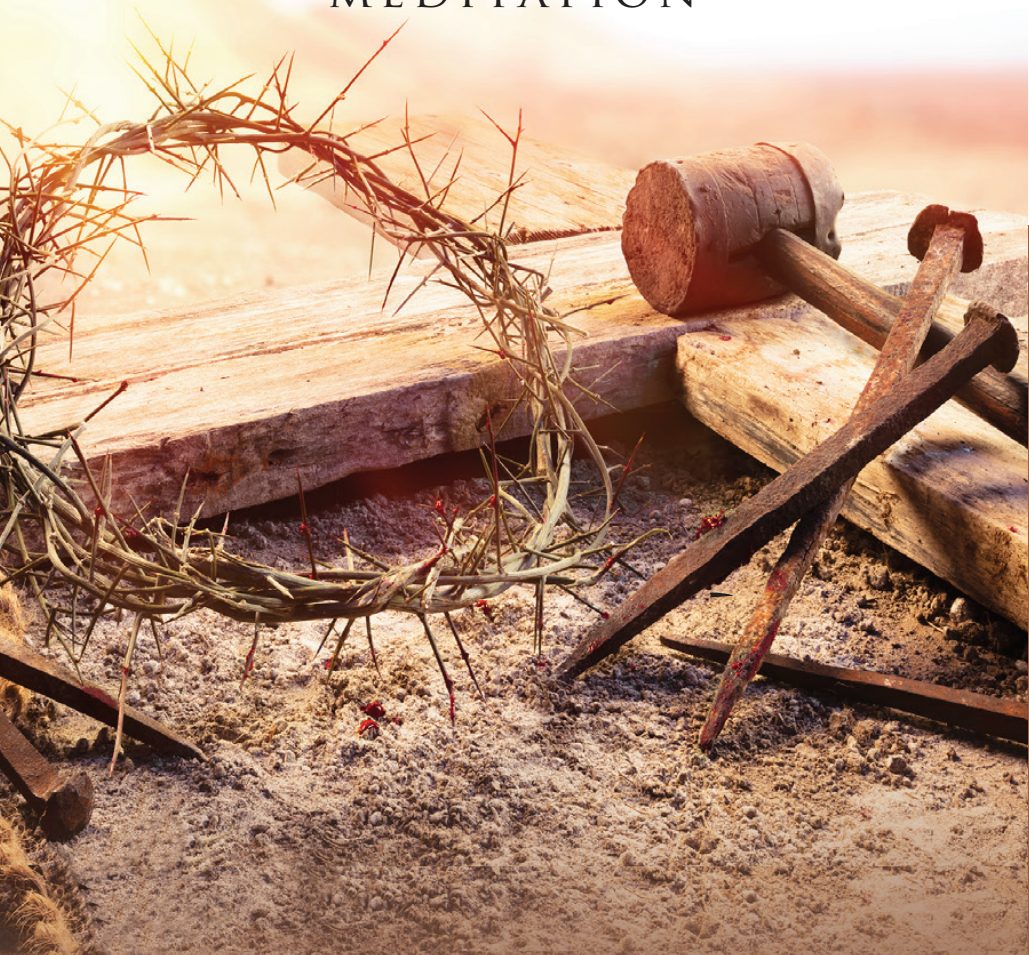


PANTAI BAPTIST CHURCH  
.....  
PETALING JAYA

# GOOD FRIDAY

## MEDITATION



# GETHSEMANE

“FATHER, IF  
YOU ARE WILLING,  
REMOVE THIS CUP  
FROM ME.”

LUKE 22:42



# FOREWORD

For thousands of years elaborate rituals involving the shedding of blood had to be performed year in and year out for the forgiveness of sin for without the shedding of blood there is no forgiveness of sin. In the fullness of time, the spotless Lamb of God was offered as the perfect sacrifice entering the Most Holy Place once for all by his own blood, thus obtaining eternal redemption for us all (Heb 9:12).

## God on the Cross. Good Friday.

As we visualise the blood that flowed from His head, His hands and His feet on that Good Friday, let us with hearts full of gratitude echo the words of Isaac Watts that great hymn writer:

*Were the whole realm of nature mine,  
That were an offering far too small;  
Love so amazing, so divine,  
Demands my soul, my life, my all.*

The Cross demands no less from us as the apostle Paul proclaims, “I have been crucified with Christ !” (Gal 2:20)

ELDER  
*Bryan Lee*



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Blessing



# GOOD *F*RIDAY

As Good Friday approaches, we are exhorted more than ever to examine our lives before GOD and our faith in Christ Jesus.

