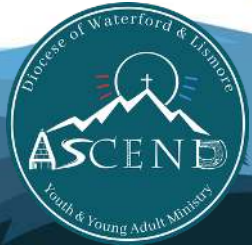




To the Heights



Year A 22ND SUNDAY IN ORDINARY TIME

Download from www.waterfordlismore.ie/resources or subscribe to receive by email!



SPOTLIGHT!

VOLUNTEERS AT SUMMER FAITH CAMPA MHUIRE MHÁTHAIR CAMPS ENJOYING SOME DOWN TIME IN THE EVENING!

HEAR!

Sunday Gospel



Matthew 16:21-27

If you don't have a Bible handy, click here to access Sunday Mass Readings!



Image: Canva

POPE'S INTENTIONS FOR SEPTEMBER



FOR THE CARE OF WATER

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

TUNE!



Yet Not I But Through Christ In Me

CityAight



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.



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



GROW

FORMED.ORG



Supporting an authentic, Catholic lifestyle. FORMED provides the very best Catholic content from more than 60 organizations to help parishes, families and individuals explore their faith anywhere. Supporting thousands of movies, children's programs, ebooks, audio, parish programs and studies direct to your browser, mobile or connected device. Available as individual subscription or for parishes too.

GAMECHANGERS!



ST TERESA OF CALCUTTA

5TH SEPTEMBER

"Peace begins with a smile."

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!

FR MIKE SCHMITZ



WATCH!



REFLECT



- What message was Jesus trying to make clear to his disciples about what the future held for Him?
- How did Peter respond?
- How did Jesus reprimand Him?
- What standard did Jesus set for those who want to be a follower of His?
- What do you think He means by "What, then, will a man gain if he wins the whole world and ruins his life?"
- What do you think of the standard Jesus has set? Do you find it a difficult concept? How is it possible to do this?



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)

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

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.



PUZZLE

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

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

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

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!



"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

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



RESPOND



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.

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

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?

_____	_____	_____
_____	_____	_____
_____	_____	_____



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
- Matt Redman: You Never Let Go
- Passion: Follow You Anywhere
- Elevation Worship: O Come to the Altar



- Rend Collective: True North
- Phil Wickham: Eyes Fixed
- Bethel: Chasing You
- Elevation Worship: Graves into Gardens



Take Up Your Cross

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

- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

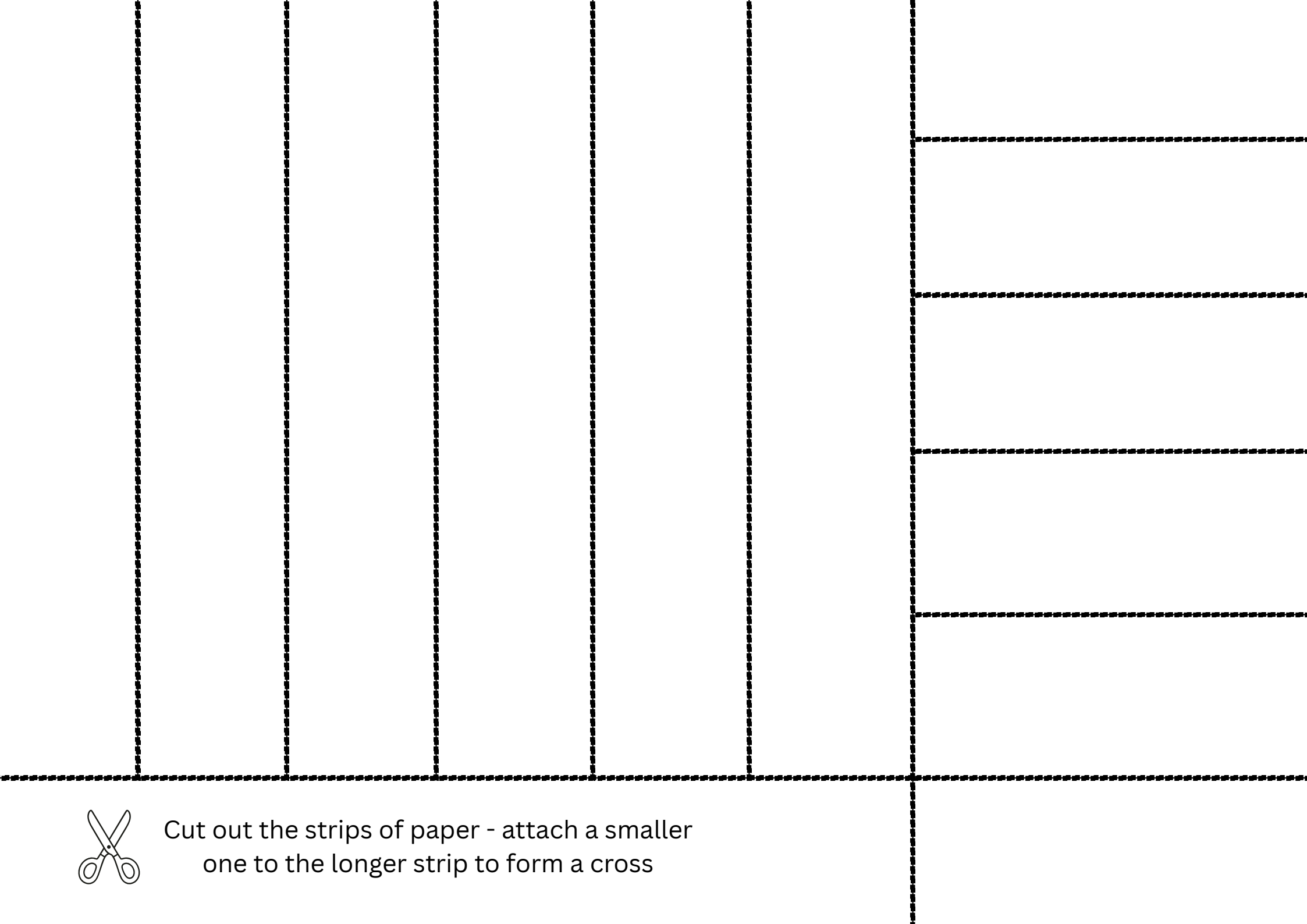
CARRYING A CROSS

When Jesus was carrying His cross to Calvary, He fell three times under its weight. Soldiers forced Simon of Cyrene to help Jesus carry His cross so that He could make it to the top of the hill. Simon was reluctant at first to help Jesus, but the closer He got to Him and the more time He spent with Him, shouldering His cross with Him, the easier it was to help in this difficult task.

We all know people who carry crosses in their lives: sickness, addiction, family problems... We can be like Simon to others, through our actions, or words or our prayers.

- Think about someone you know who is carrying a cross today. Maybe you are the one carrying a cross.
- Glue two pieces of paper together to form a cross and write their first name or their initials on it.
- Place your paper cross on the larger cross on the prayer space and know you (or they) are not alone.





Cut out the strips of paper - attach a smaller
one to the longer strip to form a cross

