

Good Friday Reflection

Sometimes it causes me to tremble, tremble, tremble.

On this Good Friday, where do we stand with the Lord? Are we like Judas, betraying the Truth and refusing to accept God's mercy? Or, are we like the other disciples who, with fault and struggle, have faithfully followed Jesus to this point – to His Passion and death on the cross. Are we afraid now, that our King is gone, that He has left us?

If fear is coming to mind and to heart, especially on this historic Good Friday, in the peace and isolation of our own homes, let us reflect on the Letter to the Hebrews, where we are reminded of Christ's paralyzing humanity that is shown through the pain, rejection, and suffering He endured during His Passion and Death.

“For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin.” Heb. 4:15

In this beautiful passage, Christ's perfect humanity is shown to us. He understands our struggles, our weaknesses, and our fears, especially on this day. Throughout your day, take note of the Truth of Christ's perfect humanity. He feels our pain and He understands our fears – we are not alone.

As we raise our hearts and prayers to God, we should keep in mind the last words of Jesus before His death on the cross:

“Father, into your hands I commend my spirit.” Luke 23:46

Just as we will ask the Lord for strength and offer up our fasting and Lenten sacrifices to Him, Jesus did the same at the time of His death. He gave His Father His spirit and put complete trust in Him.

Take time to today to think back on your Lenten journey. Have you trusted in the Lord? Where did you start and how far have you come? Did your cross feel unbearable? Did you ask the Lord for strength? What was His response?

Above all things, especially in this novel time, remember to not fear. In the wise words of St. Augustine:

“Let us admire, congratulate, rejoice, love, praise, adore; because through the death of our Redeemer we are called from darkness to light, from death to life, from exile to home, from grief to everlasting joy.”