

Good Friday Oil

For Healing, Protection & Deliverance *(Updated April 2022)*

Items Needed

1. Blessed icon, image or statue of Mary, Mother of God
2. Extra virgin olive oil (blessed by a priest if possible—optional)
3. Glass or stainless-steel container to hold the olive oil (flame from wick may melt plastic)
4. Pure cotton wick or pure cotton material rolled into a wick (see length requirement below)
5. Small metal lid to place a small hole in it (you will thread the cotton wick through it)
6. Matches or lighter (place by the bowl with olive oil prior to 3 a.m.)
7. Syringe or pitcher to move oil from large container to original olive oil bottle or smaller containers
8. Paper and pen to keep track of the number of prayers you are saying
9. Labels marked “Good Friday Oil” to place on finished bottles or jars

MUST BE COMPLETED PRIOR TO 3 AM GOOD FRIDAY MORNING (Roman or Orthodox Rite)

Advance Preparations

- All must be done in front of a blessed icon, image or statue of Mary, Mother of God.
- Use glass or stainless-steel containers that can hold heated extra virgin olive oil.
 - Do not mix different oil in the same container, use the same brand of oil for all containers.
 - You can use a large glass mixing bowl, or large stainless-steel soup pot.
- Soak the cotton ball wick or the cotton cloth in the oil.
 - Using a cotton ball, slowly unroll it with your fingers and twist it tight so it stays in one piece.
 - Make sure your cotton ball or cloth has a long tail, the length of your container’s bottom.
- Place a small sized hole in a small metal lid, large enough to place your wick through it.
 - You can use a jelly, pickle, sauce or any other lid that is metal and you can punch a hole in.
 - Place the unrolled cotton ball thread or cotton cloth through the small hole in lid.
 - Tie a knot on top of or bottom of where your cotton thread goes through the small hole.
 - If you tie a knot on top of lid, this may help stabilize your cotton wick to stand up inside the lid.
- Drop the lid into the glass bowl or stainless-steel pot, so the wick falls to the bottom of bowl or pot.
 - The lid will float on top of the oil, it should not sink to the bottom.
 - You can squeeze any excess oil out of your cotton ball wick so it can be lighted with a match.
 - Your cotton ball wick will begin to burn down, but not go out. It will stay lit during prayers.
 - The wick should be long enough to burn the whole time it takes to pray the prayers below.
- When finished saying your prayers, use a syringe to transfer blessed oil into smaller containers.
 - You can use a liquid pitcher or anything with a spout to transfer oil into smaller containers.
 - You can transfer into mason jars or plastic containers with tight fitting lids.
 - If you want to ship your oil to a friend using the postal service, you need to indicate you are mailing a liquid item. Place your plastic bottle into a zip lock bag and place it into a crush-proof box so it is not crushed during the transportation process.
- Label your Good Friday Oil bottles so they are not confused with other oils you may have.

Specific Prayers to be Recited

- After lighting the candle at 3 am, begin praying the following prayers:
 - Apostles Creed 33 times in honor of Jesus’ 33 years on earth.
 - Hail Holy Queen 7 times in honor of Mary’s 7 Sorrows, or the Salve Regina 7 times in Latin.

This recipe was given by Our Lady for healing, protection and deliverance during her apparition at the Holy Mountain of San Lorenzo, Puerto Rico, from 1899 to 1910; and St. Joseph gave it to St. Andre Bessette of Canada from 1845-1937.