

# Getting Ready for Sunday!



# Feast of the Exaltation of the Holy Cross



**This feast day celebration offers us the opportunity to celebrate the gift of redemption gained for us through the suffering on the cross.**

**As a result of Jesus' acceptance of awful suffering He rose from the dead and gained the same resurrection for us.**

**From the depths of suffering new life may be born.**



## John 3:13-17



***No one has ascended into heaven except the one who descended from heaven, the Son of Man.***





*And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.*



**There is no glory in suffering, but it  
is part of life from which we can  
heal or grow!**



***For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.***



# Eternal Life

**Jesus offers us every opportunity to rise above our challenges and difficulties so that we may have full lives.**

**God chooses that we may be close to Him forever, not just in this life!**



***Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.***



**Jesus did not come to judge us, but to lead us towards healing, love, friendship, hope, joy.....**

**Do you allow suffering to make you a better person or a bitter person?  
Jesus chose better, not bitter!  
Make your choice!**



"Forget what hurt you  
but never forget  
what it taught you"





# **Bible Search**

**Read John 3:13-17 in your family Bible-this is the Gospel reading at Mass this Sunday.**



# Consider



**Is there a hurt in your life that you need to let go of?**



# Praying to Jesus



**Pray for the grace to believe  
that all will be well.**

**Ask God to help you to have courage  
not to run away from the difficult  
challenges in life.**

