

Good Friday



Understanding Good Friday

Good Friday is the day we remember Jesus' death on a cross. We read the Passion from John's Gospel, and we venerate the Cross. We devoutly remember Jesus' love for us in suffering a terrible and painful death on a cross. As we remember this "good" day that brought about our salvation, we humbly fast and abstain from eating meat.

Open The Word

When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit. (John 19:30)

- **Read today's Passion:** John 18:1-19:42

Holy Week In Your Home

In Rome, if the Holy Father is able to carry the cross, he walks the Via Crucis or Stations of the Cross in procession, stopping at significant places in the city of Rome, starting at the Coliseum and ending at the Roman Forum.

Find out when Stations of the Cross will be held at your parish and make it a point to attend, along with attending the Good Friday service. If you cannot attend the Stations of the Cross at your church, try praying this powerful devotion at home. An online video tutorial may assist you, if needed.

For Children

The Cross is a beautiful symbol to remind us that Jesus loves us so much that he gave his life for us.

Activity: [Make a twig cross with sticks and yarn.](#) Thank Jesus for the gift of his love on the cross.

Did You Know?

On Good Friday, in all Catholic Churches, the altar is bare, the holy water font is empty, and the tabernacle is left open, to remind us of Jesus' death on the cross and being buried in the tomb.

Spiritual Reading

When we serve those who suffer, we console and rejoice in the Heart of Christ. One passage in the Gospel is striking. John the Evangelist, at the very moment when he recounts the pierced side, from which blood and water flow, bears witness so that we may believe (cf. v. 35). Saint John writes that *at that moment* the testimony occurs. Because the pierced Heart of God is eloquent. It speaks without words, because it is mercy in its pure state, love that is wounded and gives life. It is God, with closeness, compassion, and tenderness. How many words we say about God without showing love! But love speaks for itself, it does not speak of itself.

~Pope Francis, Homily at Agostino Gemelli University Hospital, May 11, 2021

Let Us Pray

Merciful and Compassionate God, as we contemplate the mystery of the cross, help us to grasp the depth of your love in for us, a love so great that you would sacrifice your only Son for our redemption. May the suffering and death of Jesus on the cross be a source of hope and healing for all who turn to him in faith. We offer this prayer in the holy name of Jesus, who suffered and died for our sake. Amen.

Faith In Action

On this day of fasting, consider how you can also fast from technology or even from carbon emissions. Turn off your television, mobile phone and walk to church, if possible. Some great ideas about how we can care for creation can be found on our website at [adw.org](#) by reading our [Laudato Si' Action Plan](#).



The Roman Catholic
Archdiocese of Washington