

Prayerful preparation for Good Friday

The Way of the Cross

1. As Jesus appears before Pilate, I remember a time when I experienced being misunderstood, condemned.
2. As Jesus receives His cross, I recall a time when I received a cross in my life.
3. As Jesus falls the first time, I remember when I first experiences failure, my own limits.
4. As Mary encourages Jesus, I remember someone who encouraged me to follow God. I remember how they looked at me.
5. As Simon helps Jesus carry His cross, I consider who has been there to lift the cross from my shoulders, from my heart.
6. As Veronica wipes the face of Jesus, I remember the Veronicas in my life-those who stood by me, comforted me, even at the risk of their own rejection.
7. As Jesus falls a second time, I recall the times when I have experienced the helplessness of failing, knowing that I would fail again and again.
8. As the women reach out to comfort Jesus, I remember the faces of those who I have reached out to comfort, even in my own pain.
9. As Jesus falls a third time, I recall a time when I felt as if I had fallen and could not go on.

10. As Jesus is stripped of his clothing, I remember the experience of feeling so poor, so stripped and so vulnerable before others.
11. As I see Jesus nailed to the cross, I consider what it is that fastens me to the cross of Jesus Christ.
12. As I image Jesus dying on the cross, I recall the circumstances when I realised the call to love unconditionally, to be forgiving even when there seems to be no return.
13. As I image Mary holding the dead body of her Son, I hold in loving memory those who received me in my pain and grieved with me.
14. As Jesus' body is laid in the tomb, I consider what it is in my life that holds me most entombed, where I most experience death.
15. Usually omitted in Lent.

Copied from, *Surrender A guide for Prayer*, J. S. Bergan & S. M. Schwan.

Alternative ways of Prayer Prompts for Good Friday

- Lectio Divina Meditation. On Scripture, The Passion, John 18:1-19:42
- Holding or looking at a crucifix noting the feelings which surface within me.
- Applying the 7 Thomistic questions to the Scriptures passage.
- Ignatian Imaginative Contemplation. Image yourself at the scene of the crucifixion. Watch and note what is resonating with you.
- Abandon formal prayer. As you serve others this day, try to live in the presence of God and thus be united with God throughout the day.

Remember ...

- Pray as you can, not as you can't.
- Prayer is not about me getting any method right, of me trying to offer God perfect prayer. It is about showing up and submitting to whatever God wants to give me.