

Good Friday Reflection

On Good Friday, let us remember the Passion of Jesus Christ and his loving sacrifice for us on the Cross.

“It is love ‘to the end’ that confers on Christ’s sacrifice its value as redemption and reparation, as atonement and satisfaction. He knew and loved us all when he offered his life. Now ‘the love of Christ controls us, because we are convinced that one has died for all; therefore all have died.’ No man, not even the holiest, was ever able to take on himself the sins of all men and offer himself as a sacrifice for all. The existence in Christ of the divine person of the Son, who at once surpasses and embraces all human persons and constitutes himself as the Head of all mankind, makes possible his redemptive sacrifice *for all*.” —*Catechism of the Catholic Church*, no. 616



Lent is ending. The joy of Easter is almost here, but today we still must journey with the Cross. Many of us have chosen to sacrifice something during Lent. However, there are those in the world that do not have that choice; many struggle to put food on the table, give their children an education, take care of ailing parents, and much more. Through our own sacrifices, we stand in solidarity with those who struggle as we work to ease their suffering.

One thing we can take away from this Lent and from our encounter with the Passion of Christ is that at the heart of every sacrifice is love. When we freely sacrifice something during Lent, the goal is to do it for the love of God. How can we continue to lovingly sacrifice once Lent is over? One way is to pay attention to the people in your life, while another way is to stand in solidarity with those who suffer while working to ease their burden.