

MARCH 25, 2016



# FRIDAY OF THE PASSION OF THE LORD (GOOD FRIDAY)



ISAIAH 52:13 – 53:12

PSALM 31:2, 6, 12–13, 15–16, 17, 25

HEBREWS 4:14–16, 5:7–9

JOHN 18:1–19:42

## REFLECTION

What are your thoughts about death? Death is a natural part of life, and it happens to everyone, but we don't always like talking or thinking about it. Today's Gospel is all about death. Good Friday doesn't have a Mass, just solemn services. The mood is somber, the altar is bare, and the door to the empty tabernacle is open. There is nothing to suggest the presence of Jesus in our Church. He is gone, and we are mourning. Of the whole liturgical year, Good Friday services are quite possibly the hardest to attend, but they are necessary. There can be no Resurrection without death.

## ACTION

Today, if you can, attend the service at your church. If you are unable to get there, observe the hours when Jesus was traditionally thought to be on the cross. Between noon and 3:00 PM, be silent. Read through the Gospel, pray the Rosary, do the Stations of the Cross, or journal. If you have a crucifix in your house, spend time looking at it and meditating. Do not watch TV, listen to the radio, play games, go online, or talk on the phone or text anyone. Just spend the time focusing on Jesus and his sacrifice for us.



## JOURNALING QUESTIONS



- Have I known anyone who died? How did I feel about it?
- How do I feel thinking about Jesus' death?