

## GOOD FRIDAY PRAYER AND MEDITATION 2021

Lord Jesus Christ, I thank You, who laid down your life for me so humbly.

You bore the nails so patiently,  
You were raised upon the cross so cruelly,  
You hung there so painfully,  
You wept so selflessly,  
You declared aloud piercingly,

You shed your blood plentifully, and for me, a sinner, You unquestionably suffered death.

Lord Jesus Christ, I now commend myself to your love, to the power of your passion, and to your endless mercy.

Jesus Christ, in your immeasurable pity, keep alive within me the memory of your scandalous death, so that in sickness and in health, I may remember your ever-present mercy.

Gentle Jesus, defend me from all dangers, and keep me so that I may stand before You in joy. Defend my soul, Lord which You have bought with your precious blood shed upon your cross.