

Day 7: Good Friday of the Lord's Passion

Proclamation: After Jesus died on the cross, blood and water gushed forth from his sacred side. This is a symbol of the grace which he poured into the Church so that we can receive new life from the sacraments. I choose to receive the grace he has for me! Jesus, I trust in you!

Scripture: John 19:25-37

Standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home. After this Jesus, knowing that all was now finished, said (to fulfill the scripture), "I thirst." A bowl full of vinegar stood there; so they put a sponge full of the vinegar on hyssop and held it to his mouth. When Jesus had received the vinegar, he said, "It is finished"; and he bowed his head and gave up his spirit. Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the Sabbath . . ., the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other who had been crucified with him; but when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water. He who saw it has borne witness—his testimony is true, and he knows that he tells the truth—that you also may believe. For these things took place that the scripture might be fulfilled, "Not a bone of him shall be broken." And again another scripture says, "They shall look on him whom they have pierced."

Prayer: O blood and water, which gushed forth from the heart of Jesus, as a font of mercy for us - I trust in you.

Worship Songs to sing on Good Friday: [O SACRED HEAD SURROUNDED](#), [AT THE CROSS](#) Chris Tomlin, [ABOVE ALL](#) Michael W. Smith, [JESUS PAID IT ALL](#) Fernando Ortega, [LEAD ME TO THE CROSS](#) Hillsong

Activity 1: Visio Divina (praying with sacred art)



Jesus had many words to say about his love and mercy. He said these words to St. Faustina, recorded in her diary: *"I remind you, My daughter, that as often as you hear the clock strike the third hour, immerse yourself completely in My mercy, adoring and glorifying it; invoke its omnipotence for the whole world, and particularly for poor sinners; for at that moment mercy was open wide for every soul. In this hour you can obtain everything for yourself and for others for the asking; it was the hour of grace for the whole world – mercy triumphed over justice."* (1572, page 558)

Take a few moments to look at Jesus. Thank him for his great love and mercy. Now take some time to pray for all the people who do not know Jesus.



Here is a quote from St. Faustina: *"He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart."* (390, page 175).

Ask Jesus: is there someone I need to forgive? Now ask Jesus to help you and then fill in the blank as you pray: "Dear Jesus, I choose to forgive _____. Please bless this person with your mercy and show him (or her) your great love. Amen."

Activity 2: Pray the Stations of the Cross with your family. Some resources for the whole family: [STATIONS OF THE CROSS WITH PICTURES AND MEDITATIONS](#) (from Sophia Institute for Teachers). Here is a version you can [MAKE YOURSELF](#) (from Catholic Icing). You can listen to the [STABAT MATER \(At the Cross her Station Keeping\)](#) (in Latin with English subtitles) – It is the traditional Way of the Cross hymn.

*A good way to meditate on the Stations would be to think of a virtue or attribute of Jesus (or the other people in the station), and then see how you can practice it more yourself. (Example: Jesus was patient, I can be patient while doing chores; Simon the Cyrene was a good friend to Jesus, I can be a better friend by always telling the truth.)

Activity 3: Pray the Divine Mercy Chaplet with your family. Here are [INSTRUCTIONS](#) or you can sing along with: [THE DIVINE MERCY CHAPLET](#) Sung by Donna Cori Gibson