

Good Friday marks the final Friday of Jesus Christ’s life on earth. It is the day He endured immense suffering, was crucified, died, and was buried. Christians around the world observe this day annually to remember the suffering and sacrifice of our Lord Jesus Christ. It is a solemn day of reflection on the weight of the cross, but it is also a day of immense hope for the believer.

Why Is It Called “Good Friday”?

A common question arises: Why is this day called “Good Friday” and not “Suffering Friday” or “Sad Friday”? After all, this was a day filled with darkness, grief, and deep suffering, as Jesus, our Savior, was rejected, tortured, and killed.

From a human perspective, the events of Good Friday appear sorrowful and filled with suffering. However, from a spiritual perspective, Good Friday is a day of immense joy for humanity. On this day, Jesus’ sacrifice led to the forgiveness of our sins, something that had been impossible since humanity lost its innocence in the Garden of Eden. If Jesus had not died for our sins, we would not have the opportunity for salvation. His death brought about our redemption, and as a result, we should rejoice. Nearly 2,000 years ago, Jesus’ sacrifice set us free from the bondage of sin and death. So, it is truly appropriate to call it “Good Friday,” as it marked the beginning of our salvation.

The Importance of the Cross in Christian Faith

The significance of Good Friday lies in the sacrifice of Jesus on the cross. His death was not just an act of suffering, but the means by which humanity was reconciled to God. As the Apostle Paul writes in **Romans 5:8 (NIV)**: *“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”* Through Jesus’ death, God provided a way for forgiveness, cleansing, and a restored relationship with Him.

Think of it this way: It’s similar to a fish being caught. The fish experiences suffering as it dies, but the fisherman rejoices in the catch. In the same way, Jesus’ death was painful for Him, but it brought great joy and freedom to us as His followers. His sacrifice is our salvation, and without it, we would still be trapped in our sins. The shedding of His blood was the only way for our sins to be forgiven, as stated in **Hebrews 9:22 (NIV)**: *“In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.”* This is why Good Friday is rightly called “Good.”

Is There a Commandment to Abstain from Meat on Good Friday?

The answer is **no**. The practice of abstaining from meat on Good Friday is a tradition observed by many Christians, particularly in the Catholic

Church, but it is not commanded in the Bible. Catholics abstain from eating meat on this day as a form of reverence for Christ’s sacrifice. Since meat is considered a luxury food, they choose not to indulge in it to honor the sacrificial death of Christ. This practice is also observed on Ash Wednesday and other Fridays during Lent.

However, it is important to note that there is no biblical command to abstain from meat on Good Friday. If you choose to eat meat on Good Friday, you are not sinning, and if you choose to abstain, you are not sinning either. This is a matter of personal conviction and tradition, not a requirement set by Scripture.

Is It a Sin to Celebrate Good Friday?

The answer is **no**. The Bible does not command or forbid the celebration of any specific day in honor of the Lord. It is a personal decision based on each individual’s conviction.

In **Romans 14:5-6 (NIV)**, Paul writes:

“One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind. Whoever regards one day as special does so to the Lord. Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God.”

This passage emphasizes that the observance of certain days or practices, like Good Friday, is a personal choice and should be done according to individual belief. If you do not feel the need to observe Good Friday, you are free to make that choice, and you should not judge others who choose to observe it. Likewise, if you do choose to observe Good Friday, you should not judge those who do not.

In the same way, fasting during this period of Easter is not mandatory for Christians. If you do not feel led to fast, that is okay. But if you choose to fast as an expression of devotion to Christ, you should not be judged for it. The key is that each person should be fully convinced in their own heart, as Paul writes.

Shalom.

What is Good Friday? And Why Is It Called “Good”?

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