
I.N.R.I.
تقدمة
جورج نجيب معلوف وعائلته
١٩٦٦

Depiction of Christ's crucifixion at Holy Family Church in Ramallah, West Bank. (CNS/Debbie Hill)



by Brenna Davis

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PAUSE

REFLECT

> After this, aware that everything was now finished,
>
> in order that the Scripture might be fulfilled,
>
> Jesus said, "I thirst."
>
> There was a vessel filled with common wine.
>
> So they put a sponge soaked in wine on a sprig of hyssop
>
> and put it up to his mouth.
>
> When Jesus had taken the wine, he said,

"It is finished."

And bowing his head, he handed over the spirit.

John 19: 28-30

On Good Friday, we fast from meat to acknowledge and honor the death of Jesus, the Paschal Lamb. This Good Friday as we hear Christ say, "I thirst," we hear the cry of the crucified people around the world who have died, been displaced, or affected by climate change in any way, especially due to our overconsumption of resources.

PRAY and FAST

At each meal today as we fast from meat, bring to mind the people most vulnerable to climate change and pray for them as you eat your food. If you already don't eat much meat, consider reducing consumption of dairy products today as a part of your fast to also reduce your carbon "foodprint."

Consider praying the Laudato Si' Stations of the Cross today as an additional way to remember our neighbors most vulnerable to climate change.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.