

Family Page



Discover!
Finding Faith in Life

Background Reflection

Every year, in the liturgical cycle, we confront the mystery of Jesus' suffering and death on Good Friday, during the primary celebration of the Church Year called the Easter Triduum. This is the name of the period of liturgical services between Holy Thursday evening and Easter Sunday evening.

Our young people are also confronted by the mystery of death that weaves itself into our lives. Like us, they too ask, "Why?" when a loved one dies. We might also ask: "Why did Jesus have to suffer and die? Wasn't there an easier way to save the world?"

Jesus would not have been fully human if he had not fully died a human death. Jesus did not avoid the hard parts of human life. By dying he destroyed death itself and conquered it forever. After the Resurrection, death became the doorway to new life with God: "Indeed for your faithful, Lord, \ life is changed not ended" (*Roman Missal*).

Jesus assures us that Good Friday leads to Easter Sunday—not only for him, but for us as well.

Family Activities

- Plan to participate with your child in the liturgies of Easter Triduum—Holy Thursday, Good Friday, and the Easter Vigil. A fifth grader is capable of understanding much of what is happening, and this once-a-year event, with the most dramatic liturgies of the Church year, is at the very heart of our faith.
- Read together the account of Jesus' Crucifixion and death (John 19:16b–18, 28–30) with your fifth grader. Use the Background Reflection on this page to deepen your own understanding of Jesus' death. Assure your daughter or son that Jesus rose from the dead and is with us today, especially in the Holy Eucharist.
- Watch the video "Lord I Lift Your Name on High—Maranatha Singers (With Lyrics)" (YouTube, 3:13) together. Talk about both the Good Friday and the Easter Sunday aspects of this song.

Three Holy Days

John 19:16b–18, 28–30

Understand It!

Why did Jesus have to die? This is a deep question, and it has to do with human life itself. We learn from the Book of Genesis, the very first book of the Bible, that death is the result of sin. Yet Jesus came to free us from sin and death, to make it possible for us to follow him along the path of love. That path of love leads through death to life forever with God.

This is the path that Jesus walked. Because death is part of human life, and because Jesus was like us in all ways except sin, Jesus had to go through death also. During the Easter Triduum, and especially on Good Friday, we thank him for all he did to free us from death. Jesus paid the price of death so that he might bring us life forever. Good Friday leads to Easter Sunday!

Live It!

We have many "Good Fridays" in our lives—times of sadness and sorrow. When we look at Jesus on the cross, we are strengthened in knowing that pain, struggle, and even death can lead to new life. On a small piece of paper, write the name of someone you know who is going through a hard time. Tuck or tape the paper to the crucifix. Pray that this person will find strength in Jesus.

Prayer

Jesus, you suffered and died for us. Help us to understand your great love that would offer yourself to free us from sin and death. Show us the path of love that you walked. Help us to follow you from Good Friday to Easter Sunday. Amen.

People of Faith

Saint Joseph of Arimathea (first century)

