

# IDEAS FOR OBSERVING GOOD FRIDAY

*Good Friday is a very important day for Catholics. It's the day Jesus died on the cross for us and saved us from our sins. Not only is it an important day, it's a day of fasting, prayer, and mourning.*

**Here are some simple ways to observe Good Friday in your home with your family:**

- ♦ Fast. This is required by the Catholic church if you're healthy and 18 years or older. However, children are encouraged to skip snacks and any other unnecessary eating throughout the day.
- ♦ Keep fun activities low key and quiet. Other people and friends around you may want to go shopping or do special activities because it is a holiday, but it's really not a day for celebration. Try not to be tempted by others.
- ♦ Don't do unnecessary work. Good Friday is a day of rest, like Sundays.
- ♦ Eat hot cross buns for breakfast or lunch. Legend says there was a priest in 1361 A.D. who gave out hot cross buns to the poor on Good Friday morning, and the tradition was born.
- ♦ Read the passion story from one of the Gospels.
- ♦ Do extra good deeds and sacrifices.
- ♦ Go to the Good Friday Liturgy (usually at 3:00 pm) at your local Catholic church. If you cannot attend the Liturgy, be silent in your home.
- ♦ **The most sacred hours during Good Friday are from noon to 3:00**, because this is when Jesus was on the cross. They're sometimes known as the 3 hours of agony. Turn off the phones, TV, and other devices. Pray the sorrowful mysteries of the rosary, read from scripture, draw or colour religious pictures or read a religious book.
- ♦ If you cannot go to the Liturgy, try to go to the Stations of the Cross, usually held at another time during the day.
- ♦ Watch the story of the passion on a movie, like *Jesus of Nazareth, King of Kings, The Greatest Story Ever Told, Ben Hur* or another appropriate film.
- ♦ Good Friday is the first day of the **Divine Mercy Novena**, so don't forget to start it.