



GOOD FRIDAY

WITH THE FIVE SORROWFUL MYSTERIES

For this celebration, we will need:

- A crucifix that is displayed prominently
- The meditations of the mysteries can be said by two people alternately.

GOSPEL OF JESUS CHRIST ACCORDING TO ST MATTHEW 26, 36-43

1- THE AGONY OF JESUS IN THE GARDEN OF GETHSEMANE

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will. Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." When he came back, he again found them sleeping, because their eyes were heavy.

Jesus asks his disciples to watch and pray that they do not fall into temptation.

We pray to you Lord to remain faithful in this time of trial.

Jesus feels sadness and anguish; he prays that this cup will pass from him.

We pray to you, Lord, that this crisis will pass away from us.

Jesus enters into agony, his sweat falls to the ground like drops of blood.

We pray to you Lord for all those who suffer, that they may be relieved.

Jesus abandons himself to the will of the Father, an angel comes to comfort him.

We pray to you Lord for all those who care for the sick and suffering.

Jesus is betrayed by Judas who comes to embrace him, he is arrested like a bandit.

We pray to you Lord: give us the ability to acknowledge all our sins.

GOSPEL OF JESUS CHRIST ACCORDING TO SAINT LUKE 23, 13-16

2- THE SCOURGING AT THE PILLAR

Pilate called together the chief priests, the rulers and the people, and said to them, "You brought me this man as one who was inciting the people to rebellion. I have examined him in your presence and have found no basis for your charges against him. Neither has Herod, for he sent him back to us; as you can see, he has done nothing to deserve death. Therefore, I will punish him and then release him."

Jesus is brought before Caiaphas the high priest to be tried and sentenced to death.

Lord, have mercy on those who are put in prison.

Jesus is beaten by the Temple guards.

Lord, have mercy on those who are scorned without reason.

Jesus is denied three times by Simon Peter: "I don't know this man! "

Lord, have mercy on those whose love is betrayed.

Jesus is brought before Pilate who finds no grounds for condemnation.

Lord, have mercy on those who hunger and thirst for justice.

Jesus is scourged by the Roman soldiers.

Lord, have mercy on those who suffer in body and soul.

GOSPEL OF JESUS CHRIST ACCORDING TO ST. MARC 15, 16-20

3- THE CROWNING WITH THORNS

The soldiers led Jesus away into the palace (that is, the Praetorium) and called together the whole company of soldiers. They put a purple robe on him, then twisted together a crown of thorns and set it on him. And they began to call out to him, "Hail, king of the Jews!" Again and again they struck him on the head with a staff and spit on him. Falling on their knees, they paid homage to him. And when they had mocked him, they took off the purple robe and put his own clothes on him. Then they led him out to crucify him.

Jesus is handed over to the Jews by Pilate to be crucified.

We pray to you Lord for your Church in this time of trial.

Jesus is stripped of his clothes, covered with a scarlet cloak.

We pray to you Lord for the Pope, bishops, priests and deacons.

Jesus is crowned with thorns, a reed in his right hand.

We pray to you Lord for the baptised, religious and catechumens.

Jesus is struck on the head with the reed, covered with spittle.

We pray to you Lord for the Jews, for believers and non-believers.

Jesus is mocked by the soldiers, mocked: "Hail, King of the Jews".

We pray to you Lord for those in charge of public affairs.

GOSPEL OF JESUS CHRIST ACCORDING TO SAINT LUKE 23, 26-31

4- THE CARRYING OF THE CROSS

As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus. A large number of people followed him, including women who mourned and waited for him. Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. For the time will come when you will say, 'Blessed are the childless women, the wombs that never bore and the breasts that never nursed!' Then "they will say to the mountains, "Fall on us!" and to the hills, "Cover us!" For if people do these things when the tree is green, what will happen when it is dry?"

Jesus is taken away to be crucified.

Lord, teach us to take up our cross to follow you.

Jesus meets his mother with the holy women who followed him from Galilee.

Lord, teach us to stand firm and walk with you to the end.

Jesus is helped by Simon of Cyrene to carry the cross.

Lord, teach us to help those in trouble.

Jesus meets the women of Jerusalem who weep over him.

Lord, teach us to weep with those who weep.

Jesus falls under the weight of the cross.

Lord, forgive our sins, teach us to rise with you.

GOSPEL OF JESUS CHRIST ACCORDING TO SAINT LUKE 23, 32-47

5- THE CRUCIFIXION AND DEATH OF JESUS

Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing." [c] And they divided up his clothes by casting lots.

The people stood watching, and the rulers even sneered at him. They said, "He saved others; let him save himself if he is God's Messiah, the Chosen One."

The soldiers also came up and mocked him. They offered him wine vinegar and said, "If you are the king of the Jews, save yourself." There was a written notice above him, which read: this is the king of the jews. One of the criminals who hung there hurled insults at him: "Aren't you the Messiah? Save yourself and us!" But the other criminal rebuked him. "Don't you fear God," he said, "since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom."

Jesus answered him, "Truly I tell you, today you will be with me in paradise."

The Death of Jesus

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud

voice, "Father, into your hands I commit my spirit." [e] When he had said this, he breathed his last. The centurion, seeing what had happened, praised God and said, "Surely this was a righteous man."

Jesus is stripped of his clothes and nailed to the cross.

Lord, give us the grace to be patient and to offer ourselves with you.

Jesus promises the good thief that he will be with him in Paradise.

Lord, remember us when you come into your Kingdom.

Jesus entrusts his mother to the beloved disciple, and the beloved disciple to his mother.

Lord, make us your disciples through the hands of the Virgin Mary.

Jesus gives up his spirit and dies on the cross

Lord, send your Spirit, that he may renew the face of the earth.

Jesus is taken down from the cross and laid in the tomb.

Lord, grant eternal rest to all those you have called to you.

At the end of this fifth decade of the rosary, we can take a **moment of silence** and make a **gesture of adoration before the crucifix**.

After this silent adoration, we propose a **gesture of forgiveness within the family**. This gesture can take the form of a **mutual washing of hands**, as an extension of the gesture of Mary Magdalene who washed Jesus' feet as a sign of asking for forgiveness. It is sufficient to pour a little water on the hands of one member of the family who has wiped them and then pours it on the hands of another, and so on.