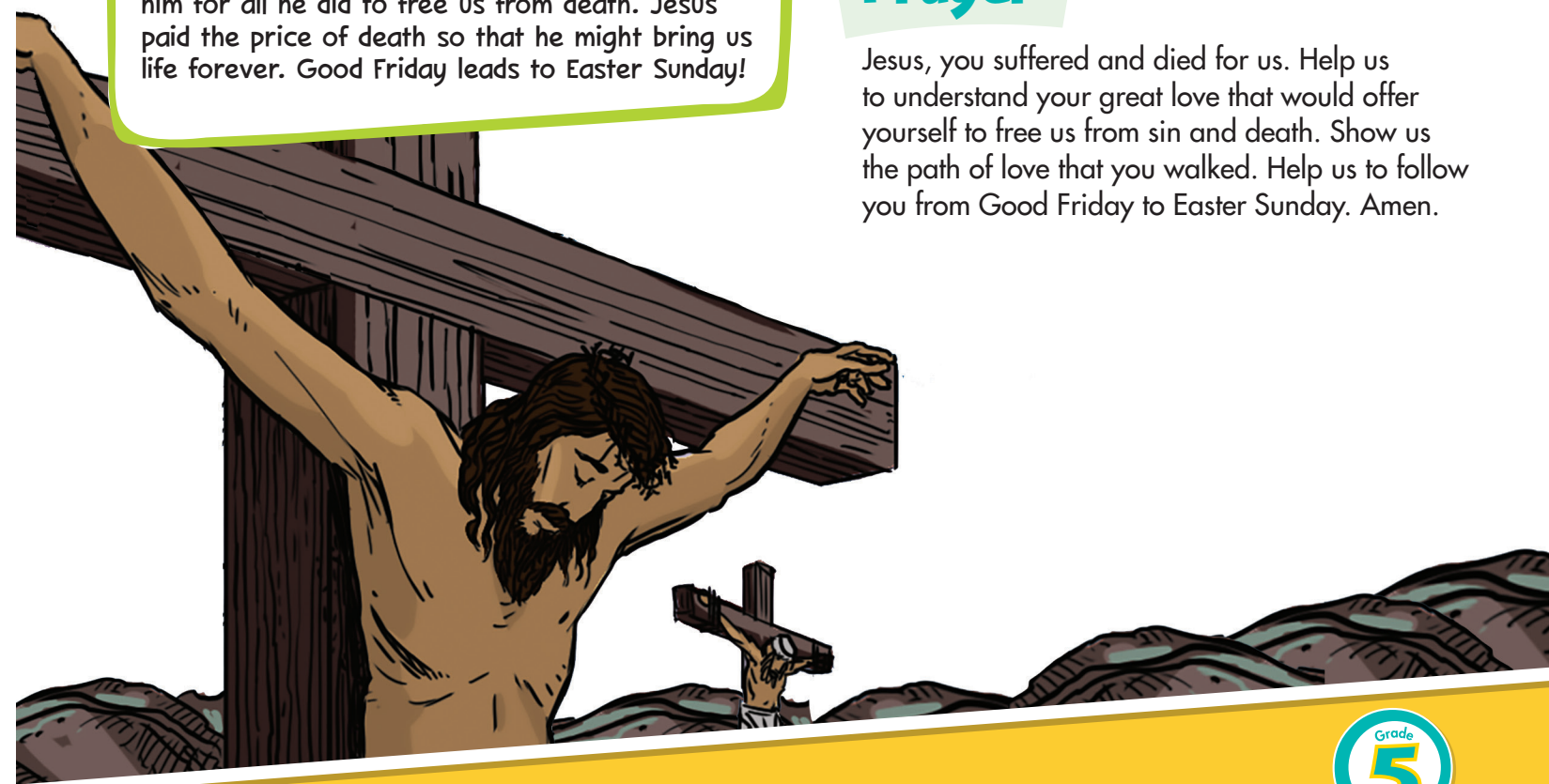
Saint Joseph was a wealthy man who followed Jesus. He kept his beliefs secret, because he was also a member of the Sanhedrin, or Jewish Council. But after Jesus died, Joseph asked Pilate for permission to take Jesus' body from the cross. Joseph wrapped Jesus' body in fine linen and laid him in a new tomb. The Church remembers Saint Joseph of Arimathea on March 17.

Prayer

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Lord Jesus, your suffering on Good Friday ended in your Resurrection on Easter Sunday. Help us bear our own Good Fridays and look forward to celebrating new life on Easter. We ask this in your name, Lord Jesus. Amen.

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Use the Scripture passage in *The Catholic Children's Bible* (John 19:16b–18, 28–30) on page 1700 to answer the following questions.

1. Jesus carried his own _____.
2. Golgotha means "Place of the _____."
3. Jesus was crucified with _____ other men.
4. Jesus knew that everything had been _____.
5. Jesus made the _____ come true.
6. Jesus said, "I am _____."
7. Jesus was given a sponge _____ in wine.
8. Jesus drank the _____.
9. At his death, Jesus said, "It is _____!"
10. Jesus bowed his head and gave up his _____.

Then [JESUS]
bowed his
head
and gave up
HIS SPIRIT.

John 19:30



The Holy Cross of Jesus Christ

Leader: Let us begin our prayer with the Sign of the Cross. Let us remember that we are in the holy presence of God. (*Leader's remarks follow.*) Please stand and face the first station.

Reader 1: Station 1: Jesus Is Condemned to Death

Lord Jesus, you were a teacher, a healer, a prophet, a friend. You were condemned by lies, rumors, and popular opinion. Help us, Lord, when we are misunderstood by others.

