

Holy Week at Home



An aid for families seeking to celebrate holy week fruitfully at home



Good Friday

The Paschal Triduum continues into Good Friday. After the Last Supper, Jesus is arrested, put on trial, and sentenced to death by crucifixion. He was mocked, beaten, and brutally put to death – a death he submitted to because of his infinite love for each of us. We adore you, O Christ, and we praise you. Because by your holy cross you have redeemed the world.

CONTENTS

How to pray a 'virtual' Mass from home - page 2

Lenten penance - page 3

Family prayers - page 3

Hymns - page 4

Meditation - page 5

Bible study - page 6

Family activities - page 6

HOW TO PRAY THE TV MASS FROM HOME

Creating a sacred space to reverently watch the mass in your home

Create a prayer altar under your TV or streaming device. Consider setting a crucifix or other sacred art in the prayer space.

Open your bible to the gospel of the day and place it on your "home altar" to remind you that the Word of God is among you.

Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

Set up chairs like a pew to help you engage in the mass and keep you from passively watching from the couch.

Get dressed as you normally would when attending mass. Keeping this routine is especially helpful for children.

If you have holy water at home, bless yourself and your family before you begin the mass.

Take a few moments of silence to transition from the busyness of your home to the sacredness of the mass.

Unite yourself spiritually to the mass by standing, kneeling, sitting, and responding as if you were actually present.

Engage in community by having coffee and breakfast with your family after mass or by calling your loved ones to connect.

[List of Online and Virtual Masses Viewable in the Diocese of Superior](#)

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.

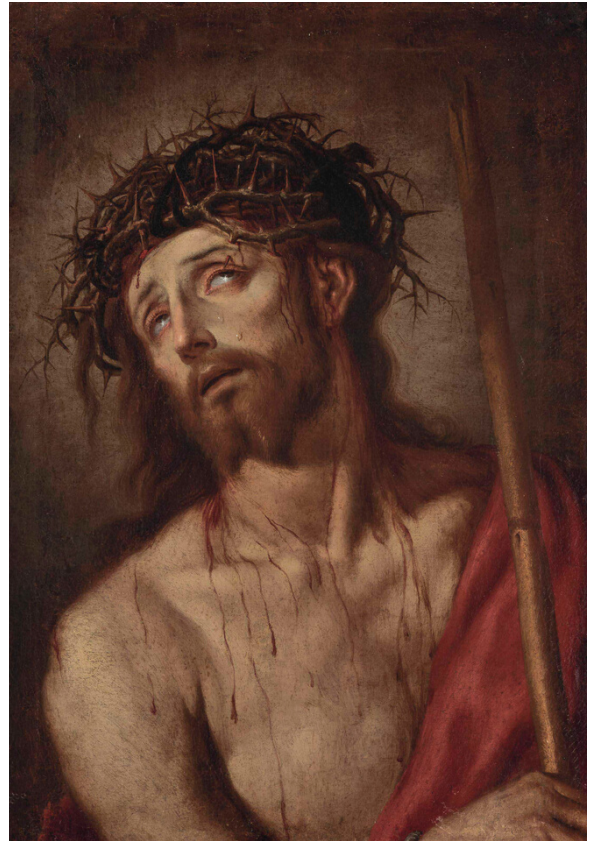


Passiontide Penance

Good Friday - The Crucifixion

The penances we have been practicing all Lent reach their high point on Good Friday. [From the website of the U.S. Bishops](#): "Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics.... For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.... If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the 'paschal fast' to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection."

If you have been following the [recommendation of the U.S. Bishops](#) to fast all 40 days of Lent, you should try to eat even less than usual on Good Friday.



Make a Family "Retreat"

From 12 noon until 3pm

According to the Holy Gospels, Jesus was nailed to the cross at noon on Good Friday and died at 3:00pm. During these hours especially, try to maintain a quiet, prayerful atmosphere in the home.

Begin and end with prayer (perhaps from the list of options on the right) and include a [live-streamed](#) celebration of the Good Friday service.

Venerate a crucifix in your home (see page 6).

Have some family conversation about what Jesus did for us. Ask your kids:

- Do you know why Jesus died for us?
- How much must he love you to do that for you?
- How much should we love him in return?
- How can we show him how much we love him?

Quiet activities like reading and coloring can help maintain a peaceful atmosphere in between times of prayer and reflection.

