



Reflection – Good Friday

This is the day where we remember the last words and actions of Jesus before he was put to death on the cross. For this reflection we are going to take a closer look at the last seven words of Jesus.

**"FATHER, FORGIVE THEM; THEY
KNOW NOT WHAT THEY DO"**



In these words Jesus asks His and our Father in heaven to forgive the soldiers that are hurting Him. Is there anything someone has done to you that you haven't forgiven them for? Or is there someone you need to say sorry to? Write any thoughts below. Ask God to help you forgive and be forgiven.

**"THIS DAY THOU SHALT BE WITH
ME IN PARADISE"**



With these words Jesus helped the thief who was next to Him. The thief was very sorry for having done bad things and Jesus forgave him. The thief's name was Dismas. Would you like to one day be with Jesus in Paradise? Try and draw what you think paradise would look like.

A large white rectangular area with a yellow border, intended for drawing. It occupies the lower half of the page.

"WOMAN, THIS IS THY SON"



Here Jesus sees how hard it must be for His mother, Mary, to see Him on a cross. He asks His friend John to take care of her and to become her son. What about your parents? Do you do enough to care for them. Try and think of some more things you could do to help them, write them below.

A large, empty white rectangular box with a yellow border, intended for writing answers to the reflection question.

**"MY GOD, MY GOD, WHY HAST
THOU FORSAKEN ME?"**



Jesus said these words when He felt so lonely and we too are sometimes lonely. We cannot see God so it can be difficult to remember that He is always with us. God is always with us and if you ever feel lonely you can say those same words that Jesus did. Try now decorating the letters on the next page and praying for those who are lonely.

"My God, my God, why hast Thou
forsaken me?"

"I THIRST"

Jesus asks for a drink and they gave Him some vinegar. It is not really water or vinegar that Jesus is asking for, He is thirsty for your love. Jesus loves you completely and want you to love Him back. Write below how you could better love Jesus.

Extra colouring
challenge!



"CONSUMMATUM EST"



This means "it is finished", Jesus has done what he came down to do. You probably feel quite sad, Jesus is dying. This is actually a moment of great happiness; Jesus is saving us from sin. Rejoice!

REJOICE

**"FATHER, INTO THY HANDS I
COMMEND MY SPIRIT"**

Jesus gives up His spirit to His Father. We can also give up our spirit, our lives for God. We can give each day to God, every word we say and everything we do, all to Him. I know that sounds weird but it's true. Let's start now! Say the words below and let God into your life.

**FATHER, INTO YOUR HANDS I
COMMEND MY SPIRIT**