

Good Friday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Veneration of the Cross
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Select a crucifix or wooden cross for your at home veneration of the cross

READ THE DAILY READINGS OR WATCH MASS

Daily Mass readings here: <http://www.usccb.org/bible/readings>.

*You can read them directly from this website or practice looking them up in your Bibles!

MAKE AN ACT OF SPIRITUAL COMMUNION

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,

come at least spiritually into my heart.

I embrace You as if You were already there

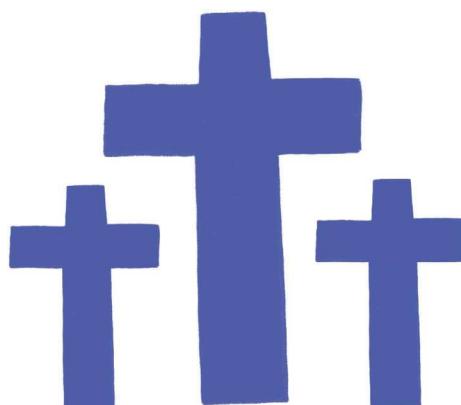
and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36



SING OR READ THE STABAT MATER

(or experience the *Stabat Mater* sung in Latin with stunning voices, visual aids, and English translations here:
<https://www.youtube.com/watch?v=4US4PSZF278>)

At the cross her station keeping,
Stood the mournful
Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing, All
His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death Of
that dying Son of thine.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die, In
His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

Amen





VENERATION OF THE CROSS

Catholics attend the Veneration of the Cross at 3:00 p.m. on Good Friday. This practice has been around since the fourth century. According to tradition, St. Helen discovered a fragment of the cross on a pilgrimage to Jerusalem. The cross was brought forward and placed on an altar where the priests and people could pay homage to the relic. It is said that the people pressed their eyes, brows, and lips to the cross as the priest repeated: "Behold, the wood of the cross."

If you cannot attend a local service, we encourage you to venerate a crucifix or wooden cross in your home this Good Friday.

Before beginning, explain that Catholics venerate the cross, but we do not worship the material. We are paying homage to the instrument of salvation and proclaiming our adoration of Christ's ultimate sacrifice.

Parents, you can hold a small cross or crucifix and invite your little saints to venerate the cross by taking turns kneeling before it, kissing the wood, or placing their forehead on the cross. As each family member comes forward, say: "Behold, the wood of the cross."

Additionally, the veneration of the cross is a solemn practice. Music is not played, a Mass is not said, and the congregation remains silent. You can also consider adding the stations of the cross or a moment of silent prayer before or after your home veneration.

You can find all 14 stations with images, reflections and prayers for children on our Instagram page: @catholicfamilycrate.