All: We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

Reader 2: Station 9: Jesus Falls for the Third Time

Lord Jesus, the cross you carried was heavy. And you were too weak to carry it. You fell under its weight three times. Sometimes, when life gets hard and we feel overwhelmed, help us to remember that it is okay to fall. Help us to keep following you.

All: We adore you, O Christ, and we bless you. . . .

Reader 3: Station 12: Jesus Dies on the Cross

Lord Jesus, just before you died, you said, "Father, into your hands I commend my spirit." Jesus gave his whole life—the best parts and the worst parts—back to the Father. We can do this, too. We can give our lives to God every day—the best parts and the worst parts—and when we do, our lives become a prayer: "Father, into your hands I commend my spirit."

All: We adore you, O Christ, and we bless you. . . .

Reader 4: Station 15: Jesus Rises from the Dead

This station is sometimes added to the Stations of the Cross to recognize that the life of Jesus does not end in death. It ends in Resurrection. This is true of our lives too. It is true every day, when we go through little deaths and little resurrections. But we know that the Risen Jesus is alive and with us always.

Lord Jesus, help us know more and more that you are alive and with us now, especially in the Holy Eucharist. Thank you for all you did during your Passion, and help us to follow you from death to life, now and forever. Amen.

All: We adore you, O Christ and we bless you. . . .

Leader: Let us go in peace, now, to proclaim the Gospel with our lives.

All: Thanks be to God.

Easter Triduum



Three Holy Days





Lesson at a Glance

Scripture Focus

John 19:16b–18, 28–30

Lesson Goals

- to state that *Triduum* means “three days”
- to identify the Easter Triduum as the primary celebration of the entire Church year
- to recall Good Friday as the day we remember and participate in Jesus’ Passion and death in a special way

Catechism References

571–573, 595–598, 612–618, 1168–1171

Church Year Calendar

A Church year calendar is available in black-and-white (TX006169) and full-color (TX006170) at www.smp.org/discover_grade5.

Key Words

Triduum, triptych

Music Suggestions

- “Jesus, Remember Me,” by Taizé (GIA)
- “He Is Risen,” by Scripture Lullabies (BreakAway Music)

Materials Needed

- *The Catholic Children’s Bible* and the Easter Triduum activity booklet
- a classroom crucifix plus four others
- a candle and matches
- small pieces of paper
- clear tape
- purple construction paper, one sheet for each person
- copies of the handout “A Triduum Triptych” (TX006197), one for each young person plus one extra
- several bottles of glue
- several pairs of scissors
- crayons
- a board or poster to write on
- materials for any of the additional activities you choose

Background Reflection

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Our young people are also confronted by the mystery of death that weaves itself into our lives. Like us, they too ask, “Why?” when a loved one dies. We might also ask: “Why did Jesus have to suffer and die? Wasn’t there an easier way to save the world?”

Jesus would not have been fully human if he had not fully died a human death. Jesus did not avoid the hard parts of human life. By dying, he destroyed death itself and conquered it forever. After the Resurrection, death became the doorway to new life with God: “For your faithful, Lord, / life is changed not ended” (*Roman Missal*).

Jesus assures us that Good Friday leads to Easter Sunday—not only for him, but for us as well.



Get Ready! (10 minutes)

Opening Prayer

- Invite the young people to turn to page 1 of the Easter Triduum activity booklet.
- Begin prayer by leading the group in the Sign of the Cross. Then say, "Let us remember that we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet to the group. Invite the young people to say "Amen," and then close with another Sign of the Cross.

Engage Activity

- Have a crucifix and a candle (real or electric) at the front of the room. Dim the lights in the room and make the room as dark as possible.
- Ask the young people to keep perfect silence for a few moments. Invite them to close their eyes or put their heads down on their arms.
- Light the candle and ask the group to look up and focus on the light of the candle. Gradually raise the shades, etc., and turn on the lights. Ask the following questions:
 - What atmosphere was created when everything was dark? (*gloomy, sad, deep, etc.*)
 - How did the darkness affect your feelings? (*I felt "down"; I felt prayerful; I felt sad, etc.*)
 - How did your mood change when the lights came back on? (*I woke up, I was more "up" than down, I felt more energy, I felt happier, etc.*)
- Explain that, every year, the Church helps us to deal with the death of Jesus by celebrating Good Friday. Share that this is the most solemn day of the Church year, and that the Church helps us remember and participate in the sacrifice of Jesus by bringing us into a quiet and sometimes dark space of deep prayer.



