



THE LORD'S DAY AT HOME

GOOD FRIDAY
10th April 2020

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish, today. If you can, start these prayers at 3.00 p.m. – the moment when Jesus died on the cross for us. If you have a cross at home, set it up somewhere for everyone to see.

At 3.00 p.m. kneel down for a moment or two if you can, before the leader says:

OPENING PRAYER

Leader: Let us pray. Remember your mercies, O Lord, and with your eternal protection sanctify your servants, for whom Christ your Son, by the shedding of his Blood, established the Paschal Mystery. Who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever.

All: Amen.

PASSION READING

John 13:1-15

Pilate entered the headquarters again, summoned Jesus, and asked him, 'Are you the King of the Jews?' Jesus answered, 'Do you ask this on your own, or did others tell you about me?' Pilate replied, 'I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?' Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' Pilate asked him, 'So you are a king?' Jesus answered, 'You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.' Pilate asked him, 'What is truth?' After he had said this, he went out to the Jews again and told them, 'I find no case against him. But you have a custom that I release someone for you at the Passover. Do you want me to release for you the King of the Jews?' They shouted in reply, 'Not this man, but Barabbas!' Now Barabbas was a bandit. Then Pilate took Jesus and had him flogged. And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. They kept coming up to him, saying, 'Hail, King of the Jews!' and striking him on the face. Pilate went out again and said to them, 'Look, I am bringing him out to you to let you know that I find no case against him.' So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, 'Here is the man!' When the chief priests and the police saw him, they shouted, 'Crucify him! Crucify him!' Then he handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, 'Let us not tear it, but cast lots for it to see who will get it.' This was to fulfil what the scripture says, 'They divided my clothes among themselves, and for my clothing they cast lots.' And that is what the soldiers did. Meanwhile, standing near 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 beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home. After this, when Jesus knew that all was now finished, he said (in order to fulfil the scripture), 'I am thirsty.' A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, 'It is finished.' Then he bowed his head and gave up his spirit.

ALL KNEEL FOR A MOMENT IF YOU CAN

It was Preparation Day, and to prevent the bodies remaining on the cross during the sabbath – since that sabbath was a day of special solemnity – the Jews asked Pilate to have the legs broken and the bodies taken away. Consequently the soldiers came and broke the legs of the first man who had been crucified with him and then of the other. When they came to Jesus, they found he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water. After this, Joseph of Arimathea, who was a disciple of Jesus – though a secret one because he was afraid of the Jews – asked Pilate to let him remove the body of Jesus. Pilate gave permission, so they came and took it away. Nicodemus came as well – the same one who had first come to Jesus at night-time – and he brought a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, following the Jewish burial custom. At the place where he had been crucified there was a garden, and in this garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there.

REFLECTION

Leader: There are two emotions this afternoon – sadness and sorrow at what was done to Jesus, at what he had to suffer for us, but also joy and triumph, because his sacrifice has transformed our existence. This is why you see the cross in different designs: sometimes it is painful, rugged (as in the hymn) and a sign of anguish – while sometimes it is bedecked with jewels and gold, glorious and bright. There is no contradiction here, because the cross is both sorrow and triumph. If we have faith in Jesus, many moments in our lives will be both sorrowful but hopeful – perhaps talk about some for a moment now.

A THOUGHT FOR OUR YOUNGER FRIENDS



Imagine you have a big test coming up – a really, big, nasty test, and you are terrified! And your mum or dad says, “Don’t worry, I’ll sneak into school and do it for you!” How would you feel? Of course mums and dads can’t do that, it would be cheating! But thinking about it helps us understand what Good Friday is all about. Jesus does it for us. All the horrible things they did to him he went through for us. How can we say thank you to Jesus for doing this for us?

INTERCESSIONS

On Good Friday in Church we offer eleven special prayers: this afternoon just announce each intention and leave a little pause for everyone to think of their prayer.

Leader: Let us pray for the Church in the whole world ...

Let us pray for Pope Francis ...

Let us pray for Bishop John, and for all our priests, and the people of our parishes ...

Let us pray for people preparing to receive the sacraments ...

Let us pray for Christian Unity ...

Let us pray for the Jewish people ...

Let us pray for people who do not believe in Jesus ...

Let us pray for people who do not believe in God ...

Let us pray for our leaders, both national and local ...

Let us pray for all victims of the coronavirus ...

And let us pray for anyone in any kind of trouble, difficulty or pain ...

ADORATION OF THE CROSS

Take the cross you placed somewhere prominent earlier, and hold it in your hands for as few moments. If in a group one person should hold the cross up for everyone to look at for a few moments, then say this prayer together:

**We adore your Cross, O Lord,
we praise and glorify your holy Resurrection,
for behold, because of the wood of the tree
joy has come to the whole world.**

**May God have mercy on us and bless us;
may he let his face shed its light upon us
and have mercy on us.**

**We adore your Cross, O Lord,
we praise and glorify your holy Resurrection,
for behold, because of the wood of the tree
joy has come to the whole world.**

THE LORD’S PRAYER

Leader: At the Saviour’s command and formed by divine teaching, we dare to say:

All: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

PREPARATION FOR SPIRITUAL COMMUNION

Leader: Loving Father, Jesus gave himself completely for our sake. Even though we are not in Church, and not able to receive communion today, we open our minds and hearts to your generous love and the gift of Jesus your Son, welcoming him spiritually into our lives.

Pause for a moment of silent prayer and reflection.

SPIRITUAL COMMUNION

All: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

THANKSGIVING PSALM

Leader: In you, O Lord, I take refuge.

Let me never be put to shame.

In your justice, set me free,

Into your hands I commend my spirit.

It is you who will redeem me, Lord.

All: Father, into your hands I commend my spirit.

Leader: In the face of all my foes

I am a reproach,

an object of scorn to my neighbours

and of fear to my friends.

All: Father, into your hands I commend my spirit.

Leader: But as for me, I trust in you, Lord;

I say: ‘You are my God.

My life is in your hands, deliver me

from the hands of those who hate me.

All: Father, into your hands I commend my spirit.

FINAL PRAYER

Leader: Let us pray. Almighty ever-living God, who have restored us to life by the blessed Death and Resurrection of your Christ, preserve in us the work of your mercy, that, by partaking of this mystery, we may have a life unceasingly devoted to you. Through Christ our Lord.

All: Amen.

Spend a moment in silence before you go about your day.