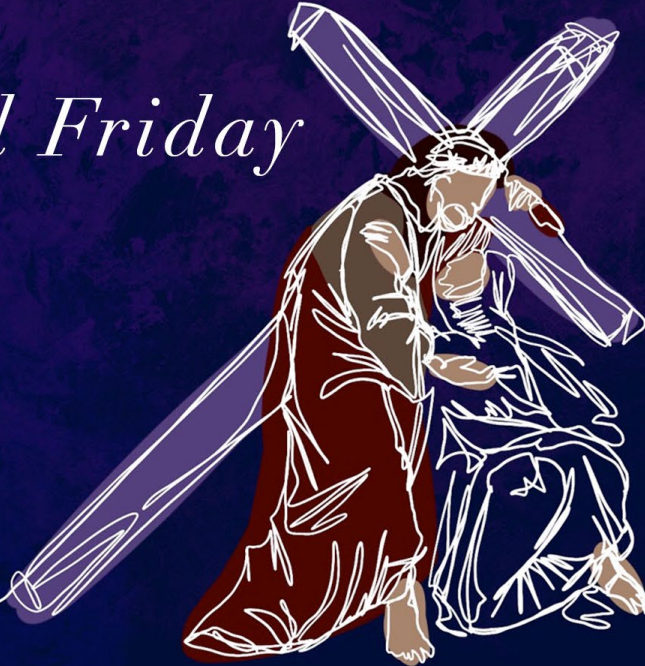


talking together THROUGH
HOLY WEEK
#HOMELYWeek

Project Living

TRIDUUM 2020

Good Friday



Project Living

GOOD FRIDAY

Brought to you by Clara Lim



Office for Young People
CATHOLIC ARCHDIOCESE OF SINGAPORE
encounter discipleship mission communion

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introduction

Living in the Desert.

Parched, fatigue, despair. These are the words that come to mind. But is that what the Lord is inviting us to at this time?

At the start of this Lenten season, we heard in the Gospel reading of how Jesus was led into the desert. This year, this has never been more true with the suspension of masses. We are living in unprecedented times with the Covid-19 pandemic. We too, have been led into the desert - parched of sacraments and social interactions. How are we able to celebrate Holy Week?

Yet even amidst the uncertainties and fears of this time, we are called for more because our God is greater. This Lenten Triduum is the perfect opportunity to rediscover the great love of God

for us and for us to recommit to be a people of hope. Over the next three days, as we journey deeper into the Paschal Mystery, we invite you into this journey of discovering more deeply what it means to LIVE.

LIVING the Triduum. What does it mean to live the Paschal Mystery (*the Lord's Passion, Death and Resurrection*) in your life?

LIVING the Hope. Who/What is the source of your hope? What does it mean to live the hope of your faith?

LIVING our Personal Victories. What victories have been won for you? How are you living as a people of victory?



— STORY —

story

I ambled through my neighbourhood, fascinated by the different lighted windows and wondering what conversations people might be having in their living rooms. Previously, I never appreciated the value of solo evening strolls, preferring speed and efficiency anytime (HIIT anyone?). But, two months ago, down with an ankle injury, my normal routine was thrown to a halt. I had a penchant for moving fast, skimming across the surface, prizing only milestones. Interiorly, I wore that same lens for Jesus. I saw His miracles, the Last Supper, the Crucifixion and Resurrection. In my haste, I overlooked His walk to Calvary, till now.

As I recovered, I found an increasing appreciation for every step taken and uncovered the delight of simple details such as...leaves (!!). In my sprint of life, I chose to run on an expressway with Jesus in the distance. It was quick, and more importantly, in my control. Jesus was prioritised around my time. Reconciling with family/friends can wait till I am ready (to forget). In the meantime,

I get tangled in competing with co-workers in the frenzy of proving the worth of our salaries.

Skimming through life caused me to lose sight of the intensity of Jesus' love. On many Good Fridays, I have been an observer from afar. The distance filled with feelings of indifference, fear, helplessness, abandonment, anger, emptiness. Like the disciples, I expected a certain glory in following Him. Where was my bonus for my sacrifices? Why would sickness and suffering befall on my loved ones and I? Why is my life moving out of my grasp? My God, My God, why have you forsaken me?