Dive In! (15 minutes)

Scripture Focus

- Invite the young people to find John 19:16b–18, 28–30 in *The Catholic Children's Bible* (pages 1699–1700).
- Ask one or more volunteers to read the Scripture passage aloud. Then ask the group several questions to check for comprehension, such as the following:
 - What does *Golgotha* mean? (*"The Place of the Skull"*)
 - Was Jesus crucified alone? (*No, two other men were crucified with him, one on each side.*)
 - When Jesus was thirsty, what was he given to drink? (*a sponge soaked in cheap wine*)

- What were the last words of Jesus? (*"It is finished."* This means that he had accomplished everything he had set out to do during his years on Earth.)
- What does "He gave up his spirit" mean? (*The spirit in us is sometimes called the soul. When the spirit of life leaves the body, we are no longer alive. Jesus gave up his spirit means he gave up his life. It was not taken from him. He gave it up freely for us.*)
- Have the group turn to the activity on page 2 of the activity booklet and complete it. *Answers: 1. cross, 2. skull, 3. two, 4. completed, 5. Scripture, 6. thirsty, 7. soaked, 8. wine, 9. finished, 10. spirit*

Understand It!

- Read the Understand It! on page 1 of the activity booklet to the group, or have a volunteer read it.
- Invite the young people to summarize what they just heard, asking them key questions about the reading to check for comprehension.
- Review some of the key points with them:
 - Jesus had to die because death is part of human life, and Jesus is fully human and fully God.
 - The death of Jesus freed us from sin and death. We can follow Jesus in the path of love and live with God forever.
 - Jesus paid the price of death so that we might live forever. Good Friday leads to Easter Sunday!
- Explain that **Triduum** comes from the prefix *tri*, which means "three"; *duum* is Latin for "days." Share that the Easter Triduum is three days, starting with Holy Thursday evening and ending on the evening of Easter. Emphasize that the Easter Triduum is the primary celebration of the entire Church year. Tell the young people that they will learn more about this shortly.

Live It!

- Read the Live It! on page 1 of the activity booklet, or have a volunteer read it.
- Distribute small pieces of paper to the young people. Ask them to think of someone they know who is having a hard time and to write that person's name on the piece of paper. Then instruct them to fold their pieces of paper in half and tape them to the classroom crucifix.
- Invite the group to do the same at home as a reminder to pray for the person they thought of.

Tell It!

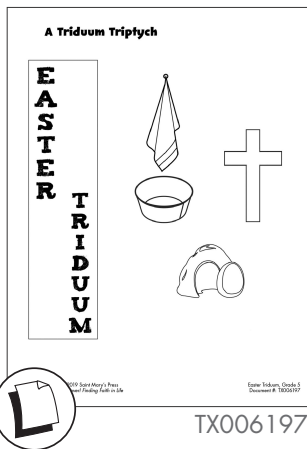
- Arrange the young people into groups of two or three.
- Ask each group to take turns retelling the Scripture passage in this manner: one person begins, another person adds more detail, and a third person adds more and finishes.



Discover! (25 minutes)

Core Learning Activity (Craft)

Note: The handout can be found at the end of this chapter or accessed online at www.smp.org/discover_grade5.



A Triduum Triptych

- Use the handout to construct a sample triptych in advance. Show the triptych to the young people, and explain the meaning of the word **triptych**. Ask the young people to recall what the prefix *tri* means (“three”), and tell them that *triptych* literally means “three folds.”
- Distribute a piece of purple construction paper to each young person. Tell them to fold it in thirds, horizontally. Then have them unfold the paper.
- Instruct the young people to title the sections at the top of each interior third of the triptych as follows: the first third—Holy Thursday, the second third—Good Friday, the last third—Easter Sunday. Tell them to leave room at the bottom to add some symbols.
- Distribute a copy of the handout to each young person. Ask them to cut out the box with the words “Easter Triduum” in it. Then have them fold their triptych together and glue the “Easter Triduum” box to the outside of the triptych as a cover.
- Have the group color the symbols on the handout. The basin can be any color. The towel should remain white. The cross should be colored brown. The empty tomb can be grey, with a golden light shining inside the doorway.
- Have the young people cut out the symbols and glue them onto the appropriate sections of the triptych: Holy Thursday—basin and towel, Good Friday—brown cross, Easter Sunday—empty tomb.

