

Solemn Meditation on  
The Seven Words from the Cross  
GOOD FRIDAY



Friday 3<sup>rd</sup> April 2026 • 9 a.m. to 12 noon

ST. THOMAS' CATHEDRAL, MUMBAI

## THE ORDER OF SERVICE

*On this most solemn of days, we meet to pray and reflect on the cost of the great sacrifice of love: Jesus Christ, the Lamb of God and redeemer of the world. We fix our gaze on the Cross at Golgotha. The Cross serves as a sign of God's never failing love for us even in the midst of death.*

### Voluntary

When Jesus on the Cross was bound, *BWV 621*- Johann Sebastian Bach, 1685 - 1750

O man, thy grievous sin bemoan, *BWV 622* - Johann Sebastian Bach

*All stand as the choir and clergy enter in silence*

*The Presbyter*

Behold the Cross displayed,  
whereon the Saviour of the world did hang.  
O come, let us worship and bow down.

Friends we are come together that  
we may hear again how our Lord and Saviour  
suffered upon the Cross, and that hearing we may  
offer our lives anew to Him who died for us.

*All kneel or sit for a period of silent prayer and meditation*

**MOTET** (*choir*) Jesu, Word of God incarnate, of the Virgin Mary born,  
on the Cross thy sacred body, for us men, with nails was torn.  
Cleanse us by the blood and water streaming from thy pierced side;  
feed us with thy body broken, now and in death's agony.

Wolfgang Amadeus Mozart (1756 - 91)

### RESPONSORY

*Presbyter*

We adore you, O Christ, and we bless you.

*All*

**By your holy cross, you have redeemed the world.**

Christ committed no sin, so guile was found on his lips.

**We adore you, O Christ, and we bless you.**

He himself bore our sins in his body on the tree

That we might die to sin and live to righteousness.

**By your holy cross, you have redeemed the world.**

By his wounds you have been healed.

**We adore you, O Christ, and we bless you.**

**By your holy cross, you have redeemed the world.**

**THE COLLECT for GOOD FRIDAY***The Presbyter*

Let us pray.

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the Cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever.

*All Amen.*

**HYMN** *(all stand and sing)*

**When I survey the wondrous Cross,  
On which the Prince of glory died,  
My richest gain I count but loss,  
And pour contempt on all my pride.**

<sup>2</sup> **Forbid it, Lord, that I should boast,  
Save in the death of Christ my God!  
All the vain things that charm me most,  
I sacrifice them to His Blood.**

<sup>3</sup> **See from His head, His hands, His feet,  
Sorrow and love flow mingled down;  
Did e'er such love and sorrow meet,  
Or thorns compose so rich a crown?**

<sup>4</sup> **His dying crimson, like a robe,  
Spreads o'er His body on the Tree;  
Then I am dead to all the globe,  
And all the globe is dead to me.**

<sup>5</sup> **Were the whole realm of nature mine,  
That were a present far too small;  
Love so amazing, so divine,  
Demands my soul, my life, my all.**

*All sit*

## INTRODUCTORY ADDRESS

“If I am lifted up from the Earth I will draw all men unto me.” (*John 12:32*)

*While kneeling or seated we sing*

Jesus, keep me near the cross,  
There a precious fountain;  
Free to all, a healing stream,  
Flows from Calvary's mountain.

*In the cross, in the cross  
Be my glory ever,  
Till my ransomed soul shall find  
Rest beyond the river.*

## THE FIRST WORD: Unbounded Grace

*St. Luke 23:32-35*

And there were also two other, malefactors, led with Him to be put to death. And when they were come to the place, which is called Calvary, there they crucified Him, and the malefactors, one on the right hand, and the other on the left. Then said Jesus, **Father, forgive them; for they know not what they do.** And they parted His raiment, and cast lots. And the people stood beholding. And the rulers also with them derided Him, saying. He saved others; let Him save himself, if He be Christ, the chosen of God.

## LITANY (*choir*)

Jesu, in Thy dying woes,  
Even while Thy life-blood flows,  
Craving pardon for Thy foes,  
Hear us, Holy Jesu.

