

## Good Friday

Today Good Friday, the 10 April.

The monks of Glenstal Abbey sing: Crux fidelis Faithful cross, above all other, the one noble tree.

None in foliage, nor in blossom, nor in fruit offers more:  
sweetest wood and sweetest iron, sweetest weight is hung on thee!

Today's reading is from the Gospel of John.

This is how John's gospel tells the terrible story of Jesus' execution. Amongst the agony and sadness of the story, we hear Jesus utter the words: "here is your mother...here is your son". What do these words say to you? Even on the cross Jesus provides comfort for his mother and follower...Does this bring you comfort during this time of the pandemic and "lock-down"? "

Jesus bowed his head and gave up the spirit"; you could also translate this as "he handed over the Holy Spirit". What does this mean to you?

Joseph of Arimathea and Nicodemus suddenly turn up, one a secret disciple, and the other one who had visited Jesus "by night", when he had been unable to understand Jesus' teaching. Does this help you to think about the role of disciples today?

Jesus is now dead, and apparently unable to help anyone else. Note the important phrases: "It is finished...Jesus bowed his head...blood and water came out". Does Jesus' physical pain, his agony and suffering, help you to form a prayer at this time of illness and suffering around the world?

At this moment of the passage as you gather your prayers together, who is Jesus to you right now? Gather your feelings into a prayer to God... Or even to Jesus at this time.