Process the Activity

- Ask the group to stand their triptychs on their desks. Ask them to note that the three days are not separated but are all connected. Explain that this reflects the Church’s liturgy: There is an entrance procession at the beginning of the liturgy on Holy Thursday, but there is no Dismissal rite until the end of the Easter Vigil liturgy on Saturday night.
- Emphasize that the liturgy of the three days, the Triduum, is really one continuous liturgy. Explain that this three-day event tells us that we cannot separate following Jesus in service (washing of the feet on Holy Thursday) from suffering and death (on Good Friday) from Resurrection (on Easter Sunday).
- Discuss the symbolism of each third of the triptych: the basin and towel, the simple cross, and the empty tomb. Ask if the young people have seen these symbols in other places (*i.e. stained glass window, church bulletin, religious or secular newspaper, etc.*)
- Suggest that the young people take their triptychs home to share with their families. Explain that passing along the triptych to a neighbor or friend who cannot come to church would be a good way to share these special days.

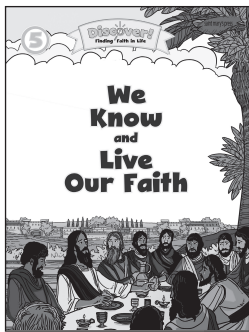
Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the additional activities on pages 263–264 in its place.

Core Teaching

- Remind the group that the season of Lent helps us to remember the suffering and death of Jesus. Remind the young people that in Lent we recalled, by our own fasting and abstinence, that Jesus fasted in the desert to prepare himself for his mission.
- Remind the young people that Easter Triduum is the primary celebration of the entire Church year. Note that these three days are a special time set apart for us to participate in the suffering, death, and Resurrection of Jesus. Mention that we celebrate the Easter Triduum with special Church liturgies.
- Ask the group to stand their triptychs on their desks as you discuss the meaning of the Holy Triduum and Good Friday. Explain that the Triduum consists of the following:
 - (Day 1) Holy Thursday evening and Good Friday
 - (Day 2) Good Friday evening and Holy Saturday
 - (Day 3) Holy Saturday evening to Evening Prayer on Easter Sunday.
- Point out that what is being counted as a day starts on one evening and goes to the following evening. Tell the young people that this follows the Jewish custom of beginning a day on the evening before.
- Summarize briefly the meaning of each liturgical service of the Triduum:
 - Holy Thursday (Mass of the Lord’s Supper)
 - Good Friday (reading of the Passion and veneration of the cross)
 - Holy Saturday (a day of waiting and expectation until the beginning of the Easter Vigil in the evening); Easter Vigil (blessing of the new fire, Paschal candle, readings, reception of new Christians into the Church)
 - Easter Sunday (Mass of the Resurrection)
- Tell the young people that in the liturgy *remembering* means “making present.” Explain that when we remember Christ’s death in the liturgical service on Good Friday, his death becomes present through the power of the Holy Spirit. Explain that on Good Friday, we are given the opportunity to show up for Jesus. Share that at Easter, we are also present at his Resurrection.
- Remind the group that in our own lives, we will also follow Jesus in service (Holy Thursday, when Jesus instituted the Holy Eucharist and washed the feet of his disciples), in suffering (Good Friday, when Jesus died on the cross for us), and in Resurrection (the Easter Vigil and Easter Sunday, when we celebrate the Resurrection of Jesus from the dead). Explain that we will also have hard times of suffering, but the death and Resurrection of Jesus tells us that our suffering and death will also lead to Resurrection.

- Explore times that suffering in our lives can lead to an “Easter experience.” For example, explain to the group that if they work hard and study now, they will eventually graduate from grade school and go on to high school. Ask for other examples of hard times leading to better things.
- Ask the young people some questions to check for comprehension, such as the following:
 - What are the three days of the Triduum? (*Day 1 is Holy Thursday evening and Good Friday. Day 2 is Good Friday evening and Holy Saturday. Day 3 is Holy Saturday evening to Evening Prayer on Easter Sunday.*)
 - What do we celebrate during the Triduum? (*the service, suffering and death, and Resurrection of Jesus Christ*)
 - What does the Triduum tell us about our own suffering and death? (*that it will lead to Resurrection with Jesus*)
- Have the young people turn to page 4 of the activity booklet. Read the “People of Faith” section to the group. Add any other information you know about Saint Joseph of Arimathea, and encourage the young people to say, “Saint Joseph of Arimathea, pray for us,” during the next week.



