

Good Friday Lesson

Lesson Goal: This lesson's goal is for the student to understand that Jesus suffered and died on Good Friday so that the gates of Heaven could be opened for us.

Overview: The Easter Triduum continues into Good Friday. Good Friday is the day we remember Jesus' death and crucifixion.

Pre-Video Discussion: Remind students that the gates of Heaven had been closed since the original sin of Adam and Eve. All people after Adam and Eve are born with this sin on their souls. God promised to send a Savior to make up for sin and open the gates of Heaven once again. That savior is Jesus Christ who is the Son of God made man.

Watch "Good Friday" on Catholic Brain

Comprehension and Discussion Questions:

Note: These questions are asked after the video to check student comprehension and to clarify and further discuss and explain what was seen on the video.

- 1) What happened on Good Friday?

On Good Friday, Jesus suffered and died on the cross. Jesus took upon Himself the punishment for all our sins. He suffered on the cross for three long hours.

- 2) At what time did Jesus die on the cross?

Jesus died at three o'clock on Good Friday afternoon.

- 3) Why did Jesus have to suffer and die on the cross for us?

Adam and Eve lost the gift of God's life, which is called sanctifying grace, when they committed the first sin. To get into heaven, we all need that grace on our souls. God loved us so much that he promised to send a Savior to make up for sin and get back sanctifying grace. Jesus Christ is that Savior. By Jesus willingly suffering and dying on the cross for us, He took our punishment and make up for our sin. God was displeased by sin, but God was more pleased with Jesus accepting suffering and death for us. Thus Jesus made up for our sins. Because of Jesus we can wash away original sin at Baptism and gain sanctifying grace so that we can be with Jesus in Heaven.

4) What was Jesus showing us by His suffering on the cross?

Jesus was showing how much He loves us. We see by His suffering how very evil sin really is. Jesus suffered so much to make up for it. Jesus was innocent of any crime, but never spoke out in anger. Jesus never complained about His suffering. Jesus was showing us that we too must suffer with Him if we are to receive the rewards of Heaven. Jesus was being an example for us. He was showing us that like Jesus who overcame death by rising from the dead, we too will overcome this suffering and receive the reward of everlasting life in Heaven.

Activity

Say the Three O'Clock Friday prayer as a way of thanking Jesus for dying on the cross for you.

**Dear Lord, remembering the hour when You experienced death
So that we might have Eternal Life,
May we appreciate in our hearts
the necessity of Your sacrifice for us
And with Your help, Your guidance, and Your grace,
May we be made worthy of it.
Amen**