



GOOD FRIDAY

Ritual at Home—The Adoration of the Holy Cross

If possible, do this ritual along with Father Daniel as you participate in the liturgy online.

1. **Find a Cross** or a Crucifix in your home and place it on a table or some other place of honor, adding candles if you wish.
2. **As we contemplate the Crucifix**, we know that God cares about our suffering and understands our pain. We are not alone, God listens to our cries, and our prayers. On this day the Church does solemn prayers for many intentions before the crucified Lord. We invite everyone in your house to write down your own intentions that you want to pray for during this beautiful liturgy. Once written, place them under the Cross on your table.
3. **Before the liturgy begins cover the Cross with a cloth.** (If you are not participating in the online liturgy, cover the cross before beginning).
4. **As Father Daniel uncovers each portion of the Cross, do the same with your cross at home.** As he says “Behold the wood of the Cross, on which hung the salvation of the world,” everyone should respond: “Come, let us adore.”

If doing this outside the online liturgy:

Begin by uncovering the top portion of the cross and saying: “Behold the wood of the Cross, on which hung the salvation of the world,” everyone should respond: “Come, let us adore.”

Then uncover the right arm of the Cross, saying again “Behold the wood of the Cross, on which hung the salvation of the world,” everyone should respond: “Come, let us adore.”

Then the remainder of the Cross should be revealed, saying one last time: “Behold the wood of the Cross, on which hung the salvation of the world,” and everyone should respond: “Come, let us adore.”

5. Allow some time in silent reflection to you look upon the Cross. Part of the beauty of the Adoration of the Cross is the time for personal prayer and reflection, as well as performing

individual acts of reverence. You may wish to touch the cross, or show another suitable sign, such as genuflection or a kiss.

Continuing the Conversation

1. What images, words, or phrases do you associate with Good Friday?
2. How might you explain the significance of the cross to someone?