We Know and Live Our Faith

The following articles in the *We Know and Live Our Faith* resource correspond to concepts introduced in this lesson:

- “The Sacraments,” page 28
- “The Sacrament of Baptism,” page 28
- “The Sacrament of Confirmation,” page 30
- “The Sacrament of the Eucharist,” page 33
- “Christ Works in the Liturgy,” pages 22–23

Read the selections aloud, or invite a volunteer to read, as time allows. Check for understanding by asking several questions. You may want to summarize the key concepts for the young people.



Go! (10 minutes)

Lesson Wrap-Up

- Invite the young people to think back over all the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made, write them on the board, and circle them:
 - Triduum means “three days.”
 - The Easter Triduum is the primary celebration of the entire Church year.
 - Good Friday is the day we remember and participate in Jesus’ Passion and death in a special way.

Short Closing Prayer (optional)

Note: Use this prayer if you do not intend to use the longer prayer service on the next page to close this lesson.

- Begin the prayer by leading the group in the Sign of the Cross and saying, “Let us remember that we are in the holy presence of God,” followed by a few seconds of silence.
- Pray aloud:
 - Jesus, we thank you for your suffering and death. Help us to follow you, now and always, no matter what the cost. We know that following you leads to life, now and forever. Amen.
- End with the Sign of the Cross.

Prayer Service

The Holy Cross of Jesus Christ

Gather four crucifixes for the four stations to be prayed. Choose four cross-bearers to hold the crucifixes in various parts of the room. Choose four readers, one for each station, to stand next to the cross-bearers. Give the readers a short time to prepare their readings. Ask them to say both the number of the station and the title. Ask the group to stand for this prayer. It would be ideal, if possible, for the young people to walk to each station.

Leader: Let us begin our prayer with the Sign of the Cross. *(All make Sign of the Cross.)* Let us remember that we are in the holy presence of God. *(Allow about 10 seconds of silence.)*

Leader: The Stations of the Cross are a traditional devotion that helps us to meet Jesus in his suffering and death, that we may be victorious with him in his Resurrection. We will pray just a few of the stations. Please stand and face the first station.

Reader 1: Station 1: Jesus Is Condemned to Death

Lord Jesus, you were a teacher, a healer, a prophet, a friend. You were condemned by lies, rumors, and popular opinion. Help us, Lord, when we are misunderstood by others.

All: We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

Reader 2: Station 9: Jesus Falls for the Third Time

Lord Jesus, the cross you carried was heavy. And you were too weak to carry it. You fell under its weight three times. Sometimes, when life gets hard and we feel overwhelmed, help us to remember that it is okay to fall. Help us to keep following you.

All: We adore you, O Christ, and we bless you. . . .

Reader 3: Station 12: Jesus Dies on the Cross

Lord Jesus, just before you died, you said, "Father, into your hands I commend my spirit." Jesus, you gave your whole life—the best parts and the worst parts—back to the Father. We can do this, too. We can give our lives to God every day—the best parts and the worst parts—and when we do, our lives become a prayer: "Father, into your hands I commend my spirit."

All: We adore you, O Christ, and we bless you. . . .

Reader 4: Station 15: Jesus Rises from the Dead

This station is sometimes added to recognize that the life of Jesus does not end in death, but in Resurrection. This is true of our lives too, every day, when we go through little deaths and little resurrections. But we know that the Risen Jesus is alive and with us always.

Lord Jesus, help us know more and more that you are alive and with us now, especially in the Holy Eucharist. Thank you for all you did during your Passion, and help us to follow you from death to life, now and forever. Amen.

All: We adore you, O Christ, and we bless you. . . .

Leader: Let us go in peace now, to proclaim the Gospel with our lives.

All: Thanks be to God.

Additional Activities

Materials Needed

- two popsicle sticks for each young person
- 3 feet of gold yarn for each person
- a gift box (*optional*)

A Wooden Pocket Cross (15 minutes)

- Make a sample of a wooden pocket cross ahead of time by forming two popsicle sticks into a cross and wrapping yarn around the center of the cross.
- Show the group the cross, and explain that they will be making these crosses as gifts for children who will be celebrating First Holy Communion after Easter.
- Distribute two popsicle sticks (the wider craft version) and 3 feet of gold yarn (for the Resurrection) to each person.
- Demonstrate how to cross the sticks and wrap the yarn diagonally around the intersection of the two sticks.
- Ask the young people to print carefully on the front of the vertical stick, from bottom to top, "Come, Lord Jesus!" and on the back of the vertical stick, from bottom to top, "First Communion Day, [insert date]."
- Create a plan for presenting the crosses to the children. Plan a time for the fifth graders to give their crosses in person, or place the crosses in a gift box for presentation to the First Communion group.

