



Friday Fast

For Life, Marriage & Religious Liberty

April 18: Good Friday

Intention:

On this Good Friday, let us remember the Passion of Jesus Christ and his loving sacrifice for us on the Cross.

Did you know?

The *Catechism* has an extensive reflection and teaching on Christ's Passion and his love for us, which is at the heart of his Passion: "It is love 'to the end' that confers on Christ's sacrifice its value as redemption and reparation, as atonement and satisfaction. He knew and loved us all when he offered his life" (CCC 616). Check out the entire section found in [paragraphs 599-618](#).

Quick Links

- ⇒ [Call to Prayer Facebook page](#)
- ⇒ [Join the movement! \(Video\)](#)
- ⇒ [Past weekly intentions and reflections](#)

Reflection:



Lent is ending. The joy of Easter is almost here, but today we still must journey with the Cross. Many of us

have chosen to sacrifice something during Lent. However, there are those in the world that do not have that choice; many struggle to put food on the table, give their children an education, take care of ailing parents, and much more. Through our own sacrifices we stand in solidarity with those who struggle as we work to ease their suffering.

One thing we can take away from this Lent and from our encounter with the Passion of Christ is that at the heart of every sacrifice is love. When we freely sacrifice something during Lent, the goal is to do it for the love of God. How can we continue to lovingly sacrifice once Lent is over? One way is to pay attention to the people in your life, while another way is to stand in solidarity with those who suffer while working to ease their burden.

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& TO SIGN UP FOR WEEKLY E-MAIL REMINDERS & INTENTIONS,
OR TEXT "FAST" TO 99000 TO RECEIVE WEEKLY TEXT MESSAGES.