

# *The Chapel in the Pines*

**March 29, 2024**

**A Service of Scripture and Songs  
Based on the Gospel of Mark**



**Please enter in silence  
and while you are seated meditate on these words:**

They went to a place called Gethsemane,  
and he said to his disciples, "Sit here while I pray."  
He took with him Peter and James and John  
and began to be distressed and agitated.  
And he said to them, "My soul is deeply grieved, even to death; remain  
here, and keep awake." And going a little farther,  
he threw himself on the ground  
and prayed that, if it were possible, the hour might pass from him.  
He said, "Abba, Father, for you all things are possible;  
remove this cup from me, yet not what I want but what you want."  
Mark 14:31-36

Pastor Paul James  
Rev. Denise DuLion  
Kristen Thompson—Music Director  
Ravon Sheppard—Soloist  
David Wall—Instrumentalist

**Prelude**

Lenten Prelude

David Wall

**\*A Psalm of Thanksgiving and Praise**

Adapted from Psalm 22

My God, my God, why have you forsaken me?  
Why are you so far from helping me, from the words of my groaning?

**Yet you are holy, enthroned on the praises of Israel.  
In you our ancestors trusted; they trusted, and you delivered them.  
To you they cried, and were saved;  
in you they trusted, and were not put to shame.**

All who see me mock at me;  
they make mouths at me, they shake their heads;  
"Commit your cause to the Lord; let him deliver—  
let him rescue the one in whom he delights!"

**Yet it was you who took me from the womb;  
you kept me safe on my mother's breast.  
On you I was cast from my birth,  
and since my mother bore me you have been my God.**

I am poured out like water, my mouth is dried up like a potsherd,  
and my tongue sticks to my jaws; you lay me in the dust of death.  
They stare and gloat over me; they divide my clothes among themselves,  
and for my clothing they cast lots.  
But you, O Lord, do not be far away! O my help, come quickly to my aid!

**I will tell of your name to my brothers and sisters;  
in the midst of the congregation I will praise you:  
All the ends of the earth shall remember and turn to the Lord;  
and all the families of the nations shall worship before him.  
Posterity will serve him;  
future generations will be told about the Lord,  
and proclaim his deliverance to a people yet unborn,  
saying that he has done it.**

**\*Hymn**

#183 Beneath the Cross of Jesus

**1** Beneath the cross of Jesus  
I fain would take my stand -  
The shadow of a mighty Rock  
Within a weary land;  
A home within the wilderness,  
A rest upon the way,  
From the burning of the noontide heat,  
And the burden of the day.

**2** Upon that cross of Jesus  
Mine eye at times can see  
The very dying form of One  
Who suffered there for me;  
And from my smitten heart with tears  
Two wonders I confess -  
The wonders of redeeming love  
And my unworthiness.

**3** I take, O cross, thy shadow  
For my abiding place;  
I ask no other sunshine than  
The sunshine of His face;  
Content to let the world go by,  
To know no gain nor loss,  
My sinful self my only shame,  
My glory all the cross.

## **The Call to the Offering**

## **The Offertory**

### **\*The Doxology**

**Praise God from whom all blessings flow.  
Praise God all creatures here below.  
Praise God above ye heavenly host.  
Praise Father, Son, and Holy Ghost.**

### **\*The Prayer of Dedication**

#### **Mark 14:43-50**

*So when he came, he went up to him at once and said, "Rabbi!" and kissed him. Then they laid hands on him and arrested him.*

#### **Prayer of Confession**

*If I Could Start Today Again*

Paul Kelly

#### **Mark 14:53-65**

*Now the chief priests and the whole council were looking for testimony against Jesus...All of them condemned him as deserving death. Some began to spit on him, to blindfold him, and to strike him, saying to him, "Prophecy!" The guards also took him and beat him.*