**PRAYER (*all*)** Almighty God, to whom your crucified Son prayed for the forgiveness of those who did not know what they were doing, grant that we, too, may be included in that prayer. Whether we sin out of ignorance or intention, be merciful to us and grant us your acceptance and peace: in the name of Jesus Christ, our suffering Saviour. Amen.

## HYMN (*all stand and sing*)

‘Forgive them, O my Father,  
They know not what they do:’  
The Saviour spake in anguish,  
As the sharp nails went through.

<sup>2</sup> No pained reproaches gave He  
 To them that shed His blood,  
 But prayer and tenderest pity  
 Large as the love of God.

<sup>3</sup> For me was that compassion,  
 For me that tender care;  
 I need His wide forgiveness  
 As much as any there.

<sup>4</sup> It was my pride and hardness  
 That hung Him on the Tree;  
 Those cruel nails, O Saviour,  
 Were driven in by me.

<sup>5</sup> And often I have slighted  
 Thy gentle voice that chid;  
 Forgive me too, Lord Jesus;  
 I knew not what I did.

<sup>6</sup> O depth of sweet compassion!  
 O love divine and true!  
 Save Thou the souls that slight Thee,  
 And know not what they do.

*All sit*

**THE SECOND WORD: Abounding Joy**

*St. Luke 23:39-43*

And one of the malefactors which were hanged railed on Him, saying, if thou be Christ, save thyself and us. But the other answering rebuked Him, saying, Dost not Thou fear God, seeing thou art in the same condemnation? And we indeed justly, for we receive the due reward of our deeds; but this man hath done nothing amiss. And He said unto Jesus, Lord; remember me when Thou comest into Thy kingdom. And Jesus said unto Him, Verily I say unto thee, ***Today shalt thou be with me in paradise.***

**LITANY** *(choir)*

Jesu, pitying the sighs  
 Of the thief who near Thee dies,  
 Promising him Paradise,  
 Hear us, Holy Jesu.

**PRAYER** *(all)* O Lord Jesus Christ, who promised to the repentant the joy of paradise, enable us by the Holy Spirit to repent and to receive your grace in this world and in the world to come. Amen.

**HYMN** *(all stand and sing)*

'Lord, when thy kingdom comes, remember me!'  
Thus spake the dying lips to dying ears;  
O faith, which in that darkest hour could see  
the promised glory of the far-off years!

<sup>2</sup> No kingly sign declares that glory now,  
no ray of hope lights up that awful hour;  
a thorny crown surrounds the bleeding brow,  
the hands are stretched in weakness, not in power.

<sup>3</sup> Hark! through the gloom the dying Saviour saith,  
'Thou too shalt rest in Paradise today;'  
O words of love to answer words of faith!  
O words of hope for those who live to pray!

<sup>4</sup> Remember me; and, ere I pass away,  
speak thou the assuring word that sets us free,  
and make thy promise to my heart, 'Today  
thou too shalt rest in Paradise with me.'

*All sit*

**THE THIRD WORD: Jesus and Mary**

*St. John 19:25-27*

Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the wife of Cleophas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple standing by, whom He loved, ***He saith unto His mother; Woman behold thy son! Then saith He to the disciple, Behold thy mother!*** And from that hour that disciple took her unto his own home.

**LITANY** *(choir)*

Jesu, loving to the end  
Her whose heart Thy sorrows rend,  
And Thy dearest human friend,  
Hear us, Holy Jesu.

**PRAYER** *(all)* Most gracious Father, you looked with favour on your lowly servant Mary and gave her a name most blessed among all women: Bless we beseech you the women of all nations that they too may find fulfilment in their lives through obedience to your will. Help parents to impart the knowledge of you and your love and children to respond with love and obedience.  
Grant us, O Lord, the true bonds of friendship that we may share our joys and bear one another's burdens in unity of the Spirit through Jesus Christ our Lord. Amen.

**HYMN** *(all stand and sing)*

At the Cross, her station keeping,  
Stood the mournful mother weeping,  
Close to Jesus at the last,  
Through her soul of joy bereavèd,  
Bowed with anguish, deeply grievèd,  
Now at length the sword hath passed.

