



# Triduum *Reflections*

## Good Friday

Jesus suffered and died on the Cross on Good Friday. This day is a time for self-reflection—looking into our lives, acknowledging that we are sinners, seeking forgiveness, and asking God for the grace to begin a new life with Christ.

### **Theme** Love and Forgiveness

Central to Good Friday is the realization that Jesus suffered and died on the Cross to make up for our sins. Today, we reflect on God's infinite love and the price he paid for our sins. It is a day to fall on our knees, kiss or reverence the Cross, and ask for forgiveness, as we pledge to forgive others. As we do so, we reflect on the themes of Good Friday: Love and forgiveness.

### **Biblical Reflection** John 18:1—19:42

Identify the times that Jesus spoke during his Passion. Reflect on his words, including, "I told you that I AM" (18:8), "My kingdom does not belong to this world" (18:36), "Woman, behold, your son," (19:26), "I thirst" (19:28), and "It is finished" (19:30).

1. Which passages made you think? What about them caught your attention?
2. What did Jesus mean when he said, "I thirst" (John 19:28)? In addition to physical thirst, what else might Jesus thirst for?
3. In what ways can we gain strength from the realization that Jesus gave his life for us?
4. When Jesus told Mary to "behold your son", he was referring to John (John 19:26). In what way does John symbolize all of us who need Mary's prayers?

### **Family Activities**

1. **Love and forgiveness.** On Good Friday, remember the importance of our Christian beliefs and how they can help us appreciate God's immense love and forgiveness, especially in difficult times. In what ways did Jesus show his love by forgiving others? Is there someone in your life whom you need to forgive? Make an effort to reconcile with that person today.



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2. **Devotions at home.** Prayer in the home is important. Regardless of your family configuration, select a devotion that you can do in your home today. This may be praying the Way of the Cross, taking time to venerate the Cross by holding or kissing a crucifix, praying the Rosary with the sorrowful mysteries, or reading and reflecting on Scripture together.
3. **Rekindling love.** Take some silent time to remember the price Jesus paid for our sins and thank him for his great love. Imagine Jesus carrying his Cross to Calvary, his being nailed to the Cross, the agony he endured, and his Death. Examine your conscience, ask for the help of the Holy Spirit to acknowledge the sins for which you are especially sorry, and resolve to do your best to avoid them in the future. After reflecting on God's great love for you, make an act of contrition.