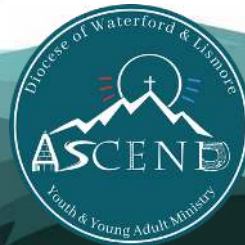




# To the Heights



**Year C EXALTATION OF THE CROSS**

Download from [www.waterfordlismore.ie/resources](http://www.waterfordlismore.ie/resources) or subscribe to receive by email!

## SPOTLIGHT!

Volunteers at the Good News Faith Camp for Children in Tramore in July: Well done to all!



## HEAR: Sunday Gospel

John 3: 13 - 17

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

FR MARK MARY CFR



EXALTATION OF THE CROSS

WATCH:



## PRAYER INTENTION!

That God's creation will be respected and cared for as He calls us to do.

Garden of Peace  
Week 32:14-18

## WEEKLY CHALLENGE:

Learn about Fr Emil Kapaun this week, Chaplain to the US Army in the Korean War, and how much he was willing to do to be a disciple of Christ.



PRAY

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



## GROW

CHECK OUT OUR NEW ASCEND YOUTH & YOUNG ADULT MINISTRY NEWSLETTER TO FIND OUT WHAT'S BEEN HAPPENING IN THE PAST YEAR!



REFLECT

- Who was Nicodemus - what do we know about him from the Gospel?
- Who is the Son of Man?
- What happened when Moses lifted up the serpent in the desert? Check out the story in [Numbers 21:6-9](#)
- Why did God send His Son Jesus to the world?

JOHN 3:16



- What does John 3:16 actually mean? Look up the verse and memorise it!

## GAMECHANGERS!

OUR LADY OF SORROWS

14th September

Learn more about the Feast Day in our Ascend Resource!



The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, Game Changers! Check them out on our web page!



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



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)

## HIS WORD & MY LIFE:

JOHN 3: 13 - 17



## PUZZLE

actions  
believes  
condemn  
darkness  
eternal life  
gave  
God  
lifted up  
light  
lost  
loved  
Moses  
Nicodemus  
only Son  
serpent  
Son of Man  
truth  
world

FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW

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

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!

Reflect on the 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!



God sent His Son into the world not to condemn the world, but so that through Him the world might be saved.



Click here for some relaxing instrumental music

TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL  
WORSHIP GUITAR | JON SNODGRASS



## RESPOND:



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.

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