<sup>2</sup> Who, on Christ's dear mother gazing  
In her trouble so amazing  
Born of woman, would not weep?  
Who, on Christ's dear mother thinking  
Such a cup of sorrow drinking  
Would not share her sorrows deep?

<sup>3</sup> For His people's sins in anguish,  
There she saw the victim languish,  
Bleed in torments, bleed and die:  
Saw the Lord's anointed taken;  
Saw her Child in death forsaken;  
Heard His last expiring cry.

<sup>4</sup> Jesu, may Thy Cross defend me,  
And Thy saving death befriend me,  
Cherished by Thy deathless grace;  
When to dust my dust returneth,  
Grant a soul that to Thee yearneth  
In Thy paradise a place.

*All sit*

**THE FOURTH WORD : Dark night of the World***St Luke 23:45-49*

Now from the sixth hour there was darkness over all the land unto the ninth hour. And about the ninth hour Jesus cried with a loud voice, saying, ***Eli, Eli, lama sabachthani ? that is to say, My God, my God, why hast Thou forsaken me?*** Some of them that stood there, when they heard that, said, This man calleth for Elias. And straightway one of them ran, and took a sponge, and filled it with vinegar, and put it on a reed, and gave Him to drink. The rest said, Let be, let us see whether Elias will come to save Him.

**LITANY** *(choir)*

When we vainly seem to pray,  
And our hope seems far away,  
In the darkness be our stay,  
Hear us, holy Jesu.

**PRAYER** *(all)*

**May the love of God be above us to overshadow us;  
beneath us to uphold us; before us to guide us;  
behind us to protect us, also beside us and within us to  
make us able for all things and to give us the joy and  
peace that the world cannot give, neither can it take it  
away, through Jesus Christ our Lord. Amen.**

**HYMN** *(all stand and sing)***O Sacred Head ,sore wounded**

**O sacred head, sore wounded,  
Defiled and put to scorn;  
O kingly head surrounded  
With mocking crown of thorn:  
What sorrow mars thy grandeur?  
Can death thy bloom deflower?  
O countenance whose splendour  
the hosts of heaven adore!**

<sup>2</sup> Thy beauty, long-desirèd,  
 Hath vanished from our sight;  
 Thy power is all expirèd,  
 And quenched the light of light.  
 Ah me! for whom thou diest,  
 Hide not so far Thy grace:  
 Show me, O Love most highest,  
 The brightness of Thy face.

<sup>3</sup> In thy most bitter passion  
 My heart to share doth cry,  
 With Thee for my salvation  
 Upon the Cross to die.  
 Ah, keep my heart thus moved  
 To stand Thy Cross beneath,  
 To mourn Thee, well-beloved,  
 Yet thank Thee for Thy death.

*All sit*

**THE FIFTH WORD : Thirst : His and Ours**

*St. John 19: 28-29*

After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, *I thirst*. Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth.

**LITANY** (*choir*)

May we thirst Thy love to know;  
 Lead us in our sin and woe  
 Where the healing waters flow:  
 Hear us, holy Jesu.

**PRAYER** (*all*)

Jesu, by Thy wounded feet, direct our path aright;  
 Jesu by Thy nailed hands, move ours to deeds of love;  
 Jesu, by Thy pierced side, cleanse our desires;  
 Jesu, by Thy crown of thorns annihilate our pride,  
 Jesu, by Thy silence, shame our complaints;  
 Jesu, by thy parched lips, curb our cruel speech;  
 Jesu, by Thy closing eyes, look on our sins no more;  
 Jesu, by Thy broken heart knit ours to Thee. Amen.

**HYMN** (*all stand and sing*)

His are the thousand sparkling rills  
 That from a thousand fountains burst,  
 And fill with music all the hills;  
 And yet He saith, 'I thirst.'

<sup>2</sup> All fiery pangs on battlefields,  
 On fever beds where sick men toss,  
 Are in that human cry He yields  
 To anguish on the Cross.

<sup>3</sup> But more than pains that racked Him then  
 Was the deep longing thirst divine  
 That thirsted for the souls of men;  
 Dear Lord! and one was mine.