Many Christians are slowly drifting away from their faith. They find that swimming against the current is so difficult that it is best to lie down and just go with the flow, even if they are heading towards the falls.

Some are so busy with their lives in this world that Good Friday service is a non-event in their calendar. Especially when it falls on a Friday night, the beginning of the weekend to have fun and relax with friends. The cross at Calvary is so distant from them that it is surrealistic that it actually happened 2000 years ago. They have forgotten Gethsemane and the cross.







Many professed Christians think that Good Friday service is for unbelievers. They can skip it and celebrate Easter on Sunday.

Others who are concerned for the lost bring non-Christian family and friends to church hoping that the Good Friday message would bring salvation to them.

*What is Good Friday to you?*





# ALONE IN SUFFERING

*“Father, if you are willing,  
remove this cup from Me.”*

- Luke 22:42

The Garden of Gethsemane is across the Kidron Valley on the Mount of Olives, east of Jerusalem. It was a familiar place to the Lord Jesus who used to spend time there in prayer and fellowship with his disciples. It is surrounded by olive trees.

Jesus’ sorrowful time of prayer and subsequent betrayal and arrest in Gethsemane is described in all four Gospels (Matthew 26: 36–56; Mark 14:32–50; Luke 22:39–53, and John 18:1–12). The name Gethsemane in Hebrew *gat shemanim* means “oil press.” There in the garden is an olive press used to crush olives from the olive groves.





## The Garden of Gethsemane

(Mark 14: 32-42)

“They went to a place called Gethsemane, and Jesus said to his disciples, “Sit here while I pray.” He took Peter, James and John along with him, and he began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.”

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. “*Abba*, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

Then he returned to his disciples and found them sleeping. “Simon,” he said to Peter, “are you asleep? Couldn’t you keep watch for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”





Once more he went away and prayed the same thing. When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

Returning the third time, he said to them, “Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!”

## The Offensiveness of Sin

None of us can fully fathom the sorrow of His lonely heart. Jesus was about to become the sin-bearer for us. That was why He came down from heaven. This is a painful meditation. Jesus knew that the hour had come for Him to be crucified, to endure the stripes and lashes on his back, and to be greatly humiliated and mocked by scoffers.







But it was not the predicted physical torment and torture that distressed Him to the point of death. It was the reality of His sinless soul having to taste sin - all of the unmitigated offensive and disgusting sins of man that were totally repugnant to His pure, divine being. Perhaps a dam burst of human faeces unleashed on you physically (think about it) might help you imagine in a small way how disgusting, repulsive, obnoxious, horrifying, sickening and nauseating that might be to what befell the pure, pristine soul of the Lord in the garden.

The spiritual revulsion is inconceivable to mortal minds but the deep loneliness of the human part of the Saviour is. He longed for the companionship of His closest friends, those whom *“He loved to the end.”* (John 13:1). But sadly, it was not forthcoming. They slept through it all.





His mental and spiritual torment did not overwhelm our Saviour because the Omniscient GOD was watching and we remember what the Lord Jesus told His disciples in John 16:32, *“A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me.”*



Lord Jesus, thank you for letting us know on record what it was like for You to take that cup on our behalf. The cup was meant for us because we sinned, not You.

Lord, some of us are going through extreme difficulties and very trying times. We are struck with chronic illnesses and the prognoses are not good. We are pleading





now to GOD if He is willing, to remove the cup of suffering from us. We are exceedingly sorrowful in our souls.

Nobody can understand what we are going through. It is unbearable at times. But Lord, we know You understand not only because You are GOD, but because You went through such intense mental and spiritual suffering on the human level at Gethsemane. And we know you endured excruciating physical pain both through the lashes on your back and the nails hammered to your hands and feet.

So we are not alone. Please watch with us dear Lord when everyone else is asleep. There are nights we feel so lonely in our pain. Be near to us to hold us up.

In Jesus' s Name, Amen.





## A TRIUMPHANT RESOLUTION

*“Nevertheless, not My will, but Yours,  
be done.” And there appeared to Him an  
angel from heaven, strengthening Him.*

*And being in agony  
He prayed more earnestly..”*

- Luke 22:42-44

*“Not My will, but Yours be done.” Till the end,  
that is what Jesus always said in His public  
ministry on earth. In perfect obedience to the  
Father, He has affirmed over and over again,  
“I only do what the Father tells Me, shows Me,  
desires of Me, and what I see the Father do.  
I follow only His direction.”*

Christ has set for us the supreme example of  
a triumphant resolution to do GOD’s will  
always. Everything good will result from it.





