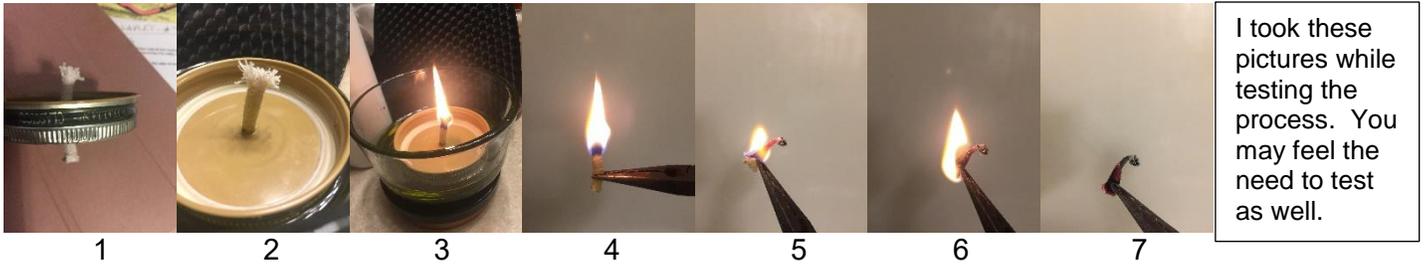


## Extremely easy instructions for making Good Friday Oil for Healing, Protection, and Deliverance.



- In picture #3 you can see I tested this with a small glass bowl and a fairly large pasta jar lid. All you need is a glass or stainless-steel container large enough to hold the extra-virgin olive oil that you are preparing for the Good Friday Oil. I found that the larger lid is easier to work with. **Be careful not to move the container** once you have placed the lid holding the wick into the oil because the olive oil may seep into the lid and put out the wick.
- Punch a small hole (you can use a nail) in the TOP of the lid (label side up) so the jagged part of the hole is on the inside of the lid. The wick needs to fit tightly through the hole.
- You can either use a ¼" diameter **100% cotton wick** or you can roll cotton material into a wick.
- You only need a wick about 2" long. Poke the wick from the smooth side of the lid to the inside of the lid that has the jagged opening. I used a tiny screw driver to push the wick through the hole.
- As shown in picture #2, leave 1" of the wick on the inside/jagged side of the lid and the remainder below the lid.
- Prior to Good Friday morning, place all the oil into a single glass or stainless-steel container that is large enough to hold all the oil you are preparing.
- About 5 or 10 minutes before 3 am on Good Friday morning, place the lid with the jagged side up on top of the oil as shown in picture #3. The lid holding the wick will float on top of the oil in your large container.
- The oil needs to "wick up" (absorbed) to the top of the wick which only takes a few minutes.
- At 3 am, light the wick. It may take a few seconds for the wick to light evenly across the top.
- I tested this method and this itty bitty little wick burned for 2 hours—before I **carefully** pulled it out of the lid—because it was being fueled by the olive oil. **DO NOT** leave the wick burning after you finish your prayers or you will lose precious Good Friday Oil.
- **NOW** the large container has been prepared with the lighted wick floating on top of the oil. Begin praying the prayers:
  - ✓ Pray the Apostles Creed 33 times in honor of Jesus' 33 years on earth.
  - ✓ Pray Hail Holy Queen 7 times in honor of Mary's 7 Sorrows OR you can pray the Salva Regina 7 times in Latin.
- When the prayers are complete, you will need to **CAREFULLY** pull the remaining wick out of the lid. See Picture #4. Per Fr. Michel's instructions the wick **MUST COMPLETELY BURN OUT**. I used regular pliers to hold the upright rim of the lid while using a pair of needle-nose pliers to take hold of the side of the wick below the flame. You may feel more comfortable using long tweezers. Slowly pull the wick up out of the lid and hold it carefully while the wick burns completely out. See pictures 5 & 6. It took about 1 minute to burn completely to ash—see Picture 7.
- When all is complete you may want to say a Rosary, Chaplet of Divine Mercy, or prayers of thanksgiving.
- To use the oil for Healing, Protection, & Deliverance, make the Sign of the Cross on the forehead or sprinkle the oil on food or ingest it. Do not heat the oil.