- Start your day with a simple [morning offering](#).
- Use the [Magnificat Online Edition](#) for morning and evening prayers.
- Pray Day 1 of the [Divine Mercy Novena](#), which begins on Good Friday and concludes on Divine Mercy Sunday ([sign up for daily email reminders](#)).
- Pray the sorrowful mysteries of the Rosary. [How to Pray the Rosary](#).
- Pray the [Stations of the Cross](#) in front of a crucifix or your family altar.
- End your time of prayer by singing *O Sacred Head Surrounded* or *Stabat Mater* (next page).

Family Prayers

O Sacred Head Surrounded 435



1. O Sa - cred Head sur-round - ed By crown of pierc - ing
 2. I see your strength and vig - or All fad - ing in the
 3. In this, your bit - ter pas - sion, Good Shep-herd, think of



thorn! O bleed - ing Head, so wound - ed, Re -
 strife, And death with cru - el rig - or, Be -
 me With your most sweet com - pas - sion, Un -



viled and put to scorn! The pow'r of death comes
 reav - ing you of life; O ag - o - ny and
 worth - y though I be: Be - neath your cross a -



o'er you, The glow of life de - cays, Yet
 dy - ing! O love to sin - ners free! Je -
 bid - ing For ev - er would I rest, In



an - gel hosts a - dore you, And trem - ble as they gaze.
 sus, all grace sup - ply - ing, O turn your face on me.
 your dear love con - fid - ing, And with your pres - ence blest.

[Recording available here](#)

VI

S Ta-bat Ma-ter do-lo-ró-sa Juxta cru-cem lacri-
 mó-sa, Dum pendé-bat Fí-li-us. 2. Cu-jus á-nimam gemén-
 tem, Con-ristá-tam et do-léntem Per-transí-vit glá-di-us.

[Stabat Mater Dolorosa](#)

This song is considered one of the seven greatest Latin hymns of all time. It is based upon the prophecy of Simeon that a sword was to pierce the heart of His mother, Mary (Lk 2:35). The hymn originated in the 13th century during the peak of Franciscan devotion to the crucified Jesus. It is often associated with the Stations of the Cross.

[Recording available here](#)

Meditation for Good Friday

Jesus Hanging Dead upon the Cross

St. Alphonsus Ligouri

Raise up thine eyes, my soul, and behold that crucified man. Behold the divine Lamb now sacrificed upon that altar of pain. Consider that he is the beloved Son of the Eternal Father; and consider that he is dead for the love that he has borne thee. See how he holds his arms stretched out to embrace thee; his head bent down to give the kiss of peace; his side open to receive thee into his heart. What dost thou say? Does not a God so loving deserve to be loved? Listen to the words he addresses to thee from that cross: *Look, my son, and see whether there be any one in the world who has loved thee more than I have.*

No, my God, there is none that has loved me more than thou. But what return shall I ever be able to make to a God who has been willing to die for me? What love from a creature will ever be able to recompense the love of his Creator, who died to gain his love?

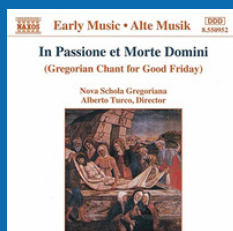
O God! Had the vilest one of mankind suffered for me what Jesus Christ has suffered, could I ever refrain from loving him? Were I to see any man torn to pieces with scourges and fastened to a cross in order to save my life, could I ever bear it in mind without feeling a tender emotion of love? And were there to be brought to me the portrait of him, as he lay dead upon the cross, could I behold it with an eye of indifference, when I considered: "This man is dead, tortured thus, for love of me. Had he not loved me, he would not so have died."

Ah, my Redeemer, O love of my soul! How shall I ever be able to forget thee? How shall I ever be able to think that my sins have reduced thee so low, and not always bewail the wrongs that I have done to thy goodness? How shall I ever be able to see thee dead of pain on this cross for love of me, and not love thee to the uttermost of my power?

O my dear Redeemer! Well do I recognize in these thy wounds, and in thy lacerated body, as it were through so many lattices, the tender affection which thou does retain for me. Since, then, in order to pardon me, thou has not pardoned thyself, oh, look upon me now with the same love wherewith thou didst one day look upon me from the cross, whilst thou wert dying for me. Look upon me and enlighten me, and draw my whole heart to thyself, that so, from this day forth, I may love none else but thee. Let me not ever be unmindful of thy death. Thou didst promise that, when raised up upon the cross, Thou wouldst draw all our hearts to thee.

Behold this heart of mine, which, made tender by thy death, and enamored of thee, desires to offer no further resistance to thy calls. Oh, do thou draw it to thyself, and make it all thine own! Thou hast died for me, and I desire to die for thee; and if I continue to live, I will live for thee alone.