#### **Music**

Once Upon A Tree

Chapel Choir

#### **Mark 15:1-15**

*So Pilate, wishing to satisfy the crowd, released Barabbas for them, and after flogging Jesus he handed him over to be crucified.*

#### **Music**

The Old Rugged Cross

Ravon Sheppard, soloist

#### **Mark 15:16-20**

*After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.*

#### **Music**

O Sacred Head Now Wounded    Kristen Thompson, pianist

#### **Mark 15:21-32**

*It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, "The King of the Jews."*

## **Chiming of the Hour**

#### **Mark 15:33-39**

*Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom.*



**\*Hymn** #181 Were You There? (Verses 1, 2, and 3 only)

**1** Were you there when they crucified my Lord?  
Were you there when they crucified my Lord?  
O! Sometimes it causes me to tremble, tremble, tremble!  
Were you there when they crucified my Lord?

**2** Were you there when they nailed Him to the tree?  
Were you there when they nailed Him to the tree?  
O! Sometimes it causes me to tremble, tremble, tremble!  
Were you there when they nailed Him to the tree?

### **A Service of Diminishing Light**

#### **A Prayer for Good Friday**

**\*Hymn** #185 When I Survey the Wondrous Cross

#### **\*The Stripping of the Church**

**1** 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.

**2** 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.

**3** 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?

**4** 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.

#### **\*Mark 15:42-46**

*Then Joseph bought a linen cloth and, taking down the body, wrapped it in the linen cloth and laid it in a tomb that had been hewn out of rock.  
He then rolled a stone against the door of the tomb.*

*Our Good Friday service traditionally includes the ritual of Stripping the Church.  
The removal of all liturgical items is symbolic of the suffering and death of Jesus.*

*As his life was stripped from him, we strip the church of all the signs of life  
to symbolize his redemptive death on the cross for all humankind.*

**\*As the light of Christ which is never extinguished leaves the sanctuary to go out into the world, would you please exit in silence.\***



## Special Offering



A special offering for "Sleep in Heavenly Peace" will be collected during the Good Friday service on March 29, 2024. This offering will go specifically to the local chapter of "Sleep in Heavenly Peace" (SHP), a non-profit ministry dedicated to providing beds for children in and around the Moore County area who otherwise would not have a bed in which to sleep. Their motto is "No Kid Sleeps On The Floor In Our Town."



**NO KID SLEEPS  
ON THE FLOOR  
IN OUR TOWN!**



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During the month of February our Mission Team collected twin-size linens for SHP and our Men's Fellowship is volunteering in building bunk beds for SHP.



### How Sleep Can Affect Children

Many studies have been conducted on the effects that lack of sleep can have on children. The following facts were taken from studies done at Harvard University, the National Science Foundation, Auburn University, and The Better Sleep Council:

- Poor sleep can lead to hyperactivity issues as early as age five
- In teenagers, anxiety and depression are linked to poor sleeping habits 27% and 69% of the time
- Kids who don't sleep well don't grow as well as their peers
- Kids who get good sleep tend to get sick less frequently
- Plenty of sleep usually translates to better grades, improved emotional health, and a healthier home life
- Sleep is a sort of "recharge" time for body and mind, and if it's not adequate there are negative physical and mental effects
- During sleep, cells can repair themselves, leading to better physical health
- The brain and body release important hormones during a good night's sleep, leading to better physical and emotional health
- Kids who don't get enough sleep tend to struggle with irritability, forgetfulness and emotional regulation
- Kids who are sleep deprived tend to struggle with being overweight or obese



Source: <https://shpbs.org/blog/national-bed-crisis/>

Please consider donating today to support SHP and their efforts to make sure that "No Kid Sleeps On The Floor" in Moore County. Make checks payable to Seven Lakes Chapel in the Pines and note that the donation is for "Good Friday Special Offering". **Donations may be made prior to Good Friday.**

**To Donate Online Please Click [\(Here\)](#)  
(Use Drop Down to Select Good Friday Offering)**