Immediately after that affirming resolution, the Father sent an angel from heaven to strengthen Jesus. Whenever GOD sends an angel, it is to ensure that GOD's plan is carried out. (Genesis 24:6-7, Exodus 23:20). Jesus in His human form was undergoing monumental stress as He was about to become a sin-bearer. The Father upheld Him at His weakest moments. GOD will uphold His servants in their ministry as He upheld Jesus.

Thereafter, Jesus prayed more earnestly.



Abba Father, let Your will be done in our lives always. We want to obey You as Your redeemed people. We thank you that You have taught us to pray earnestly to You in







our most trying times and to remain resolute in saying “*Your will be done.*” We are assured that You see and know what we are going through when words cannot express our grief. And You will send your angel to strengthen and uphold us.

Father, we are often faced with decisions which need Your clear direction. Sometimes we are unsure about Your will in the things we want to do for ourselves, our children, our family, our ministry and our church. Help us to seek You in prayer and through your word to discern Your will for us. When we desperately need an answer, teach us to pray more earnestly to hear from You and not be impatient, disquieted, perturbed or feel dejected at the devil’s goading.

May we be blessed with Your wisdom to discern Your will for us in all things, at all times.

We ask this in Jesus’s Name, Amen





## THE CROSS - IT IS *FINISHED*!

*When Jesus had received the sour wine,  
He said, "It is finished," and He bowed  
His head and gave up His spirit.*

- John 19:30

**"It is Finished."** Jesus had completed His mission. Everything the devil tried to do with all the powers of darkness behind him could not prevent Him from going to the Cross. Christ died for our sins according to the scriptures. (I Corinthians 15:3)

The redemption plan for man had been executed in accordance with GOD's will. The sin sacrifice has been made. Christ has conquered sin and death and will rise again triumphantly by the power of GOD on the third day. There would be no stopping Him now and the devil knows it. Satan has been





defeated and his time is ticking away. It is no wonder that the devil's rage and vengeance upon mankind and the world has monstrously increased. The world is spiralling out of control. Life has never been more insecure, fragile and dangerous.

## A Living Saviour

The founders of the world's other religions are dead. None has risen from the grave.

The glorious resurrection of Jesus Christ, flesh and bone, from the dead, occurred on the third day (1 Corinthians 15:4) after He said, "*It is finished*" (John 19:30). The disciples and more than 500 witnesses have seen Him alive. We are not to look upon a dead Saviour! He is alive! He has risen, and is now ascended to the right hand of GOD, where He ever lives to make intercession for us. (Hebrews 7:25) .

That is our gospel - A Risen Saviour!





Father, thank you for the finished work of Jesus Christ on the Cross for us and His glorious Resurrection on the third day!

How great is your Redemption plan for man whom You love from the beginning. You have by your Divine wisdom sent Jesus Christ, Your only Son, down from Heaven to be the perfect sacrifice for our sins which has eternal consequences. You imputed His righteousness on those who by faith believe in Him. You gave us a new heart and a new mind to love You and obey You and to realise and repent of our sins. You gave Your Holy Spirit to dwell within us to teach us Your word that we may be sanctified





daily by Your truth till we see You face to face. You give us hope in a dying world.

How grateful we are dear GOD for such a wonderful gift of the salvation of our souls! May we, who are born again children in Your kingdom, live always to love You, to know You more each day, to serve You wherever You may place us for Your kingdom's work.

May we share the gospel of Your love with our family, friends and all who are lost. May our lips never cease to praise You for the fullness of the joy of our salvation O Lord! Hallelujah!

We thank and Praise You in Jesus's Name, Amen.







# *B*LESSING

*“The Lord bless you  
and keep you;  
the Lord make His face shine on you  
and be gracious to you;  
the Lord turn His face toward you  
and give you peace.”*

- Numbers 6:24-26



# ACKNOWLEDGEMENTS

1. C.H. Spurgeon. It is Finished.  
<https://www.spurgeon.org/resource-library/sermons/it-is-finished/#flipbook/>
2. John Macarthur. The Agony of the Cup.  
<https://www.gty.org/library/sermons-library/41-75/the-agony-of-the-cup>
3. C.H. Spurgeon. Christ's Loneliness and ours.  
<https://www.thekingdomcollective.com/spurgeon/sermon/3052/>
4. C.H. Spurgeon. Alone, Yet not alone.  
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5. John Macarthur. The Garden of Glory.  
<https://www.gty.org/library/sermons-library/82-1/the-garden-of-glory>

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This epublication by Pantai Baptist Church Petaling Jaya is produced for the edification and encouragement of GOD's flock here to walk right with GOD, to obey all His commandments, to continually repent of our wrongdoings that offend and grieve Him, and to diligently study His word that we may be sanctified by the truth daily and become more and more like Christ, our Saviour.