<sup>4</sup> O Love most patient, give me grace;  
 Make all my soul athirst for thee;  
 That parched dry lip, that fading face,  
 That thirst, were all for me.

*All sit***THE SIXTH WORD : The Work Accomplished***St. John 19 : 30*

When Jesus therefore had received the vinegar, He said,  
***It is finished***; and He bowed His head,

**LITANY** (*choir*)

Jesu, all our ransom paid,  
 All Thy Father's will obeyed,  
 All Thy suffering perfect made :  
 Hear us, holy Jesu.

**PRAYER** (*all*)

**O Lord Jesus Christ, who finished the work that you were sent to do, enable us by your Holy Spirit to be faithful to our call.**

**Grant us strength to bear our crosses and endure our sufferings, even unto death. Enable us to live and love so faithfully that we also become good news to the world, joining your witness. O Christ, in whose name we pray. Amen.**

HYMN (*all stand and sing*)

On a hill far away stood an old rugged Cross,  
 the emblem of suffering and shame;  
 and I love that old Cross where the dearest and best  
 for a world of lost sinners was slain.

*Refrain: So I'll cherish the old rugged Cross,  
 till my trophies at last I lay down;  
 I will cling to the old rugged Cross,  
 and exchange it some day for a crown.*

<sup>2</sup> Oh that old rugged Cross, so despised by the world,  
 has a wondrous attraction for me;  
 for the dear Lamb of God left His glory above  
 to bear it to dark Calvary. *Refrain*

<sup>3</sup> In that old rugged Cross, stained with blood so divine,  
 a wondrous beauty I see,  
 for 'twas on that old Cross Jesus suffered and died,  
 to pardon and sanctify me. *Refrain*

<sup>4</sup> To that old rugged Cross I will ever be true,  
 its shame and reproach gladly bear;  
 then He'll call me some day to my home far away,  
 where His glory forever I'll share. *Refrain*

*All sit*

THE SEVENTH WORD : Home Coming

*St. Luke: 23:44-47*

And it was about the sixth hour, and there was a darkness over all the earth until the ninth hour. And the sun was darkened, and the veil of the temple was rent in the midst. And when Jesus had cried with a loud voice, He said, ***Father, into Thy hands I commend my spirit;*** and having said thus, He gave up the ghost. Now when the centurion saw what was done, He glorified God, saying, certainly this was a righteous man.

**LITANY** *(choir)*

May Thy life and death supply  
 Grace to live and grace to die,  
 Grace to reach the home on high:  
 Hear us, holy Jesu.

**PRAYER** *(all)*

**Father, into whose hands your Son Jesus Christ  
 commended His spirit, grant that we too,  
 following His example, may in all of life and at the  
 moment of our death entrust our lives into your  
 faithful hands of love.  
 In the name of Jesus who gave His life for us all.  
 Amen.**

**LITANY FOR GOOD FRIDAY***Intercessor*

O Lamb of God, you take away the sins of the world,  
**Have mercy upon us.**

*All*

O Lamb of God, you take away the sins of the world,  
**Have mercy upon us.**

O Lamb of God, you take away the sins of the world,  
**Grant us your peace.**

Lord, have mercy.

**Christ, have mercy.**

Lord, have mercy.

Heavenly Father, we thank you for the birth in Bethlehem  
 of the Word made flesh, your Son, Jesus Christ; who dwelt  
 among us full of grace and truth.

**Lord in your mercy, hear our prayer.**

We thank you for his life; his death in Jerusalem as he  
 carried our sins and suffering, and for his glorious  
 Resurrection in which he gave us new life with him.

**Lord in your mercy, hear our prayer.**

We thank you for entrusting to us the ministry of  
 forgiveness, reconciliation and peace-making  
 for the healing of your creation.

**Lord in your mercy, hear our prayer.**

*Intercessor*

We pray for all victims of bloodshed, violence and persecution and those who are in danger throughout the world, and especially this day for the people of the Middle East.

*All*

**Lord in your mercy, hear our prayer.**

Heavenly Father, we praise and glorify you.  
You are our only refuge in a troubled world.

