



# GOOD FRIDAY

## THE PASSION OF THE LORD

On this Good Friday day of fast and abstinence, the Church gathers in silence as we take up our prayer from the liturgy of Holy Thursday. The silence echoes more profoundly in these times perhaps, than in any other time in our living memory. Yet in that silence sits our deepest truth. In the Passion, Christ has taken upon himself the sufferings and the sins of our world. And Christ, and Christ's love, has prevailed. The liturgy of the day has three key elements: the proclamation of the Passion, the Solemn Intercessions and the Adoration of the Cross.

### **Scripture tells us**

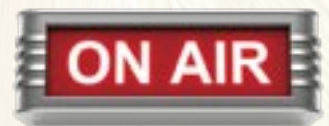
Then they took charge of Jesus, and carrying his own cross he went out of the city to the place of the skull, or, as it was called in Hebrew, Golgotha, where they crucified him with two others, one on either side with Jesus in the middle ... Jesus knew that everything had now been completed, and to fulfil the scripture perfectly he said: 'I am thirsty.' A jar full of vinegar stood there, so putting a sponge soaked in vinegar on a hyssop stick they held it up to his mouth. After Jesus had taken the vinegar he said, 'It is accomplished.' And bowing his head he gave up the spirit. (John 19:17-30)



## Deepening our Participation in the Broadcast Celebration

### *Before the broadcast begins:*

- Gather with other members of your household, if you can.
- Place a cross on a table or in a sacred space, if you have one in the home, together with an unlit candle. If you don't have a cross, you may be able to make a simple cross with something from the garden.



### *During the broadcast look out for the following:*

- The liturgy begins in **silence** with the minister prostrating before the altar. During this prostration, you may wish to kneel or bow your head in prayerful reverence.
- The **Readings** of the day present us with stark and profound images, from the suffering servant of Isaiah to the account of Jesus' passion. St Paul reminds us in the Second Reading that Jesus willingly undertook his suffering for our salvation. 'Ours were the sufferings he bore, ours the sorrows he carried.' *What are the sufferings and sorrows you wish to bring to him as you listen to God speaking to you in these readings?*
- The broadness of the **Solemn Intercessions** are a powerful reminder that God's merciful love has no borders or limits. Nothing and no one is beyond the love of God. As with last year, we will pray a particular intercession in light of the Covid-19 Pandemic.
- 'Behold the wood of the Cross, on which hung the salvation of the world; come let us adore'. This refrain during the **Adoration of the Cross** invites us to contemplate and adore Christ. The cross points to the Risen Lord. As you share in a broadcast liturgy, you and household members are invited to make a gesture of adoration towards the cross in

the home. This might be a bow or a genuflection or other form of adoration. You may wish to hold the cross for a moment of contemplation. After you make your gesture of adoration, light the candle as a reminder that the risen Lord is with us and with our world in this time of trial.

- As you make your **Act of Spiritual Communion** take some time to welcome Christ's sacrificial love to enter into your life and into our world at this present time, bringing God's healing and peace.

## A Prayer Ritual for the Home

*Gather with other members of your household, if you can. Place a cross on a table or in a sacred space, if you have one in the home, together with an unlit candle. If you don't have a cross, you may be able to make a simple cross with something from the garden. Include a bible, if you have one, opened on John 18:1-19: 42. (You may wish to use a children's bible if young children are present)*



In the name of the Father and of the Son and of the Holy Spirit. Amen.

### Opening Prayer

God of all life, we turn to you in prayer on this Good Friday, bringing the sickness and pain of our lives and of our world to the foot of the cross. On this day may your cross stand as a sign of hope for us in the midst of our time of trial, bringing courage and peace to each of our hearts. Through Christ our Lord. Amen.

### Reading

Then they took charge of Jesus, and carrying his own cross he went out of the city to the place of the skull, or, as it was called in Hebrew, Golgotha, where they crucified him with two others, one on either side with Jesus in the middle... At the place where he had been crucified there was a garden, and in the garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there. (From the Gospel of the day – see John 18:1-19:42 for full text)

### Reflection

Jesus has taken on our suffering and born our pain on the cross. Even in this time of great trial and suffering across the world, we can trust in the Lord who embraces us with his saving love. As Pope Francis reminded us during his Urbi et Orbi blessing on 27th March 2020, 'The Lord awakens so as to reawaken and revive our Easter faith. We have an anchor: by his cross we have been saved.'

We have a rudder: by his cross we have been redeemed. We have a hope: by his cross we have been healed and embraced so that nothing and no one can separate us from his redeeming love’.

### **Ritual action**

*Each person in the household is invited to take up the cross in turn. As you look upon the cross, welcome into your heart the truth that by his cross, we have been saved, we have been redeemed, we have a hope. In quiet prayer, bring to God what needs healing in your life. When you are ready, conclude with the acclamation ‘We adore your cross, O Lord. Have mercy on us’ before passing the cross to another.*

### **Intercessions** *Light the candle.*

As we light this candle we take a moment to remember and pray for all who are suffering and enduring the hardships of this present time. As people of hope, we place their pain at the Cross, confident of God’s comforting and healing embrace.

We pray for our needs and the needs of the world this day. We remember in our prayer ... *(Bring your intentions to God)* Lord, in your mercy. Hear our prayer.

### **Our Father ...**

### **Prayer**

God of our hope, source of our consolation, we embrace your cross and recognise you as our courage and strength. Take root in our hearts as we make our journey through Holy Week that we may hold firm onto your love that saves us. Through Christ our Lord. Amen.

### **Blessing**

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

### **Sign of the Cross ...**

### **To do**

Take a quiet moment today in the garden or by a window and look out at the trees, thinking about what Jesus’ sacrifice of love on the cross means for you. If there is someone to whom you need to say sorry, do so today by whatever means you have, in person, phone, text...