

Good Friday Reflection

“By His wounds, we are healed.” – Isaiah 53:5

On Good Friday, the Church stands in silence before the Cross. The altars are bare, the tabernacles empty, and there is no celebration of the Mass. It is a day unlike any other—a solemn remembrance of the suffering and death of Jesus Christ, the Son of God.

This is the day love was nailed to a cross, when sin and death met their match in the self-giving of the Savior. Jesus, though innocent, willingly accepted the burden of our guilt. He was betrayed, condemned, mocked, beaten, and crucified—all so that we might be redeemed.

“Greater love has no one than this: to lay down one’s life for one’s friends.” (John 15:13)

On Good Friday, we are invited not only to witness Christ’s Passion, but to enter into it. To see in His wounds our own brokenness. To recognize in His suffering our own sin. And yet, also to behold the depth of divine mercy—a mercy that embraces us even in our darkest hour.

We venerate the Cross not as a symbol of defeat, but as the sign of victory through sacrifice. In the Cross, death is conquered, and love is revealed in its most powerful form.

Good Friday also challenges us to take up our own crosses—whatever they may be—and follow Christ with courage. In moments of trial, when we feel abandoned or misunderstood, we remember: Jesus has been there. He is with us still.

As we leave the liturgy in silence today, we do so with hearts full of hope. For we know that the story does not end at the tomb. Resurrection is coming.

Let us wait with reverence. Let us trust with faith. Let us love with all our hearts.

***“We adore You, O Christ, and we bless You,
because by Your holy Cross You have redeemed the world.”***

On this solemn day of Good Friday, we are invited to journey with Jesus along the path to Calvary through the Stations of the Cross. Each station is more than a moment in history—it is a window into the heart of Christ’s love and a mirror for our own lives.

As we meditate on these steps, let us walk slowly, prayerfully, and with open hearts. Let this journey transform us.

1. Jesus is condemned to death

Lord, how often do we pass judgment too quickly?

Help us to choose mercy over condemnation.

2. Jesus takes up His Cross

You embraced Your Cross willingly.

Teach us to carry ours with trust and love.

3. Jesus falls the first time

In Your weakness, we find strength.

Lift us up when we fall under life's burdens.

4. Jesus meets His Mother

Mary, your silent sorrow pierces our hearts.

Help us to be present to those who suffer.

5. Simon of Cyrene helps Jesus

Lord, show us how to help carry the crosses of others,

even when we do not choose them.

6. Veronica wipes the face of Jesus

Give us courage to act with kindness,

even in the face of suffering.

7. Jesus falls the second time

You fell again—yet rose again.

Remind us that failure is not the end.

8. Jesus meets the women of Jerusalem

Even in pain, You comforted others.

Help us to look beyond ourselves in times of trial.

9. Jesus falls the third time

How heavy the burden.

But You did not give up.

Strengthen us to persevere.

10. Jesus is stripped of His garments

Lord, all was taken from You.

Free us from our attachment to what does not last.

11. Jesus is nailed to the Cross

With every nail, love held You there.

Help us to surrender ourselves fully to Your will.

12. Jesus dies on the Cross

In silence, You gave everything.

We bow in reverence.

Jesus, remember us in Your kingdom.

13. Jesus is taken down from the Cross

Mary received Your broken body.

Teach us to care tenderly for those who are hurting.

14. Jesus is laid in the tomb

All seems lost—but hope is planted in the silence.

Help us wait with faith for the dawn of new life.

Lord Jesus,

as we walk the Way of the Cross,

let us walk with You.

Transform our sorrow into love,

our suffering into compassion,

and our hearts into a dwelling place for Your peace.

Amen.