**Lord in your mercy, hear our prayer.**

## THE LORD'S PRAYER *(all)*

**Our Father, who art in heaven,**

**hallowed be thy name;**

**thy kingdom come;**

**thy will be done;**

**on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

**as we forgive those who trespass against us.**

**And lead us not into temptation;**

**but deliver us from evil.**

**For thine is the kingdom,**

**the power and the glory,**

**for ever and ever.**

**Amen.**

*While kneeling or seated, all sing*

## THE STORY OF THE CROSS

*Sung by all kneeling*

### PART 1: THE QUESTION

- |   |  |
|---|--|
| <p>1. In His own raiment clad<br/>with His blood dyed,<br/>women walk sorrowing,<br/>by His side.</p>       | <p>3. See! They are travelling<br/>on the same road —<br/>Simon is sharing with<br/>Him, the load.</p> |
| <p>2. Heavy that Cross to Him,<br/>weary the weight —<br/>one who will help Him waits,<br/>at the gate.</p> | <p>4. Oh wither wandering,<br/>bear they that tree<br/>He who first carries it —<br/>Who is He?</p>    |

### PART 2: THE ANSWER

- |   |   |
|---|---|
| <p>1. Follow to Calvary —<br/>Tread where He trod,<br/>He who forever was<br/>Son of God.</p>           | <p>3. As the swift moments fly,<br/>through the blest week<br/>read the great story the<br/>Cross will teach.</p> |
| <p>2. You who would love Him stand<br/>gaze at His face,<br/>tarry awhile on your<br/>earthly race.</p> | <p>4. Is there no beauty to<br/>you who pass by<br/>that lone figure which,<br/>marks the sky ?</p>               |

### PART 3: THE STORY OF THE CROSS

- |   |  |
|---|--|
| <p>1. On the Cross lifted<br/>Thy face I scan —<br/>Bearing that Cross for me<br/>Son of Man.</p>         | <p>3. No pillow under Thee<br/>to rest Thy head<br/>only the splintered Cross<br/>is Thy bed.</p>                |
| <p>2. Thorns form Thy diadem,<br/>rough wood Thy throne,<br/>for us Thy blood is shed —<br/>us alone.</p> | <p>4. Nails pierce Thy hands and feet<br/>Thy side the spear.<br/>No voice is nigh to say:<br/>Help is near.</p> |

5. Shadows of midnight fall,  
though it is day —  
Thy friends and kinsfolk stand  
far away.
6. Loud is Thy bitter cry;  
sunk on Thy breast  
hangeth Thy bleeding head  
without rest.
7. Loud scoffs the dying thief  
who mocks at Thee  
can it, my Saviour be  
all for me ?
8. Gazing afar from Thee,  
silent and lone  
stand those few weepers Thou  
callst Thine own.
9. I see Thy title, Lord,  
inscribed above —  
Jesus of Nazareth,  
King of Love.
10. What, O my Saviour,  
here didst Thou see  
which made thee suffer and  
die for me ?

#### **PART 4 : THE APPEAL FROM THE CROSS** *(Presbyter )*

1. Child of my grief and pain —  
Watched by my love —  
I came to call thee  
to realms above.
2. I saw thee wandering,  
far off from Me;  
In love I seek for thee  
do not flee.
3. For thee my blood I shed,  
for thee alone  
I came to purchase thee  
for Mine own.
4. Weep not for My grief  
child of My love —  
Strive to be with Me in  
heaven above.

#### **PART 5 : OUR CRY TO JESUS**

1. Oh! I will follow Thee  
star of my soul  
through the deep shades of  
life to the goal.
2. Yes, let Thy Cross be borne  
each day by me —  
Mind not how heavy, if  
but with Thee.
3. Lord if Thou only wilt  
make me Thine own  
give no companion, save,  
Thee alone.
4. Grant through each day of life  
to stand by Thee.  
With Thee when morning breaks  
ever to be.

**DISMISSAL GOSPEL**

John 19: 38-42

*The Presbyter reads*

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

**FINAL PRAYER***The Presbyter*

Most merciful God, who by the death and resurrection of Your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

*All* **Amen.***All stand as the procession makes its way to the West Door.*