

FAITH @ Home

Celebrating and supporting faith, hope and love in the heart of the family!

14 SEPTEMBER 2025: EXALTATION OF THE CROSS



Diocese of Waterford & Lismore
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"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

Sunday Mass Readings

First Reading:

Numbers 21:4-9

Responsorial Psalm:

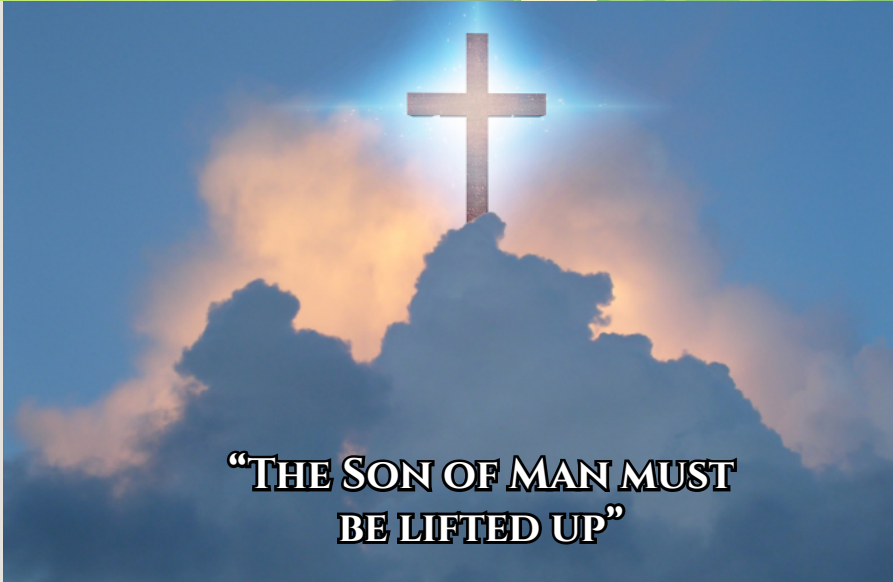
Psalm 77(78):1-2, 34-38

Second Reading:

Philippians 2:6-11

Gospel:

John 3:13-17



canva.com

Hear



Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [HERE](#).



Pray



In the Gospel today we hear Jesus speak to Nicodemus in a famous Gospel passage.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- What does the Cross mean for you in your life? Are you carrying a heavy cross or more than one cross at the moment? Are you able to bring this to Jesus and unite it with His sufferings?
- Have you ever felt blessings in your life because of the crosses you carry?
- In Philippians 4:4 Paul tells us to "Rejoice in the Lord always" - that means even in difficult times. As Jesus won victory over death through His Cross, we thank God for all He is doing in our lives, even if we can't understand.

Family Prayer



We adore you O Christ and we praise You, because by Your Holy Cross you have redeemed the world.

Talk



In today's readings we hear Jesus talking about being lifted up, and that God sent Him to save not to condemn.

- Have you won something, like a competition or match? Did you get a certificate or a medal or a trophy for it?
- Why do we celebrate victories with mementos like trophies and medals? Sometimes we even see winners lifting their trophies high.
- Jesus was lifted high on the Cross. Even though it was a cruel and painful death for Him, we celebrate His cross because through His cross He defeated sin and death. That's something worth celebrating!

Family Challenge!



Do you have a crucifix in your house? If you do, place it in a visible place this week, and take time to pray in front of it and venerate it. If you don't, maybe this is the perfect time to get one!

WILL WE ACCEPT HIM?

In John's Gospel, Jesus' death on the cross as well as his resurrection and return to the Father are one event. For him, the cross is a sign of exaltation. The serpent that Moses lifted up in the desert to offer healing to those injured by snake bites prefigures Jesus' being lifted up on the cross, bringing salvation.

The eternal life God offers through Jesus is not life without end but life lived in the unending presence of God. That is why it can begin now in this life. The world to which God sends the Son is not a place but those people who are at odds with Jesus and God. Jesus is sent to this world as a gift. Only believers accept the gift.

Finally, God's judgment on the world is not a future cosmic event but a present reality. God sent the Son out of love for the world. However, the world has to decide to accept him. Those who accept him have eternal life at the moment of the decision. Those who reject him don't.

Loyola Press Sunday Connection



Watch Season 1 Episode 7 of The Chosen for a moving presentation of this week's Gospel!



CARLO'S CORNER

John 3:16

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!



Why we have a feastday for the Cross (Fr Mark Mary CFR)



In Christ Alone
Keith & Kristyn Getty



To the Heights Youth Resource also available

PRAYER FOR THE COURAGE TO BE GREAT



Heavenly Father, Give me the courage to strive for the highest goals, to flee every temptation to be mediocre. Enable me to aspire to greatness, as Pier Giorgio did, and to open my heart with joy to Your call to holiness. Free me from the fear of failure. I want to be, Lord, firmly and forever united to You. Grant me the graces I ask You through Pier Giorgio's intercession, by the merits of Our Lord Jesus Christ. Amen.

St Pier Giorgio Frassati
- pray for us!

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