

SENIOR RE-NON-EXAM: A1 / A2 / A3 / B1 / B2 / C2 / E1 / E3 / G2 / G3 / H13  
JOHN: LD 1.1 / 1.3 / 1.4 / 1.5 / 1.8 / 2.1 / 2.2 / 2.7

Feast day: September 14th



JOHN 3: 13 - 17

# WHY DO WE EXALT THE CROSS?

The Son of Man must be lifted up as Moses lifted up the serpent in the desert.

THINK ABOUT ALL THE PLACES YOU HAVE SEEN AN IMAGE OF THE CROSS OR THE CRUCIFIX. DO YOU WEAR ONE? DO YOU KNOW SOMEONE WHO WEARS ONE? IS THERE ONE IN THE ROOM WHERE YOU ARE NOW?

HAVE YOU EVER THOUGHT ABOUT WHY CHRISTIANS DISPLAY OR WEAR THE CROSS?

After all, it was the instrument of torture and death for Jesus. Why do you think the cross is used as the defining symbol for Christians?



DID YOU KNOW THAT THE CATHOLIC CHURCH EVEN HAS A FEAST DAY CALLED "THE EXALTATION OF THE CROSS", ON SEPTEMBER 14TH?

WATCH FR MARK MARY CFR EXPLAIN "WHY WE HAVE A FEAST DAY FOR THE CROSS" AND HOW WE SHOULD REALLY LOOK AT THE CROSS IN OUR EVERYDAY LIVES.



Fr Mark Mary discusses some Catholic practices and customs that can seem strange to non-Catholics (and sometimes even to Catholics who don't understand their origin or meaning!) Can you think of any examples? Do you know their origins / meanings?



Why does Fr Mark Mary think the feast of the Exaltation of the Cross could be seen as the most scandalous and surprising of all the church celebrations?

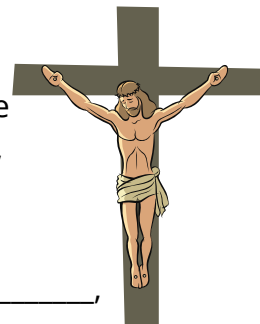
## MAKING SENSE OF IT!

### Reason 1:

The Cross reveals to us the \_\_\_\_\_ that God has for us. While we were still sinners, the \_\_\_\_\_ sent His Only Begotten Son to \_\_\_\_\_ for us, to \_\_\_\_\_ us, to \_\_\_\_\_ us.

### Reason 2:

The Cross is the instrument of the \_\_\_\_\_, of the triumph of God over \_\_\_\_\_, of Jesus over \_\_\_\_\_. Jesus conquered death with His \_\_\_\_\_.



THAT'S EXCELLENT NEWS! THAT'S REASON FOR REJOICING! BUT.....

If our rejoicing over the Good News of Jesus, ' victory over sin and death is just giving thanks, or just a matter of the \_\_\_\_\_ or just having a cross around our \_\_\_\_\_ or on the \_\_\_\_\_, then our gratitude or exaltation of the Cross is a little bit broken!

# WHY DO WE EXALT THE CROSS?

MARK 8:27-35

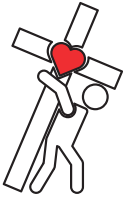


## RELICS OF THE TRUE CROSS:

[Click here](#) to read an account of how St Helen discovered the cross on which Jesus was crucified. Do you know of any church that has a fragment of the true cross? Try to find out!



## THE RELIC OF THE TRUE CROSS VS THE CROSS THAT WE CARRY



Sometimes the Lord will give us the opportunity to mystically, mysteriously and truthfully share in the cross, but we run from it and do everything we can to avoid it.

Venerating the Cross is important, and there's a great grace attached to it but in comparison to our sharing in the cross, e\_\_\_\_\_ and e\_\_\_\_\_, our carrying the cross well, the fruitfulness of that is unmatched!

How does Fr Mark Mary use the analogy of cleaning up after the party to explain how we respond to the Cross?



READ: JOHN 3: 13 - 17

John 3:16 - it's a sign we see at matches, so much so that you might be forgiven for thinking that John was a great sportsman who scored an incredible 3:16 in an unforgettable game! But instead, the guys who hold up this placard want to remind us something even more incredible, something we should never forget, that God so loved the world that He gave His only Son, so that whoever believes in Him may not be lost, but have eternal life. This is the Good News of our Faith - this is the most basic belief Christians share. Even though our world is broken, even though many are lost, even though it seems like the darkness is so dark and so deep, the light will never be overcome. Jesus is the Light of the World - that's not just a nice cliché or a comforting phrase. Jesus came to be lifted up (on a cross), to draw all humanity to himself (through His sacrifice) and He was raised to new life. Death, sin, darkness, brokenness - all were defeated by Him and in Him and through Him. Suffering can have meaning when united with His. The lost can find hope. The sinner can find mercy. The broken can find healing. That's why we exalt the Cross, because through the Cross, Jesus brought victory, not defeat! And that's Good News, the best news!



MISSION!

BE CONSCIOUS THIS WEEK OF THE LITTLE WAYS YOU CAN EXALT THE CROSS: LITTLE INCONVENIENCES THAT COME YOUR WAY WHERE YOU ARE TEMPTED TO COMPLAIN OR MOAN (FLAT TIRES, BAD HAIR DAYS, MESSED-UP LUNCH ORDERS...) INSTEAD CHOOSE TO UNITE THEM SILENTLY WITH THE CROSS OF JESUS, OFFERING THAT PRAYER FOR SOMEONE WHO NEEDS HELP.



PRAYER TIME!

**Morning Offering: O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.**



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE CROSS THIS WEEK



- Once Again (Matt Redman)
- When I survey the Wondrous Cross (Watts/Scott)
- O Come to the Altar (Elevation Worship)
- At the Foot of the Cross (Kathryn Scott)
- You are my all in all (Nordeman)
- At the Cross (Hillsong)
- Worthy is the Lamb (Hillsong)
- For the Cross (Bethel Music)



# DOODLE PRAYER



JOHN 3:16

For God



SO LOVED THE WORLD

*that he gave*

HIS ONE AND ONLY SON,

*that whoever*

BELIEVES IN HIM

SHALL NOT PERISH

BUT HAVE

ETERNAL LIFE.

