

A Good Friday Prayer whilst the Cross is held aloft for the contemplation of the people

Lord Jesus, you said: "When I am lifted up from the earth,
I will draw all people to myself." (*John 12:32*)

On the Cross, you show your total solidarity with us.

You go to the very lowest point of the human condition.

Ours, the sufferings you bore, ours the sorrows you carried (*Isaiah 53:4*)

In the face of evil and suffering, all you do is give love,
with a compassion that excludes no one.

Through your wounds, we are healed. (*Isaiah 53:5*)

Your love disarm all our refusals,
and you bring us forgiveness and peace.

We come to you, then, with confident trust,
knowing we shall have mercy

and grace when in need of help. (*Hebrews 4:16*)

We lift up to you this holy day
those members of your Body suffering throughout the world:
all who are carrying heavy burdens,
those lacking the very basics of human dignity,
those violently oppressed, refugees, the homeless poor,
those who are ill, the lonely, the dying,
those caring for them, listening to them,
the broken-hearted, those whose spirit is crushed.

We lift up to you particularly
those burdened as a result of the Coronavirus pandemic:
those affected, their families, those who have died,
frontline workers and those in public services
sacrificing themselves for the good of others.

We thank you for those witnessing to your loving kindness
in the midst of humanity's need with countless acts of generosity.

As we pray for the suffering members of your Body throughout the world
by your cross, give strength; by your cross, bring hope,
by your cross, disarm our fears and hardness of heart.
You, who are lifted up from the earth, draw all people to yourself.
There in your wide embrace, grant us healing and peace.

***We adore you, O Christ, and we bless you,
because by your holy Cross
you have redeemed the world.***