Materials Needed

- *The Catholic Children's Bible*

Washing of the Feet (15 minutes)

- Invite the young people to find John 13:1–17 in *The Catholic Children's Bible* (page 1685), and explain that this is the Scripture story we read on Holy Thursday.
- Ask several volunteers to read the Scripture passage aloud for the whole group.
- Invite the young people to share their reactions to this Scripture passage. Ask them what stood out to them and what was the main point Jesus was trying to make.
- Emphasize that Jesus constantly calls us to be of service to others.
- Have the young people form small groups and brainstorm ways that fifth graders might serve other people. Invite them to create a skit that they can show the larger group.
- Call the different groups to display their skit, and discuss the main points being made in their actions.
- Encourage the young people to commit to one or more acts of service during the next few weeks. Tell them that they can report back to the group at a later session after they have completed their acts of service.
- Remind them that people can be of service in both big and small ways, and all are important.

Materials Needed

- a computer with internet access
- a computer projector
- blank paper
- crayons

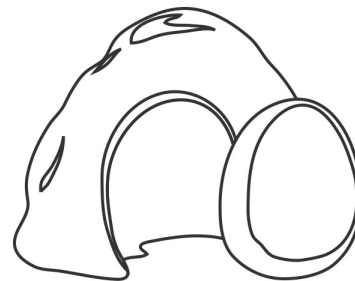
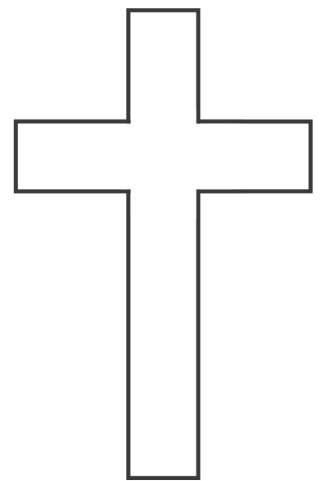
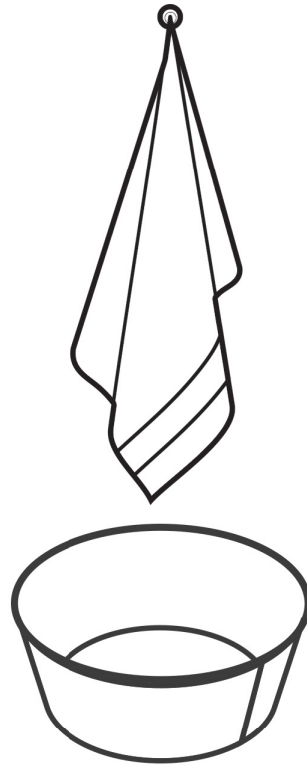
Lord, I Lift Your Name on High (15 minutes)

- Show the video “Lord I Lift Your Name on High—Maranatha Singers (With Lyrics)” (YouTube, 3:13). Encourage the young people to notice the photos and to remember the ones that impacted them the most.
- Ask volunteers to share their impressions of the song and of the photos. Ask: Why is this a song for Good Friday? Why is this a song for Easter Sunday?
- Show the video again, asking the young people to keep in mind the comments made about the song and the photos.
- Distribute blank paper and crayons. Ask the students to draw the photo that impressed them the most, or to write in a decorative style the lyrics to the chorus and the verses of the song. Play the video softly in the background as the young people work.

A Triduum Triptych

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Jesus Is Crucified

So they took charge of Jesus. **17** He went out, carrying his cross, and came to "The Place of the Skull," as it is called. (In Hebrew it is called "Golgotha.") **18** There they crucified him; and they also crucified two other men, one on each side, with Jesus between them. **19** Pilate wrote a notice and had it put on the cross. "Jesus of Nazareth, the King of the Jews," is what he wrote. **20** Many people read it, because the place where Jesus was crucified was not far from the city. The notice was written in Hebrew, Latin, and Greek. **21** The chief priests said to Pilate, "Do not write 'The King of the Jews,' but rather, 'This man said, I am the King of the Jews.' "

22 Pilate answered, "What I have written stays written."

23 After the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one part for each soldier. They also took the robe, which was made of one piece of woven cloth without any seams in it. **24** The soldiers said to one another, "Let's not tear it; let's throw dice to see who will get it." This happened in order to make the scripture come true:

"They divided my clothes among themselves
and gambled for my robe."

