

**A Reflection on the Good Friday Readings:
How Jesus's suffering helps us in overcoming the Seven Deadly Sins
The Cross Vice and Virtue**

(Adapted from Fr. John-Mary S. W. Bowlin and St Thomas Aquinas)

Readings: Isa 52:13-53:12, Psalm 31, Psalm 31, Heb 4:14-16; 5:7-9, John 18:1-19:42

1. Our first reading, the fourth of the Songs of the Servant of Yahweh, highlights how Jesus' pain and his suffering were for the forgiveness of our sins. The following shows how they are directed in helping us overcome the Seven Deadly Sins. We must remember that we must cooperate with His grace for this to be effective.

2. Our second reading highlights, "We do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.

3. How in His Passion can we see Christ overcoming the Seven Deadly sins?

1. In response to **pride** which says "We have no king but Caesar", Christ submits meekly to the mockery of His Kingship.
2. In overcoming any tendency to be **envious** of those in power, Jesus illustrates that he is meek and humble of heart (Mt. 11:29).
illustrating patience by his long-suffering and by embracing the cross which he could have avoided.
3. To atone for our sins of **lust**, which gives in to the desires of the flesh, Christ submits to the scourging of His sacred Body (Jn 19:1).
4. Rather than respond in **anger** when He is struck by the guard (Jn 18:1), Jesus illustrates patience by his long-suffering and by embracing the cross which he could have avoided.
5. In his thirst (19:28-30) He atones for our **gluttony**.
6. Instead of holding on to earthly things in **avarice**, He submits to being stripped of even his garments (19:23-24).
7. He conquers **sloth** by persevering in His carrying of the Cross (19:17).

4. From St. Thomas Aquinas: "It is a remedy, for, in the face of all the evils which we incur on account of our sins, we have found relief through the passion of Christ. Yet it is no less an example, for the passion of Christ completely suffices to fashion our lives. **Whoever wishes to live perfectly should do nothing but disdain what Christ disdained on the cross and desire what he desired, for the cross exemplifies every virtue.**