

Lighthouse United Methodist Churches Self-Guided Good Friday Prayer Walk



This experience is designed for the Lighthouse United Methodist Churches of South Portland and Cape Elizabeth, and can be used outdoors or at home. The guide is crafted to last about an hour and includes Scripture, prayer prompts, silent reflection, and interactive elements to engage body, mind, and spirit in honoring the passion of Christ. It is recommended that you bring a Bible and journal (or use apps on your phone if preferred).

Good Friday Prayer Walk (or Prayer Hour at Home)

United Methodist Self-Guided Experience

Approximate Duration: 60 minutes

Opening Prayer (5 minutes)

Begin in stillness.

Take a few deep breaths. If you're outdoors, notice the sounds around you. If you're indoors, light a candle and quiet your space.

Prayer:

Holy God, on this sacred day, I remember the depth of Christ's love.

I come seeking to draw near to the cross—not to rush past the pain, but to witness, to remain, to be transformed.

Walk with me, Lord. Speak to me through silence, Scripture, and stillness.

Amen.

Gethsemane – Surrender (10 minutes)

Scripture: Luke 22:39-46

"Father, if you are willing, remove this cup from me; yet, not my will but yours be done." (v. 42)

Reflection:

Find a quiet spot.

Jesus wrestled with fear and obedience.

What are you carrying that is hard to surrender?

Interactive Element:

Pick up a small stone. Hold it in your hand as a symbol of your burdens. As you walk, pray, “Not my will, but Yours be done.”

Prayer Prompt:

Lord, help me surrender the things I grasp too tightly.
Help me trust that You are with me, even in fear and uncertainty.

Betrayal and Denial – Human Frailty (10 minutes)**Scripture: Luke 22:47-62**

“Before the rooster crows today, you will deny three times that you know me.” (v. 61)

Reflection:

Pause at a place where shadows fall—under a tree or near a quiet room corner. Have you ever turned away from what was right out of fear or pressure?

Interactive Element:

Take three small steps backward.
With each step, name silently a time you felt you failed or denied your values.
Then take three steps forward, claiming grace with each one.

Prayer Prompt:

Lord, forgive me for the times I have denied You in thought, word, or action. May Your mercy restore me.

The Trial – Injustice (10 minutes)**Scripture: Luke 23:1-25**

“But they kept urgently demanding with loud shouts that he should be crucified; and their voices prevailed.” (v. 23)

Reflection:

Find a path or hallway to walk silently.
Consider how injustice still lives today. Where do you see systems that oppress?
Where might God be calling you to act or speak out?

Interactive Element:

Pick up a fallen stick, twig or shell. Break it gently in your hands, feeling the injustice.

Pray for healing in broken systems and broken hearts.

Prayer Prompt:

Lord, where I have been silent, give me courage.

Where I have been complicit, open my eyes.

Lead me in the way of justice and peace.

The Crucifixion – Love Poured Out (15 minutes)**Scripture: Luke 23:33-49**

“Then Jesus said, ‘Father, forgive them; for they do not know what they are doing.’” (v. 34)

“It was now about noon, and darkness came over the whole land...” (v. 44)

Reflection:

Sit or stand in stillness. If outside, let your face turn toward the sky.

If inside, extinguish your candle.

Jesus gave all, even for those who mocked him. This is love beyond comprehension.

Interactive Element:

Trace a cross on your hand or draw one in the dirt or sand.

Imagine laying your pain and your hopes at the foot of the cross.

Prayer Prompt:

Lord Jesus, You stretched out Your arms in love for the whole world.

Help me to live in that love and to offer it freely to others.

The Tomb – Waiting (10 minutes)**Scripture: Luke 23:50-56**

“Then he took the body of Jesus down from the cross, wrapped it in a linen cloth, and laid it in a rock-hewn tomb...” (v. 53)

Reflection:

Jesus rested in the tomb. All seemed lost. Yet God was not finished.
Where do you feel like you are in a place of “tomb”—waiting, grieving, hoping?

Interactive Element:

Find a place to sit quietly. Hold your hands open on your lap.
Breathe. Wait. Trust.

Prayer Prompt:

Lord, help me trust You in the in-between spaces.
In the silence, You are still at work.

Closing: A Prayer of Trust and Hope (5 minutes)**Psalm 22:1-5**

*“My God, my God, why have you forsaken me?”
... Yet you are holy... In you our ancestors trusted...*

Closing Prayer:

Christ of the Cross, You have walked the path of suffering.
You have known betrayal, pain, silence, and death.
But even here, You are not finished.
As I leave this time of prayer, hold me in Your grace.
Keep me near the cross and lead me into the hope of resurrection.
Amen.

Additional Opportunity Today:

Thornton Heights UMC is open on **Good Friday** from **9am - 3pm**, the hours that Jesus hung on the cross. There are paintings displayed around the sanctuary with the **traditional 14 stations of the cross**. The church is located at 100 Westbrook Street in South Portland. All are welcome.

Thornton Heights UMC
ThorntonHeightsUMC.org

Cape Elizabeth UMC
Ceumc.org

Peoples UMC
Peoplesumcsp.org