And this is what the soldiers did.

25 Standing close to Jesus' cross were his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. **26** Jesus saw his mother and the disciple he loved standing there; so he said to his mother, "He is your son."

27 Then he said to the disciple, "She is your mother." From that time the disciple took her to live in his home.

The Death of Jesus

28 Jesus knew that by now everything had been completed; and in order to make the scripture come true, he said, "I am thirsty."

29 A bowl was there, full of cheap wine; so a sponge was soaked in the wine, put on a stalk of hyssop, and lifted up to his lips. **30** Jesus drank the wine and said, "It is finished!"

Then he bowed his head and gave up his spirit.

Jesus' Side Is Pierced

31 Then the Jewish authorities asked Pilate to allow them to break the legs of the men who had been crucified, and to take the bodies down from the crosses. They requested this because it was Friday, and they did not want the bodies to stay on the crosses on the Sabbath, since the coming Sabbath was especially holy. **32** So the soldiers went and broke the legs of the first man and then of the other man who had been crucified with Jesus. **33** But when they came to Jesus, they saw that he was already dead, so they did not break his legs. **34** One of the soldiers, however, plunged his spear into Jesus' side, and at once blood and water poured out. (**35** The one who saw this happen has spoken of it, so that you also may believe. What he said is true, and he knows that he speaks the truth.)

36 This was done to make the scripture come true: "Not one of his bones will be broken." **37** And there is another scripture that says, "People will look at him whom they pierced."

The Burial of Jesus

38 After this, Joseph, who was from the town of Arimathea, asked Pilate if he could take Jesus' body. (Joseph

was a follower of Jesus, but in secret, because he was afraid of the Jewish authorities.) Pilate told him he could have the body, so Joseph went and took it away. **39** Nicodemus, who at first had gone to see Jesus at night, went with Joseph, taking with him about one hundred pounds of spices, a mixture of myrrh and aloes. **40** The two men took Jesus' body and wrapped it in linen cloths with the spices according to the Jewish custom of preparing a body for burial. **41** There was a garden in the place where Jesus had been put to death, and in it there was a new tomb where no one had ever been buried. **42** Since it was the day before the Sabbath and because the tomb was close by, they placed Jesus' body there.

The Empty Tomb

20 **1** Early on Sunday morning, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been taken away from the entrance. **2** She went running to Simon Peter and the other disciple, whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they have put him!"

3 Then Peter and the other disciple went to the tomb. **4** The two of them were running, but the other disciple ran faster than Peter and reached the tomb first. **5** He bent over and saw the linen cloths, but he did not go in. **6** Behind him came Simon Peter, and he went straight into the tomb. He saw the linen cloths lying there **7** and the cloth which had been around Jesus' head. It was not lying with the linen cloths but was rolled up by itself. **8** Then the

other disciple, who had reached the tomb first, also went in; he saw and believed. **9** They still did not understand the scripture which said that he must rise from death.) **10** Then the disciples went back home.

Jesus Appears to Mary Magdalene

11 Mary stood crying outside the tomb. While she was still crying, she bent over and looked in the tomb **12** and saw two angels there dressed in white, sitting where the body of Jesus had been, one at the head and the other at the feet. **13** "Woman, why are you crying?" they asked her.

She answered, "They have taken my Lord away, and I do not know where they have put him!"

14 Then she turned around and saw Jesus standing there; but she did not know that it was Jesus. **15** "Woman, why are you crying?" Jesus asked her. "Who is it that you are looking for?"

She thought he was the gardener, so she said to him, "If you took him away, sir, tell me where you have put him, and I will go and get him."

16 Jesus said to her, "Mary!"

She turned toward him and said in Hebrew, "Rabboni!" (This means "Teacher.")

17 "Do not hold on to me," Jesus told her, "because I have not yet gone back up to the Father. But go to my brothers and tell them that I am returning to him who is my Father and their Father, my God and their God."

18 So Mary Magdalene went and told the disciples that she had seen the Lord and related to them what he had told her.