



WHAT IS GOOD FRIDAY?WHY IS IT CALLED GOOD?

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Good Friday is the last Friday when our Lord Jesus Christ was on the earth. On this day, the Lord went through moments of terrible suffering, pain and agony. He was crucified, died and buried. Many Christians all over the world observe this day in memory of the suffering of our Lord Jesus every year.

While this day was attributed with deep sorrow and controlled by the forces of the dark nature, why then should it be referred to as the "Good Friday" and not the "Friday of Suffering"? What Good is in the day when our Savior suffered a lot and was faced with discomfort?

Looking at this through the human eye, it was indeed such a wicked day.. However, viewing it through the Spirit's eye, this was a day of such great joy to the human race. For on this day, our sin's penalty was paid. Jesus took our punishment upon himself and died on the cross for our sake. Through his death, we were reconciled to God, and now we have forgiveness for our sins. For this reason, we do not have to mourn or weep but rather we should rejoice. On a day like this, 2000 years ago, the Saviour bled and died, bringing us redemption. He delivered us from sin that long enslaved us and set us free. Thus, it is right to call this day the "Good Friday" and not the "Friday of Suffering".

Let us look at the matter in this way. Take for instance, a fish being drawn out of water will suffer because it will eventually die. On the other, the one who catches the fish goes way happy. Now, it will be painful for the fish, but great joy to the fisherman because he has found a meal. Likewise, even though the Lord Jesus suffered great pain and died on the cross, yet his death brought us freedom, peace and joy that we now enjoy.

The death of Jesus was so significant in our lives. Unless he bled and died on the cross, we would not have atonement for our sins (Hebrews 9:22).

Does the Bible offer guidance on whether or not to eat meat on Good Friday?



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There is actually nowhere in the scriptures where we are instructed on whether to eat meat or not while observing this day. The idea forbidding people from eating meat on Good Friday is a tradition embraced by the Catholic Church. They observe this day in honor of Christ, who gave up his body as a sacrificial offering for our sake. But they abstain from meat eating not to meditate on the suffering of Jesus. The Catholics not only avoid eating meat on Good Friday but also on the Ash Wednesday, and all the Fridays around it.

Is it sinful observing this day as special? Not at all! The Bible does not give any instructions permitting or prohibiting people from observing certain days in honour of their God. It just depends on what each person believes.

Romans 14:5-6;

“One man esteemeth one day above another; another esteemeth every day alike. Let every man be fully persuaded in his own mind.

He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he doth not regard it. He that eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not and giveth God thanks.”

Therefore, those who regards Good Friday to be significant should not pass judgement on those who esteem all days alike. Likewise, those who do not regard it as being significant to them should not judge the others who esteem this day above the rest. For they do so in honor of their Lord, who died for them on the cross. Whether or not you abstain from food (fasting), you don't sin either way.

Shalom.

Kindly share this good news with others.