

Hearing the Seven Sayings Anew

A Letter of Pastoral Counsel

Reflections The Passion, Cross and Resurrection WhatsApp post, 4 April 2026

Dear friend,

Thank you for having the courage to express what many of us quietly feel but seldom articulate. You are not alone in this inner struggle. In truth, most of us stand in the very place you describe — listening, participating, reflecting year after year — yet wondering whether anything within us has truly changed. The difference is that you have given voice to this longing with honesty and vulnerability. For that, may our Lord bless you abundantly.

You are also right in observing that our repeated hearing of Good Friday messages — especially those centred on the seven sayings — can sometimes leave us spiritually fatigued. The familiarity of the words, the sameness of tone, and the repetition over the years can dull their sharpness. What was once deeply moving can, over time, become something we receive more with memory than with fresh encounter. This is not a failure of faith, but a human limitation we must gently acknowledge.

As I read your reflection, I also sensed a deep compassion in your heart for Jesus. That tenderness is precious. Yet perhaps we must remember that He does not need our compassion — He is the source of all compassion. It is we who stand in need of His mercy, His grace, and His transforming love. The Cross is not a place where we merely sympathise with Christ; it is where we receive life from Him.

And so, the story of the Cross, though marked by suffering, is not ultimately one of sorrow. It is a story of victory, of redemption, of divine love fulfilled. Good Friday is not meant to leave us in despair, but to lead us into a quiet rejoicing — because through that sacrifice, we are restored, forgiven, and held securely in His promise.

Perhaps, then, the invitation is not to stop hearing the seven sayings, but to hear them anew. Not merely as last words spoken in suffering, but as proclamations — living assertions of truth, spoken for us, into us, and over us. When we begin to listen from a different perspective, we may find that what once felt familiar begins to speak again with fresh power.

Your questions are not signs of failure; they are signs of a living and seeking heart. And such a heart, however restless, is already held in His grace.

With prayer and quiet encouragement.

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