

***REFLECTIONS ON THE
SEVEN LAST WORDS
OF JESUS***



***His last words comfort us and
are words we can value
and learn from.***

MEDITATIONS

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Reflecting on Christ's saving sacrifice on the cross, the Seven Last Words give us a powerful insight into His thoughts as He took upon Himself all the sins of mankind. With these words, He forgives His enemies, forgives the repentant thief, cries out to God and declares the end of His earthly life and mission before humbly surrendering His spirit to the Father.

The first word: “Father, forgive them, for they know not what they do.” (*Luke 23:34*)

Lord Jesus, through these words, You and Your Father invited us to enter into Your way of thinking. You made us aware of Your infinite mercy and the forgiveness You offered us through this Sacrifice. Through Your forgiveness, You reconciled us and freed us from the slavery of sin.

Your words open my mind and heart to the reality of my short-sightedness in discerning my actions and in considering the possibility that those who offend me are unaware of their offense. Lord, teach me to forgive. Enlighten my darkened conscience so that I may be fully aware of right and wrong. Heal my spiritual vision so that I may see my sins with Your eyes and confess them all to You.

The Second Word: “Truly I say to you, today you will be with me in Paradise.” (*Luke 23:43*)

Jesus, when the penitent thief sincerely acknowledged his guilt and his wickedness, You welcomed him without hesitation. You show me how, like the father of the prodigal son, You joyfully welcome repentant sinners back into Your fold. Impress upon my heart, dear Lord, that no

matter how grave my sins may be, I too will find forgiveness and salvation if I repent of my evil deeds.

Lord, I lift up to You all those who are prone to crime, violence, hatred, cruelty, aggression and wickedness, especially those who are in prison for crimes they have committed. Lord, heal them of all wounds and traumas resulting from past cruelties, abuse, mistreatment, harmful experiences and revenge buried deep in their memories. Let them feel Your forgiveness and love and make them whole again. As You liberated the tormented demoniacs, free them from the influences, domination and possession of evil spirits, that they may come to know, love and serve You. Thank You, Lord, for Your boundless mercy.

Third Word: “Woman, behold your son. son, behold your mother.” (*John 19:26-27*)

Loving Lord, in the heights of Your tortuous sorrows, You turned Your gaze to those who stood at the foot of Your cross. Seeing Your poor Mother, a widow overcome by grief and with a heart pierced by the sword, as prophesied, You did entrust her to Your beloved apostle to adopt; and him to her maternal care. In so doing, You

established her not only as his mother, but also as our loving mother.

Jesus, thank You for the precious gift of Your Immaculate Mother as Co-Redemptrix and Co-Mediator of all humanity. Thank You for the countless apparitions You grant her to guide us and alert us of the need to change our sinful ways. May we all listen to and accept her motherly advice. May she continue to be our Morning Star that guides us out of the darkness that envelops our sinful world.

Fourth Word: “My God, my God, why hast thou forsaken me?” (Mt 27:46 & Mk 15:34)

**Referring to Psalm 22: The Sufferings and Hopes of the Upright.*

Jesus, Lord, Your desolate words exposed Your human feelings of total abandonment to the Father's will, with just expectation of His mercy. With them flowed Your desperate sorrow for all those who are indifferent, unbelieving, impassive and lukewarm, those for whom Your sacrifice will be in vain. Their indifference wounded You more cruelly than the spear that pierced Your sacred heart.

Lord, I ask You for the conversion and healing of

the spiritually blind and deaf, of all the unbelievers, the indifferent, the lukewarm and fainthearted. O Healer of Souls, do not abandon them in their spiritual darkness. Send Your Spirit of Truth to open their hearts, their minds and their being, that they may know that You are the only Way, the Truth and the Life. Jesus, in complete faith, I reach out to You to touch Your mantle for the healing of those close to me who are like these. (*Name the people for whom you wish to pray*).

The Fifth Word: “I thirst.” (*John 19:28*)

Lord, at the beginning of the ministry of Your daughter, St. Teresa of Calcutta, You appeared to her and told her to form a community that would quench Your thirst for souls.

Hearing You speak of the thirst on the cross, we realize that Your thirst was not only caused by the burning sun, the loss of blood from the scourging and the crown of thorns, nor the exhausting climb to Golgotha. Lord, Your physical thirst was but a shadow of Your longing for us to come to know You and Your unfathomable love.

Awaken us from our spiritual slumber, dear Jesus, and bring us closer to You so that Your death may

not be in vain for us. I present to You, Lord, all those who have had abortions and those who intend to have abortions. Dear Jesus, make these mothers feel Your thirst for their unborn children. Grant them and everyone involved in abortion, full insight, conversion and healing of their souls that they may fully grasp the evil, cruelty and violence intended against their own defenceless baby in their very womb.

The Sixth Word: “It is finished”. (*Mat 27:46 & Mk 15:34*)

With these words, You initiated the healing of all creation, Lord. You appeased the Father's wrath and blotted out our sin. Through Your selfless Sacrifice, compassion was given to Your people, and once again, we are endowed with freedom, cleansing and grace.

Lord, let us realize the brevity of our lives and bend our hearts to trust and surrender to the wisdom of Your will. Protect us from the ever-increasing and escalating attacks of the evil ones. Increase and strengthen our faith. Help us persevere in love for You and our neighbor so that, when our appointed end comes, we too may say without regret: “It is finished”.

The Seventh Word: “Father, into Your hands I commend My spirit”. (Luke 23:46)

Jesus, with these words, You bowed Your head and entrusted Your spirit to the Father for all of us. This momentous and glorious moment proclaimed that original sin had been atoned for; and heaven had been opened for mankind. Your crucifixion paved a path of hope for us, leading the redeemed to eternal happiness with You, the Father, the Holy Spirit and all the angels and saints.

Thank You, Lord, for the total immolation and sacrifice of Yourself to save us in our sinful and unworthy state. Thank you for conquering death for all humanity. In the spiritual battle of life, be my constant and formidable shield. Protect me in our difficult and challenging times of changes and uncertainties. I put my hope in what You have said many times to Your followers, “Do not be afraid,” and “I will be with you until the end of time”. I trust in You. My Jesus, I trust in You!



ANIMA CRISTI

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

Oh good Jesus, hear me.

Within Your wounds, hide me.

Let me never be separated from you.

From the malignant enemy, defend me.

In the hour of my death, call me,

And bid me come to you,

That with your saints I may praise you

Forever and ever. Amen.



Fear not.

*I shall be with you
until the end of times.*



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