

FATHER STEVE'S GOOD FRIDAY REFLECTION

Laid Down in Weakness,
Raised Up in Christ's Strength



One of the most profound moments of my priesthood comes on Good Friday, when I lay prostrate before the altar, and every time I do, I am taken back to the day of my ordination. I remember a friend once telling me, "I laid down broken and rose fulfilled," and I have never forgotten it. As I get older, it gets harder to lay on that floor, and even harder to get back up, and in that moment I cannot help but think of the suffering Jesus endured, how he willingly stepped forward, knowing what was to come, and gave everything without holding back. There is a deep awareness of my own weakness, my own limits, and yet at the same time a quiet fulfillment in knowing I have been called to give my life in service. Like Christ, who handed himself over in love, the priest is asked to lay it all down, not in defeat, but in trust, believing that what is offered to God will be taken up and made whole.

Holy Week Meditation: Standing at the Foot of the Cross

Good Friday Reflection & Invitation to Prayer

"They shall look on Him whom they have pierced." — John 19:37

Today we stand at the foot of the Cross. The noise of the crowd has quieted. The soldiers have finished their mockery. The earth holds its breath. Here, on this sacred Friday, we remember not only the suffering and death of Jesus Christ—but also the love that made it all possible.

Pause here. Look inward.

What in your life needs to die so something new can rise?

Good Friday is not a day to rush past. It is a day to sit in the silence and feel the weight of the sacrifice. Our Savior embraced the Cross freely—not to condemn, but to redeem. He turned an instrument of death into a sign of eternal life.

A Call to Change

- Let go of resentment that keeps you from love.
- Forgive someone who doesn't "deserve" it.
- Carry someone else's cross this week—quietly, without need for thanks.

"Whoever wishes to come after me must deny himself, take up his cross, and follow me." — Matthew 16:24

A Prayer for Good Friday

Lord Jesus,

Today I walk with You to Calvary.

Help me not to look away from the suffering,
but to let it stir in me a deeper compassion.

Break my heart for what breaks Yours.

Teach me to love sacrificially, forgive unconditionally,
and trust You completely.

By Your wounds, heal what is broken in me.

Amen.

Quiet Suggestions for the Days Ahead

- Spend time in silence. Just 10 minutes. No phone. No noise. Let God speak.
- Reflect on the Seven Last Words of Christ.
- Write a letter to Jesus, thanking Him for the Cross.

As we await the joy of Easter, may this Good Friday open your heart to deeper faith, deeper surrender, and deeper peace.

"It is finished." But we are just beginning.