



# To the Heights

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**SHARING THE GOOD NEWS!**  
Some of the young leaders who volunteered at Good News Faith Camp in Tramore this July enjoying a Surf Lesson at Freedom Surf school! For more info check out [www.holyfamilymission.ie/campa-mhuire-mhathair](http://www.holyfamilymission.ie/campa-mhuire-mhathair)

## WEEKLY CHALLENGE:

- 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.



The Catholic Church offers us so many examples of inspirational saints and heroes, or as we like to call them here, **Game Changers!** Check them out on our web page!

## GAMECHANGERS!

**NATIVITY OF OUR LADY** 8 September

Check out our  
online resource:



*"The day of the Nativity of the Mother of God is a day of universal joy because through the Mother of God, the entire human race was renewed, and the sorrow of the first mother, Eve, was transformed into joy." Saint John Damascene*

**HEAR!** Sunday Gospel  
Matthew 16:21-27



If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!

# Fr Mike Schmitz

# PICKING UP YOUR CROSS DAILY



**PRAY!**



*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*

# TUNE!



# Yet Not I But Through Christ In Me

CityAlight



# GROW=



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## EVENTS

- ## EVENTS
- **Evangelium Apologetics Conference for Young Adults:** Saturday 7 October, 11am - 4.30pm, Imperial Hotel Cork. €15. Book in advance. More info on [www.evangelium.ie](http://www.evangelium.ie)
  - **Youth2000 Christmas Retreat:** National Catholic Youth Retreat - faith, fun and fellowship for those aged 16 - 35 years at Newbridge College, 8 - 10 December. Donation only. For more details and information on how to book go to [www.youth2000.ie](http://www.youth2000.ie)



[www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)



AscendWaterfordLismoreYM



ascendwaterfordlismore.ym



Ascend Youth Ministry

*Disclaimer: On these resource pages you will find links to external websites. Although we make every effort to ensure these links are accurate, up to date and relevant, Ascend Youth & Young Adult Ministry cannot take responsibility for pages maintained by external providers. While we strive to provide only links to useful and ethical websites, we have no control over the content and nature of these sites and the links to other websites do not imply a recommendation for all the content found on these sites.*



## PUZZLE

cross  
death  
for my sake  
gain  
Jerusalem  
Jesus  
life  
loses  
obstacle  
Peter  
raised up  
renounce  
satan  
suffer  
take up  
third day

FIND THE WORDS FROM TODAY'S  
READING IN THE WORDSEARCH BELOW

A	I	Y	N	C	H	S	R	P	Y	K	Q	V	K	U
Q	I	A	L	V	D	C	E	S	S	O	R	C	I	V
H	N	Y	X	U	T	T	N	S	D	E	Y	U	P	I
T	I	Y	G	A	E	M	O	P	O	H	H	U	T	Q
A	A	I	K	R	H	T	U	I	R	L	D	V	S	A
E	G	E	U	S	Q	T	C	L	M	E	C	J	S	M
D	U	L	M	F	A	U	E	I	S	Y	R	J	M	Q
P	U	J	V	R	O	T	Y	I	I	Q	A	B	E	Z
J	C	X	K	Y	R	R	A	A	I	A	N	H	D	J
E	L	I	F	E	H	R	M	N	D	F	Y	Y	I	S
S	E	A	F	A	E	S	L	Y	L	D	P	P	P	M
U	W	F	B	P	M	E	L	A	S	U	R	E	J	N
S	U	O	B	S	T	A	C	L	E	A	Z	I	D	E
S	K	X	J	O	L	D	C	M	B	I	K	E	H	P
C	V	H	R	W	P	Q	Z	G	A	O	N	E	C	T

Can you explain how any four of these words  
relate to the message of the Gospel?

What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.

## RESPOND!



## DOODLE PRAYER

Reflect on scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

"IF ANYONE  
WANTS TO BE A  
FOLLOWER OF  
MINE, LET HIM  
RENOUNCE  
HIMSELF AND  
TAKE UP HIS  
CROSS AND  
FOLLOW ME."



[Click here for some relaxing instrumental music](#)  
SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO

## HIS WORD & MY LIFE!



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.

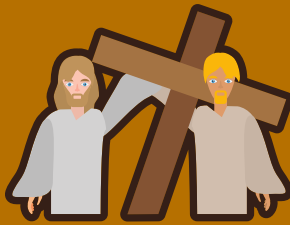
How do you react initially to the thought of taking up your cross willingly to follow Christ? Is there a cross in your life that you are already carrying? Is it something that you are able to unite to Jesus's cross?

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 own crowns too.



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?

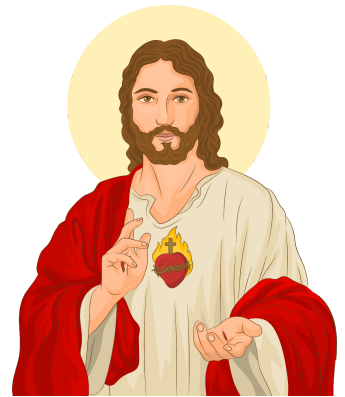
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**Myth busting!** Holier does not mean " \_ \_ \_ \_ \_ "

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:**

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**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.

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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



- CityAight: 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.