

GOOD FRIDAY MEDITATION

- Lord Jesus, you have been condemned to death and face the bitter torture of the cross.
- Like those on the road who watched you, we weep and want to accompany you on this journey.
- We want to help you carry your cross, wrought by our own sins and those of all humanity.
- In you and your sufferings for us, we can sometimes see ourselves and our own suffering.
- The cross you carry can often resemble some of the crosses we bear.
- We understand now that the way of your cross was not only to pay for our sins, but to remind us, that when we suffer, you are there with us, so that we never suffer alone.
- Lord I am beaten down. I feel alone and rejected. I am elderly and my family has moved away. My spouse died some years ago and I go through the motions but part of me feels dead already. **JESUS FALLS!**
- As you meet your mother on the road to Calvary, the anguish in her face is evident.
- I am a teenager, young adult, I have all but lost my faith. I have become a disappointment to those around me, especially my family.
- Being myself never seems to be enough. Those in school around me don't understand that I just want to fit in and be happy. Instead most of the time I feel all alone. **JESUS FALLS!**
- I am married, but the love has slipped away over time. We seldom talk anymore. We live for our work and the kids but there is no more joy between us. We used to pray together and go to Mass as a family. That all stopped after the infidelity. **JESUS FALLS!**

- The addiction to pornography has become my prison. I am caught in a web that seems to have no way out. My dignity seems to be stripped away like your garments. The guilt consumes me but the compulsion takes over and I sin. **JESUS FALLS!**
- How can a God who loves us allow such suffering and pain in the world? Does he not see and hear and feel what the world experiences each day. Watching the news or reading about the pain and injustice that grows around us makes one wonder where this loving God is, or rather if He is. **JESUS FALLS!**
- They take you down from the cross. It is finished now. The anguish is over and you lie in the arms of your mother having accomplished your mission.
- The beloved disciple watches and wonders where to go next. To whom shall we go?
- The cross that bore you has now released your battered body. John stands in its shadow as we do.
- Does this mean that I will endure my sufferings and trials alone?
- Have your promises to remain with me died along with you?
- I need the power and grace that comes from being with you.
- My own situation becomes bearable when I know you are there.
- In moments when I am low, I need to rise with you.
- I need someone to lift the cross from me, so that I could try and get back up on my feet.
- I need your Easter victory to be mine, in the daily sufferings and deaths I endure.
- Be with me, my crucified Savior. Break open the tomb that holds me.
- Be my resurrection and my life.
- Stay with me.