O pains of Jesus, O ignominies of Jesus, O death of Jesus, O love of Jesus! Fix yourselves within my heart, and let the remembrance of you abide there always, to be continually smiting me, and inflaming me with love. I love thee, O infinite goodness; I love thee, O infinite love. Thou art and shalt ever be, my one and only love. O Mary, Mother of love, do thou obtain me love.



For your
Good Friday
playlist

Spiritual Reading on Kindle | Under \$3



Imitation of Christ
by Thomas a Kempis

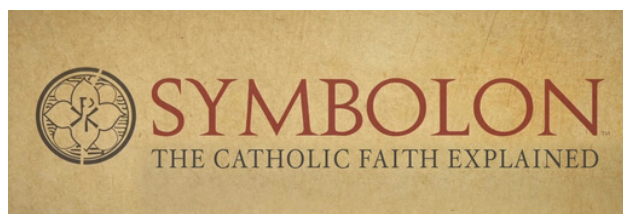


Meditations on the Passion
by St. Alphonsus Ligouri

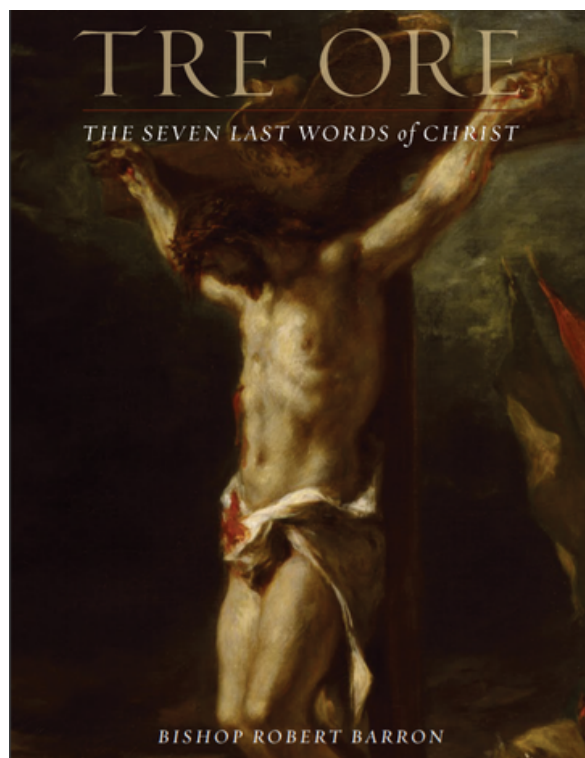
Bible Study

Go deeper!

During these challenging times, the Augustine Institute is extending complimentary access to FORMED (a digital platform for the Catholic Faith on demand) for 40 days. Get access at [Faith at Home](#)



Session 6. The Paschal Mystery: The Mystery of Jesus's Death & Resurrection. "The Paschal Mystery" is a phrase we hear and use in the Mass and sacramental rites, but do we understand what it means in the greater story of Salvation, from the Passover in Egypt to the Last Supper and Crucifixion of Jesus?



The Three Hours' Agony, or Tre Ore, is a liturgical service held on Good Friday from noon until 3 o'clock to commemorate the Passion of Christ. It includes a series of homilies by Bishop Robert Barron meditating on the seven last words spoken by Christ. You get the **full video**, an **audio mp3 download**, and a **PDF reflection booklet!**

-
- **Lift High the Cross.** Put a Cross or Crucifix somewhere prominent in your home—somewhere you will see it often. As you pass by, remind yourself of Christ's sacrifice and say a short prayer of thanksgiving, e.g. *Jesus, thank you for dying for me. I love you.*
 - **Venerate the Cross.** Either during the live-streamed Good Friday service or at any time, the family should gather before a cross or crucifix for veneration.
 - Father: *Behold, the wood of the cross, on which hung the salvation of the world.*
 - Response: *Come, let us adore.*
 - The father should lead by kneeling and kissing the foot of the cross or the feet of Jesus on the cross. He should then hold the cross for other family members to venerate similarly.
 - **Build a model tomb** for Jesus out of rocks, paper mache, or salt dough. Get creative!
 - **Hot Cross Buns.** [Make this old Good Friday tradition for breakfast.](#)
 - **Keep Quiet.** Limit use of noise and electronics as much as possible (especially from 12-3pm), entering into the silence of this day. A couple things you could do:
 - Do some manual yardwork in solidarity with the labor Christ did on the Cross. Offer up your struggle and suffering for the salvation of souls.
 - For children:
 - Pray with [Holy Week matching cards.](#)
 - Color these [Stations of the Cross pages.](#)

Family Activities

Live it!