

From the Rector's Study, the Rev. Bryce Sangster  
Friday, April 7<sup>th</sup>, 2023, Good Friday  
Isaiah 52:13-53:12; Psalm 22; Hebrews 10:16-25; Matthew 26:14-27:66

We hear in Psalm 22, *my God my God, why have you forsaken me?* But for me in the darkness of the night before the dawning of a new day the cry is my God my God why have I forsaken you?

We like Peter have denied Jesus. Obviously in subtler ways than Peter. Maybe in ways that no one else will know except us and God. But we feel it in our heart of hearts.

The next question I was going to ask is, why is Good Friday called good?

It is far from a good day, unless we cheat and move to the rest of the story. But those that were there that day did not know the rest of the story.

They did not know the benefit of what today would bring. That today is for the benefit of all of us. That because of today and the rest of the story we like Peter, can be forgiven and given another chance. Or better yet, God can show us through the power of the Holy Spirit that maybe you don't need to be forgiven, that maybe we're being just too hard on ourselves.

But in a way, that's getting ahead of ourselves, ahead of the story, I'm not allowing the meaning of Good Friday to stand on its own.

Today is about Jesus' suffering and death on the cross. For us to share as best we can in that experience. And to realize there are two types of suffering. Suffering and sacrifice which has no meaning or purpose, and sacrifice which has a benefit perhaps for ourselves but definitely for others. We also have and will suffer, and hopefully that sacrifice will also have a benefit.

So let us today feel the heaviness and pain of today. With a grateful heart. Knowing without Good Friday there is no Easter.

Amen