

Feast of the Exaltation of the Holy Cross

First Reading: Numbers 21: 4b-9
Resp. Psalm: Psalm 78:1bc-2, 34, 36-37, 8
Second Reading: Philippians 2:6-11
Gospel John 3:13-17

[Full readings can be found here!](#)

1. HEAR

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, Binu Scaria SDB channel, 3:14 min)

2. PRAY

Prepare a special space for prayer in the place where the family will gather.

Place a cross or crucifix in the center of the gathering space. You may also place a Bible and a candle around it. Light the candle, and everyone slowly makes the Sign of the Cross. This can be a helpful moment to teach the little ones how to make the Sign of the Cross.

At this time, you may listen to the Word of God. Some of the participants can read the Scripture readings, listen to them, or view them using the resources provided.

When the readings are finished, remain silent for a moment, gazing at the cross.

Take a moment to reflect on the following Scripture passage:

"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him."

What is in your heart at this moment as you listen to the Word of God? Gratitude, love, tenderness, guilt, forgiveness, etc.

Each person, as a form of prayer, says the word they have chosen, and everyone responds:

"Jesus, teach us to love as You do."

We sit down.

3. TALK

Jesus teaches us something very important today: the Cross is not only a sign of suffering; above all, it is a sign of how much God loves us. The Gospel tells us that God loved the world so much that He gave us His Son. Jesus accepted the Cross out of love and showed us that true love knows how to give of itself, forgive, and remain by another person's side even when things are difficult.

We all have small or great crosses: children face difficulties, young people deal with worries and decisions, and adults also carry problems and responsibilities. But Jesus tells us: **"You do not have to carry your cross alone; I am with you."** What is Jesus saying to us?

You do not have to answer all the questions. Each participant may choose just one. As each person shares, everyone else listens. This is not a time to correct or discourage one another. **Children:** What do you think Jesus wants to tell you today?

How can you show love this week?

Young People: What cross or difficulty are you experiencing at this moment? Where do you need to feel that Jesus is with you?

Adults: What do we need to place in Jesus' hands today as a family?

Everyone: What can we do this week to love one another better in our home?

At the end, each person writes on a piece of paper:
"Jesus, today I place at the foot of Your Cross..."

You may write a worry, fear, difficulty, sadness, problem, or something for which you need help.

Then, each person folds their paper and places it at the foot of the Cross. No one has to read what the others have written. Each time someone places a paper at the foot of the Cross, everyone responds: **"Jesus, we trust in You."**

Closing Prayer

At the end, pray together using these or similar words: Jesus, today we have placed our joys, worries, and difficulties at the foot of Your Cross. Bless our family. When there are divisions, teach us to forgive. When someone is sad, help us to be there for them. When everything is going well, may we never forget to give You thanks. As we look upon Your Holy Cross, may we always remember that we are deeply loved by You. Stay in our home and walk with us. May we live the love of the Cross in our family this week. Amen.

End by slowly making the Sign of the Cross together.