



# GOOD FRIDAY

***They will look upon him whom they have pierced (John 19: 37).***

Introduction: Good Friday is no ordinary day. It is a day, when Jesus went through death and burial, to open the way to life for each of us. It is a good day for us because of what Jesus did for us; dying for us on the cross so that we may have life to the full. It is by his cross that the world is redeemed. He triumphed in the way of helplessness, humiliation, and suffering.

Let us position ourselves today before the cross of Jesus, meditate on his passion and learn from him what it means to suffer out of love. Let us ask Jesus to teach us what we cannot learn from flesh and blood; to reveal to us the wisdom of the cross so that we can ever find the cross as a symbol of his love for mankind.

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## WE CONTEMPLATE JESUS

At the beginning of his last supper, Jesus "knew that the hour had come for him to pass from this world to the Father" (Jn 13:1): to pass through that narrow door was not going to be without effort or struggle. In the Garden scene he struggles, "entering in agony" (Lk 22:42): his passage from this world to the Father is not a flight, nor a resigned disappearance; Jesus does not walk serenely towards death, but goes through the night of Gethsemane in dread and anguish, in the midst of loneliness and abandonment.

No one supported Jesus in his pain during the journey he had to make into the depths of his being and he had nothing left to lean on except his absolute certainty of being in the Father's hands. So Jesus turns to God as Son, certain that the bond cannot be broken and, while rejecting the imminence of death and fighting for his survival, Jesus abandons himself to God's care. By saying to God "your will be done," Jesus expresses his letting go, his abandonment of all reasons both to die and to live. He had said it before, in moments of joy, and Jesus says it again now in anguish.

"It is accomplished." (Jn 19:30) It is the announcement of the end of a race, of surrender after a battle, of giving in, letting go, abandoning resistance, surrendering unconditionally, as the psalm exhorts: "Surrender and acknowledge that I am God." (Ps 46:11)

Jesus is now "the surrendered one" and his gesture of bowing his head (Jn 19:30) evokes his attitude of absolute consent to the Father, the coherent end of his risky wager of trusting above all else. Jesus, who had made his whole life a gift, now gives up his last breath with the abandonment of a child falling asleep in his mother's arms.



"And though he was a Son, yet because of what he suffered he learned obedience." (Heb 5:8)

Jesus had lost his life, pouring out or emptying a container, and so he had become a spring, a source of new life.

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## WE REMEMBER MADELEINE SOPHIE

"Jesus gave His life to the Society on the cross, when from His open heart came forth, with His blood, the last proof of His love for us. What a joy for us, and what a priceless gift to have come forth from His Heart!" (Conference 1845)

Song : [The Old Rugged Cross](#)

Isaiah: 52: 13-53:

- Let us go to him who suffers and knows pain.
- It is our pain that he bore, our sufferings he endured.
- He was pierced for our sins, crushed for our iniquity.
- He bore the punishment that makes us whole; by his wounds we were healed.
- Though harshly treated, he submitted and did not open his mouth;
- He was struck for the sins of his people,
- He justified many and bore their iniquities.
- He surrendered himself to death and
- Bowing his head, he handed over the spirit (John 19:30)
- Blood and water flowed out of his side

WE PRAY WITH OUR WORLD SITUATION:

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As true disciples stay with the Master in difficult moments, let us stay with him, "broken with the broken Christ", looking at him, remaining at his side in listening silence and poverty of heart. Let us abide with him and remain with him in his trials. Let us stand with Mary on Calvary at the side of her son who suffers the tearing of his own body to bring life at the cost of his death. (Spiritual Journey-General Chapter 2024). *Pause for 1 minute...*

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We also bring the world situation of Hunger, Poverty, Climate crisis and its impact on human life; marine life and environment, Corona pandemic and its impact, human trafficking, migrants and refugees, lack of jobs, gender inequalities, wars and killings, homelessness and the entire mother earth that suffers many bruises. I bring my pain and sufferings to the cross: The resentments, the angers, the pain of rejection, the fears, the guilt, sin, immaturity, my jealousies and envy, my addictions, bruises and all my baggage and I hand over to Jesus. *Pause for 2 minutes...*

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I look at the cross until I start feeling; the presence of immense love, transformation and healing grace, I start yearning to stay with the Lord, I start feeling forgiveness from the Lord, Abundant joy, quiet peace, feelings of conversion and surrender of my gospel of life into his hands. I wait and keep vigil with Christ's love that has been poured out for me. Together with him and humanity, we wait for the resurrection. (Embracing your memories by Macrina Wiederkerhr) *Pause for 4 minutes...*

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Taize Song: [Stay here, remain here with me, watch and pray.](#)

INTERCESSION

Response: *Jesus, grant us strength to carry our crosses*

On those days when life seems too demanding with all its cares, burdens, and concerns... *Response*

When we experience great loneliness deep inside and the pain of separation fills our spirits... *Response*

When we feel the pain of our world and unite in compassion with the Earth's Suffering people... *Response*

When we are with others in their physical pain or when we vigil with one who has a terminal illness... *Response*

When we feel weary and worn out, when it seems like all of our energy has been drained away... *Response*

When we are challenged to risk our security and to accept new growth in our relationship with you... *Response*

When worries and concerns choke our peacefulness and leave us with anxiety and fear... *Response*

When we harbor old wounds and are called to offer or to receive forgiveness... *Response*

Other intercessions... *Response*



**Crucified Jesus, help us to take up our cross day by day, to lean on you and learn from you. Encourage us on our tomb-like days and keep our vision focused on life and growth. Amen!**