

# Good Friday (Holy Friday)

## What is Good Friday?

On Good Friday, Christians remember the day when Jesus was crucified on a cross.



## When is Good Friday?

Good Friday is the Friday before **Easter Sunday** (Easter Day).

The date of Good Friday changes every year.

## Why is it called Good Friday?

The name may be derived from 'God's Friday' in the same way that good-bye is derived from 'God be with ye'.

It is 'good' because the barrier of sin was broken.

## What happened on Good Friday?

**Jesus was arrested and was tried, in a mock trial. He was handed over to the Roman soldiers to be beaten and flogged with whips. A crown of long, sharp thorns was thrust upon his head.**

**Jesus was forced to carry his own cross outside the city to Skull Hill. He was so weak after the beating that a man named Simon, who was from Cyrene, was pulled from the crowd and forced to carry Jesus' cross the rest of the way.**

**Jesus was nailed to the cross. Two other criminals were crucified with him; their crosses were on either side of him. A sign above Jesus read "The King of the Jews."**

### **According to the Bible:**

The third hour of the day - Jesus was nailed to the cross.  
(9:00 am)

The Sixth Hour of the day - darkness covered the land  
(12:00 noon)

The ninth hour of the day - the darkness left, and the Lord died  
(3:00 pm).

The hours in the bible are calculated from the first hour of the day, being 6 in the morning.

## **What happens on Good Friday today?**

Since the early nineteenth century, before the introduction of **bank holidays**, Good Friday and Christmas Day were the only two days of leisure which were almost universally granted to working people. Good Friday today is still a public holiday in much of the UK. This means that many businesses are closed.

### **Fasting**

Some Christians fast (go without food) on Good Friday. This helps them remember the sacrifice Jesus made for them on the day of crucifixion.

### **Procession**

Some Christians take part in a procession of witness, carrying a cross through the streets and then into church.

### **Special Church Service**

Many churches hold a special service. This may be a communion service in the evening or a time of prayer during the day, especially around 3 o'clock as that is about the time of day when Jesus died.

Churches are not decorated on Good Friday. In some churches, pictures and statues are covered over. It is seen as a time of mourning.

## **Traditional Food**

It is traditional to eat warm 'hot cross buns' on Good Friday. Hot Cross Buns with their combination of spicy, sweet and fruity flavours have long been an Easter tradition.



