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GOOD FRIDAY

HIS SACRIFICE • OUR SAVIOUR



The spirit is willing, but the body is weak.

Text: Mark 14

32 And they went to a place called Gethsemane. And he said to his disciples, Sit here while I pray.

33 And he took with him Peter and James and John, and began to be greatly distressed and troubled.

34 And he said to them, My soul is very sorrowful, even to death. Remain here and watch.

35 And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him.

36 And he said, Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.

37 And he came and found them



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sleeping, and he said to Peter, Simon, are you asleep? Could you not watch one hour?

38 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.

39 And again he went away and prayed, saying the same words.








40 And again he came and found them sleeping, for their eyes were very heavy, and they did not know what to answer him.

41 And he came the third time and said to them, Are you still sleeping and taking your rest? It is enough; the hour has come. The Son of Man is betrayed into the hands of sinners.

HOLY WEEK TIMELINE

A BIBLICALLY FAITHFUL & SCHOLARLY-INFORMED OVERVIEW

This timeline follows the broad sequence found in the Gospels, while recognising that some day-by-day details are reconstructed and debated among scholars.

SUNDAY (PALM SUNDAY)	MONDAY	TUESDAY	WEDNESDAY (Traditional)	THURSDAY (MAUNDY THURSDAY)	FRIDAY (GOOD FRIDAY)	SUNDAY (EASTER SUNDAY)
Triumphal Entry into Jerusalem Matthew 21:1–11; John 12:12–19	Cleansing of the Temple & Early Teachings Matthew 21:12–17; Mark 11:15–19	Teaching in the Temple & Olivet Discourse Matthew 21:23–25:46; Mark 12–13; Luke 20–21	Possible Day of Betrayal & Preparation Matthew 26:14–16; Mark 14:10–11	The Last Supper & Arrest Matthew 26:17–75; Mark 14:12–72; Luke 22:7–71; John 13–18	Trials, Crucifixion & Death Matthew 27; Mark 15; Luke 23; John 18–19	The Resurrection Matthew 28; Mark 16; Luke 24; John 20–21
						
<ul style="list-style-type: none">• Jesus enters Jerusalem riding a donkey.• Crowds welcome Him with palm branches.	<ul style="list-style-type: none">• Jesus cleanses the temple.• He continues teaching and is questioned by religious leaders.	<ul style="list-style-type: none">• Jesus teaches in parables.• Gives prophetic teaching about the future.	<ul style="list-style-type: none">• Judas reportedly agrees to betray Jesus. <p><i>(This day is inferred from the Gospels and church tradition; not explicitly stated.)</i></p>	<ul style="list-style-type: none">• Jesus shares the Last Supper with His disciples.• He is arrested in Gethsemane.	<ul style="list-style-type: none">• Jesus is tried before religious and Roman leaders.• Crucified at Golgotha around the 9th hour.• Dies and is buried before sunset.	<ul style="list-style-type: none">• The tomb is found empty.• Jesus appears to His disciples.• The resurrection is the culmination of Holy Week.

Mark 14:12 Now on the first day of the Feast of Unleavened Bread, when the Passover lamb is sacrificed, Jesus' disciples said to him, "Where do you want us to prepare for you to eat the Passover?"

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The first Passover – Exodus 12



It was a night of watching by the LORD, to bring them out of the land of Egypt; so this same night is a night of watching kept to the LORD by all the people of Israel throughout their generations.
Exodus 12:42

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