This season, as the world is grounded rather than taking flight, I am invited to walk and not sprint. In these measured steps, I am examining the radical and immense love of Jesus Christ. It is with steps, and not sprints, that closes the distance between Jesus and I. The length of Calvary, while paved with sin - betrayal and torture, measures the depth and unity of His Love. When I claim Jesus endured all this for me (not just for the world), I find myself

walking next to Him to Calvary. His life-giving death anchors my worthiness of such great love, and in His resurrection my salvation is found.

Lead me to the cross, where your love poured out.



ACTIVITY: WALKING IN THE PASSION

walking in the passion

Yup! We know that the current circumstances are not ideal for everyone to go out walking. Be socially responsible if you do so while reflecting! And remember, the journey is never about the physical but spiritual.

“The longest journey is the 18 inches from your head to your heart”

Let's pray for the grace to be honest and for an inner stillness as we ponder on His final moments. The activity is divided into two parts:

- a) Personal Reflection, followed by*
- b) Group Sharing*

a. personal reflection

Stepping into shoes. In this time of personal reflection, you are invited to put on the shoes of either one of the two characters below (a little child in the crowd, or John the Beloved) as they walk through the Passion with Jesus. Allow yourselves to be fully immersed into the character you have chosen to pray with.



THE LITTLE CHILD

option 1

THE LITTLE CHILD



Click icon to play song

Listen

Listen to the song “Why” by Nicole Nordeman once through. Do not place any expectation on yourself to have any revelations, or to be struck by the lyrics etc. Allow yourself to be taken through the story as the song plays.

Immersion

Listen to the song again. This time, as you listen to the song, you can choose to refer to the lyrics. Immerse yourself into the character of the *Little Child*. Imagine the varied scenes with your various senses *i.e. how does it smell, feel, look etc.*

***Reflection**

If you find yourself being drawn to a particular scene, stay on that scene as you pray. You can guide your reflection with the following questions:

- Who is “that man” to you?
- If you are drawn to a particular scene, why? How do you feel at the particular scene?
- As you imagine yourself standing at the foot of the cross, what do you see? How do you feel?
- How does Jesus speak to you in your life situation in this present moment?

Closing Prayer

Thank the Lord for this time of reflection.

Personal Reflection

What is one word that describes your takeaway from this activity today? Share the word on social media, and don't forget to #HOMELYWeek and tag us @oyp.sg. You may reflect and pray on it at your own time. Here are some guiding questions:

*What image, memory, feeling comes to mind from the word of the day?
If so, why?*



JOHN THE BELOVED

option 2

JOHN THE BELOVED

Read

Read **John 18:1-19:42** once through to familiarize yourself with the Passion narrative.

Immersion

Read the Passion Narrative again. This time, read it from the eyes of John. Even if John is not mentioned in certain scenes, allow yourself the freedom to imagine *where he could have been, what he was thinking etc.*

***Reflection**

If you find yourself being drawn to a particular scene, stay on that scene as you pray. You can guide your reflection with the following questions:

- “...Whom do you seek?” (John 18:4) Who is Jesus to you?
- If you are drawn to a particular scene, why? How do you feel at the particular scene?
- As you imagine yourself standing at the foot of the cross, what do you see? How do you feel?
- How does Jesus speak to you in your life situation in this present moment?

Closing Prayer

Thank the Lord for this time of reflection.

Personal Reflection

What is one word that describes your takeaway from this activity today? Share the word on social media, and don't forget to #HOMELYWEEK and tag us @oyp.sg. You may reflect and pray on it at your own time. Here are some guiding questions.

*What image, memory, feeling comes to mind from the word of the day?
If so, why?*



GROUP SHARING

b. group sharing

GUIDELINES

Opening prayer

The leader can begin this time of prayer and reflection with a simple opening prayer.

Check-in

Leader facilitates a round of check-in, be creative! You can use emojis/gifs to express how you feel.

Sharing

Go around, and share your personal reflections (**see reflection questions from either option*) with each other and how Jesus is inviting you on your next step

Closing prayer

Leader will check-out the group by asking them what is one word that they've taken away from this activity. Each person should note this word. Share the word on social media, and don't forget to *#HOMELYWeek* and tag us *@oyp.sg*

Don't forget to take a zoom photo! The leader will end with a closing prayer.