

## Reflection for Good Friday 2020

Today is Good Friday, good because on this day Jesus's death on the Cross cancelled the debt of our sins and opened for us the way to eternal life.

It is too much for one heart to carry – namely the enormity of Christ's sacrifice and the abundant blessings that have come to us through His sacrifice – and so we need to sit quietly and to ponder with our hearts the depth of Jesus's love for us.

Perhaps we might hold a Cross in our hands and spend time meditating on the love that led Jesus to embrace the Cross, "disregarding the shameful of it". Let us pour out our sentiments of gratitude, of reverence and of love, of hope and of confidence. Let us discover the blessed assurance that our sins will be forgiven and that we will be made sharers in the happiness of heaven.

Let us unite our pain, our suffering and especially at this time the destructive nature of the Coronavirus – let us bring to the Cross those who have succumbed to its sickly influence; those who are grieving the death of their loved ones; those who are working in the caring professions; those keeping our schools and supermarkets open; those involved with the transporting of goods and those providing public transport; Mothers and Fathers caring for their children under the present constraints. Let us thank our dear Saviour that He has died for each and everyone of us as if we were the only person in the world.

Let us offer a prayer of thanksgiving for the love and kindness that the Cross inspires in us and let us make Christ's love the real motivation of our lives.

## ANIMA CHRISTI

**Soul of Christ, make me holy:** fill me with your spirit...teach me to be obedient to your Father...Make me unworldly. Show me my need of God.....Give me wisdom.....teach me patience.

**Body of Christ, save me....**make me whole...Baby's tiny body, boy's growing body, man's powerful body, seat of affection, and temple of sex....body that worked and suffered...rested and slept and rejoiced...Body in the Eucharist...save me from myself, from all in my body that shuts you out and those you love...Body in Holy Communion, nourish me.

**Blood of Christ, inebriate me....**make me drunk with your love...loosen my tongue to sing your praises....make me carefree and fill me with your joy.

**Water from the side of Christ, make me clean...**Wash my stained soul ceaselessly in the torrent of your mercy...I believe in the forgiveness of sins...Make me clean of heart that I may see your face.

**Passion of Christ, make me strong...**Agony of Jesus, heartbreak and hopelessness and failure...loneliness and bitterness of treachery, desertion and rejection...steel me to walk in your paths...Patience and silence of Jesus, steady me....Forgiveness of Jesus, wrap me round...Desolation of Jesus, purify me...Trust of Jesus, point me the way to the Father.

**Hands of Jesus** anoint my hands to heal and bless.

**Feet of Jesus,** make me tireless

**Shoulders of Jesus,** strengthen me to bear burdens

**CROSS OF CHRIST** teach me how to die

**Eyes of Jesus,** teach me to look and to see

**Ears of Jesus,** teach me to listen and to hear

**Lips of Jesus,** teach me to speak as you spoke

**HEART OF JESUS,** TEACH ME TO LOVE

**Resurrection of Jesus,** teach me to hope

**O Good Jesus,** hear me

**Within your wounds** hide me

**Within your heart**, teach me wisdom

**Let me never** be parted from you

**From the wicked enemy** protect me

**At the hour** of my death call me

**And bid me** come to you

**That with your Saints** I may praise you

For ever and ever

The above reflection on the Anima Christi (Soul of Christ) was written by Father Pat Rorke S.J. Father was the Spiritual Director at Saint Mary's College, Oscott from 1977 until 1983, the same period when Father Dominic was at the seminary. Father Rorke was a good influence on all of us.