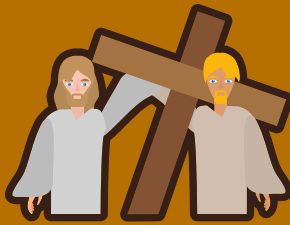




Take up your cross daily



"You must accept your cross; if you bear it courageously, it will carry you to Heaven."
St. John Vianney

HAVE YOU EVER TRAINED REALLY HARD FOR AN EVENT, OR WORKED REALLY HARD FOR AN EXAM?

DID IT PAY OFF FOR YOU? HOW DID IT FEEL?



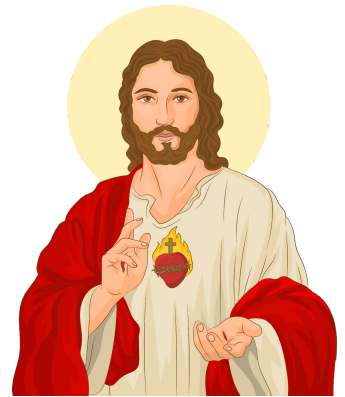
WATCH THIS VIDEO FROM FR MIKE SCHMITZ "HOW TO PICK UP YOUR CROSS" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What are the conditions for discipleship Jesus lists in this scripture?

Myth busting! Holier does not mean " _ _ _ _ _ "

Holier does mean saying _____ to _____. Sometimes what I want is what God wants, but sometimes what I want is in conflict with God's will: these are the moments to d _ _ myself.



MY PERSONALISED CROSS....

We each have personalised crosses which can purify or sanctify us. These can take the form of Active or Passive purification.

ACTIVE When we say yes to those things we have _____.

Give one example: _____

PASSIVE When we say yes to all those things we _____ and don't _____.

Give two examples: _____



What is the difference between FATALISM and PASSIVE PURIFICATION? Explain using an example / analogy:

God does not force these crosses on us, nor does He want them for us. Why does He permit them?

If we choose to _____, to take up our cross w _ _ Him, He can do something in our h _ _ _ _ that we cannot do without the cross.

Jesus was thrust to a place where He had to pick up His cross. How do we know He didn't want it?

Because He actively engaged in embracing it, what did the Cross become for Him?



TAKE UP YOUR CROSS DAILY

MATTHEW 16:21-27

Fr Mike continues to quote from the Gospel passage and focuses what three words?

What do we need to remember when life can be difficult and our crosses can be so heavy?

3

What three sets of three words does Fr Mike stress at the end for us?

_____	_____	_____
_____	_____	_____
_____	_____	_____



Now Read Matthew 16:21-27



Life can be really tough, can't it? And it can seem so unfair. Sometimes we might even be tempted to think God has landed us in situations that we can't understand, then walks away and doesn't care about our suffering. Nothing could be further from the truth.

It has been said that Jesus came, not just to die for us, but to show us how to live. Being fully divine Jesus knew what His passion meant: he knew the unfathomable suffering He would have to face, and in his humanity, He wanted to escape from it: he asked for the cup to be taken from Him. But His love for God the Father and for all mankind gave him the necessary strength and determination to actively embrace His cross, the cross which became His crown, and thereby win the greatest victory over sin and death.

How do you react initially to the thought of taking up your cross willingly to follow Christ? Is there a cross in your life that you are already carrying? Is it something that you are able to unite to Jesus's cross? Are you carrying it by yourself and bowing under the weight of it? Remember that Jesus is by your side, offering us His strength to lean on until our crosses become our crowns too.



MISSION!

TAKE SOME TIME TO PRAY ABOUT YOUR CROSS(ES) THIS WEEK. CAN YOU SEE ANY AREA WHERE THEY HAVE HELPED YOU TO GROW AS A PERSON OR IN YOUR RELATIONSHIP WITH GOD? PRAY FOR STRENGTH EACH DAY TO UNITE YOUR DIFFICULTIES TO HIS CROSS, AND TO SAY YES TO GOD'S WILL FOR YOUR LIFE.



PRAYER TIME!

Jesus, you know I struggle with crosses in my life. You know there are things I want to run from. You know there are things that make my heart ache and my spirit exhausted. Help me to lean on you, to take up my cross daily with your strength, by your side and for your sake, and find my crown in the cross. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON TAKING UP YOUR CROSS



- CityAlight: Yet Not I But Through Christ In Me
- Rend Collective: True North
- Matt Redman: You Never Let Go
- Phil Wickham: Eyes Fixed
- Passion: Follow You Anywhere
- Bethel: Chasing You

Click the links for the YouTube videos to listen to some suggestions!



Take Up Your Cross

WATCH THIS SHORT ANIMATION AND DISCUSS WHAT IT TEACHES US ABOUT OUR PERSONALISED CROSS.