



# Holy Week: Good Friday

All the content below is for you to make your own, please do read through it, pick what would work best for your children and would best engage them.

Rest assured of my prayers for your family and you this Good Friday.

Kathryn Bevan

## We Gather

Good Friday is a very important day for Christians; it's a special day of fasting, praying and mourning.

Good Friday is a solemn day when we gather together in Church to remember the suffering and death of Jesus. We think about the events of Good Friday, starting with Jesus' arrest and his sentencing to death by Pilate. He was taken to a place called Golgotha in Jerusalem, carrying his own cross, and crucified. According to tradition Jesus died at 3 o'clock in the afternoon, so this is when the Church invites everyone to take part in the reading of the "Passion of Jesus" from the Gospel of John. Many prayers are also said for the needs of the church and the whole world because Jesus died for everyone. People are invited to come up in procession to touch or kiss the cross while a penitential (sorry) psalm is sung, this is called venerating the cross (showing it great respect). Everyone joins in the Lord's Prayer and then receives Holy Communion. There is a silence at the end of the liturgy as people leave the church.

To show how important this day is to us, We might also pray the Stations of the Cross. At home we 'fast'; this means we have a little less to eat than usual and don't eat meat.

This Good Friday is a little different from usual as we are not able to go to church with our families, or share our children's liturgy together. I'm going to share with you some ways that you can still commemorate Good Friday as a special day in your family.





We are going to start off by listening to the Gospel reading for today, the Passion of Christ, then there will be an opportunity to reflect on what it means and pray, followed by some suggestions of activities that you can do together at home.

## We listen

### A reading from the Gospel of John

Pilate gave Jesus to them to be killed on a cross.

The soldiers took charge of Jesus. <sup>17</sup> Carrying his own cross, Jesus went out to a place called The Place of the Skull. *(In the Jewish language<sup>[b]</sup> this place is called Golgotha.)* <sup>18</sup> There they nailed Jesus to the cross. They also put two other men on crosses, one on each side of Jesus with Jesus in the middle. <sup>19</sup> Pilate wrote a sign and put it on the cross. It read: "JESUS OF NAZARETH, THE KING OF THE JEWS." <sup>20</sup> *The sign was written in the Jewish language, in Latin, and in Greek. Many of the Jews read the sign, because this place where Jesus was killed was near the city.* <sup>21</sup> *The leading Jewish priests said to Pilate, "Don't write, 'The King of the Jews.' But write, 'This man said, I am the King of the Jews.'"*

<sup>22</sup> *Pilate answered, "What I have written, I have written!"*

<sup>23</sup> After the soldiers nailed Jesus to the cross, they took his clothes. They divided them into four parts. Each soldier got one part. They also took his long shirt. It was all one piece of cloth, woven from top to bottom. <sup>24</sup> So the soldiers said to each other, "We should not tear this into parts. We should throw lots to see who will get it." *This happened to give full meaning to the Scripture:*

*"They divided my clothes among them.*

*And they threw lots for my clothing."*

So the soldiers did this.

<sup>25</sup> Jesus' mother stood near his cross. His mother's sister was also standing there, with Mary the wife of Clopas, and Mary Magdalene. <sup>26</sup> Jesus saw his mother. He also saw the follower he loved standing there. He said to his mother, "Dear woman, here is your son." <sup>27</sup> Then he said to the follower,





“Here is your mother.” From that time on, this follower took her to live in his home.

<sup>28</sup> After this, Jesus knew that everything had been done. To make the Scripture come true, he said, “I am thirsty.”<sup>[c]</sup> <sup>29</sup> There was a jar full of vinegar there, so the soldiers soaked a sponge in it. Then they put the sponge on a branch of a hyssop plant and lifted it to Jesus’ mouth. <sup>30</sup> Jesus tasted the vinegar. Then he said, “It is finished.” He bowed his head and died.

*John 19:16-30 International Children’s Bible*

## **We reflect**

Talk together about ‘Good Friday’...it can seem strange that a day so full of terrible acts, culminating in the death of Jesus, the Son of God, is remembered as ‘Good’. Explore why this might be. (See below for some activities linked to the events of Good Friday.)

Talk about how you felt as you listened to the Gospel. How do you think Jesus’ disciples and the women gathered at the foot of the cross felt? How do you think Jesus felt? You could spend a couple of minutes ‘venerating’ your crucifix at home... play some prayerful music, and spend a few moments just looking at the cross. Let quiet thoughts come in to you head and heart. (see the link for some taize music below)

At the cross, Jesus took the pain, he forgave the thief and the crowds, and he took care of his mother. His faith and trust in God remained steadfast.

Jesus loved us all so much that he gave his life for us. This was a huge sacrifice...he gave up his whole life, for all of us, that includes you and me! Think about what you can do to give love this Easter weekend to those around you in your family when it is hard, like looking after a younger brother or sister, giving time, showing forgiveness, and having patience. You could also make a few promise notes for things you could do to show love for those in need once we are able to go out and about again;





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sharing that love with each other and with the world.

keep them ready in a jar for a few weeks' time.

Listen to the words of this song...

For God so loved the world,  
He gave His only son,  
And whoever believes in Him.  
Shall not die, but have eternal life.  
L is for the Love that He has for me,  
I am the reason He died on the tree,  
F is for Forgiveness and now I am free,  
E is to enjoy being in His company

What do you think they mean and how does it make you feel? Why is this a good song to sing on Good Friday?

Let us pray.....

Dear Lord,

Thank you for sending your son Jesus to show us how much you love us.  
Just as you filled Jesus with hope and trust on the cross fill us with hope and trust too and help us to show love for others around me this Easter. Please look after all those who are feeling sad or going through difficult times and need to feel your love right now. Amen

As we would in church, let's say the Our Father together.....



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### We go forth

The following are some activities you can now try at home:



Make **Stations of the Cross** pictures. If you don't have any paint at home you could draw round your hand and colour it in instead. Or you could use this idea to make a bookmark. There are more pictures on the website. <https://www.catholicicing.com/holy-week-in-handprints/>

If you have some little plastic eggs you could have a Good Friday egg hunt:

Use six treasure finding eggs (the plastic ones with the empty middles) filled with objects relating to Holy Week e.g.

1. Several 5p coins to represent the thirty pieces of silver.
2. A piece of purple cloth.
3. Nails and hammer
4. Two small wooden sticks (you could use twigs or lolly sticks) to represent the cross
5. A stone
6. Piece of cotton wool soaked in vinegar

For more ideas using up to 12 eggs see

<https://www.catholicicing.com/stations-of-cross-eggs-for-catholic/>



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Or you could make a Good Friday platter like this one:



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There are lots more great ideas for Good Friday on this website too

<https://www.catholicicing.com/good-friday-traditions/>

Spend a few quiet minutes together venerating the cross (see above) using  
this Taize music 'O Lord our cross' <https://www.youtube.com/watch?v=yS7yq3XBsic>

### Videos/clips to watch

Stations of the cross for children

<https://media.loyolapress.com/assets/lent/stations-eng/stations-eng.html> A child-friendly version of  
the stations of the cross set to gentle music

Watch a short animated version of the story of Good Friday

[https://www.youtube.com/watch?v=n\\_M3mBduIMY](https://www.youtube.com/watch?v=n_M3mBduIMY)



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