

GOOD FRIDAY REFLECTION



Commemoration of the Lord's Passion

According to ancient tradition, the sacraments are not celebrated today or tomorrow. The church is bare without cloths, candles or cross. There are three parts to today's liturgy: We listen to the Lord's Passion; we venerate the Cross and we receive Holy Communion. The liturgy begins in silence, broken by the opening prayer.

Opening Prayer:

Lord, by shedding his blood for us, your Son, Jesus Christ, established the paschal mystery. In your goodness, make us holy and watch over us always.

Isaiah 52: 13-53:12

“Ours were the sufferings he bore, ours the sorrows he carried. But we, we thought of him as someone punished, struck by God, and brought low. Yet he was pierced through for our faults, crushed for our sins. On him lies a punishment that brings us peace, and through his wounds we are healed”.

Hebrews 4: 14-16; 5: 7-9

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. Son though he was, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him

The Passion of Our Lord Jesus Christ according to John

(John 18: 1 - 19: 42)

Though we not sing “alleluia” till the vigil, it swells in each of our hearts when, under John’s guidance, we meditate on the passion of the Lord. Never should we forget or underestimate the sufferings Jesus went through on the cross. But we must contemplate him on the cross as the glorious victor over Satan, over sin and death. The cross has become the tree of life. The arms of the Lord stretched out ‘between heaven and earth’ are ‘the everlasting sign of the covenant’ that the Father has made with humanity through the Son.

Days of the Lord - Easter Triduum



Be still, for the presence of the Lord, the Holy One, is here.

Come, bow before Him now, with reverence and fear.

In Him no sin is found, we stand on holy ground.

Be still, for the presence of the Lord, the Holy One, is here.

Be still, for the glory of the Lord is shining all around;

He burns with holy fire, with splendour he is crowned.

How awesome is the sight, our radiant king of light!

Be still, for the glory of the Lord is shining all around.

Be still, for the power of the Lord is moving in this place,

He comes to cleanse and heal, to minister His grace.

No work too hard for Him, in faith receive from Him;

Be still, for the power of the Lord is moving in this place.

(David J. Evans)

GENERAL INTERCESSIONS

Christ is the perfect sacrifice. Through his death on the cross he has reconciled the world to his Father and so we have the confidence to pray...

VENERATION OF THE CROSS

The cross is brought to the front of the church to be venerated by each person present.

This is the wood of the Cross, on which our Redeemer hung. Come, come let us adore. Come, come, let us adore, the Saviour of the world.

HOLY COMMUNION

Mass is not celebrated today. However, the Blessed Sacrament from last night’s Mass is now brought from the Altar of Repose for distribution among the Faithful.

Final Prayer

Almighty and eternal God, you have restored us to life by the triumphant death and resurrection of Christ. Continue this healing work within us.

May we who participate in this mystery never cease to serve you.

Blessing

Lord, send down your abundant blessing upon your people who have devoutly recalled the death of your Son in the sure hope of the resurrection. Grant them pardon; bring them comfort. May their faith grow stronger and their eternal salvation be assured.

All depart in silence.

As it begins, so the liturgy ends, in silence



A reading from St John Chrysostom to the newly baptised

(John was born in Antioch in 349. He was elected Patriarch of Constantinople in 397.

His sermons and writings did much to explain the Catholic faith and to encourage the living of the Christian life: his eloquence earned him the surname

“Chrystostom” - the Greek for “golden mouth”. He died in 407.)

Do you wish to know of the power of Christ’s blood? Let us go back to the ancient accounts of what took place in Egypt, where Christ’s blood is foreshadowed.

Moses said: ‘Sacrifice a lamb without blemish and smear the doors with its blood’. What does this mean? Can the blood of a sheep without reason save man who is endowed with reason? Yes, Moses replies, not because it is blood but because it is a figure of the Lord’s blood. So today if the devil sees, not the blood of the figure smeared on the doorposts, but the blood of the reality smeared on the lips of the faithful, which are the doors of the temple of Christ, with all the more reason will he draw back.

Do you wish to learn from another source the power of this blood? See where it began to flow, from what spring it flowed down from the cross, from the Master’s side. The gospel relates that when Christ had died and was still hanging on the cross, the soldier approached him and pierced his side with the spear, and at once there came out water and blood. The one was a symbol of baptism, the other of the mysteries. That soldier, then, pierced his side: he breached the wall of the holy temple, and I found the treasure and acquired the

wealth. Similarly with the lamb. The Jews slaughtered it in sacrifice, and I gathered the fruit of that sacrifice-salvation.

'There came out from his side water and blood.' Dearly beloved, do not pass the secret of this great mystery by without reflection. For I have another secret mystical interpretation to give. I said that baptism and the mysteries were symbolized in that blood and water. It is from these two that the holy Church has been born 'by the washing of regeneration and the renewal of the Holy Spirit', by baptism and by the mysteries. Now the symbols of baptism and the mysteries came from his side. It was from his side, then, that Christ formed the Church, as from the side of Adam he formed Eve.

That is why in his account of the first man Moses has the words, 'bone of my bone and flesh of my flesh', giving us a hint here of the Master's side. For as at that time God took a rib from Adam's side and formed woman, so Christ gave us blood and water from his side and formed the Church. Just as then he took the rib while Adam was in a deep sleep, so now he gave the blood and water after his death.

Have you seen how Christ has united his bride to himself? Have you seen with what kind of food he feeds us all? By the same food we are formed and are fed. As a woman feeds her child with her own blood and milk, so too Christ himself continually feeds those whom he has begotten with his own blood.

