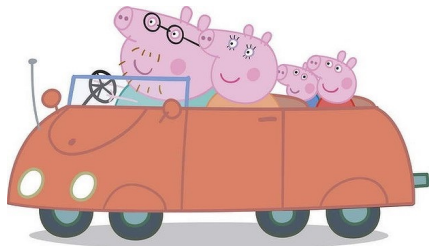


car Qs

Sunday, March 4th



https://vignette2.wikia.nocookie.net/poppapedia/images/1/18/Skids_ggtrivision/last?cb=20141126053557

1. What are we commemorating today?
2. Why is the cross important?
3. What does it mean for us to "take up our cross" to follow Jesus?

Praying Together:

Lord Jesus,
You suffered for our sake on the cross, dying for our sins, and then gave us eternal life through Your Resurrection. Be with us as we take up our own crosses as we follow You, now and all the way to Heaven.
Amen.

Parents' Cheat Sheet - Car Qs

Mar. 4/18, Veneration of the Cross (3rd Sunday of Lent)

1. What are we commemorating today?
 1. The Veneration of the Cross
 2. Each Sunday of Lent we commemorate something/someone different. On the 3rd Sunday, or mid-Lent, we commemorate the Holy Cross.
 3. It's usual to have good intentions at the start of Lent to fast, pray, and give alms. It is also usual to feel discouraged mid-way through Lent.
 4. By commemorating the cross this day, we are rejuvenated for the rest of our journey towards Easter.¹
2. Why is the cross important?
 1. Jesus died on the cross for our sins. He then resurrected on the third day to give us eternal life.
 2. The cross was a cruel instrument of death in Roman times, the epitome of pain, suffering, and humiliation.
 3. What Jesus did by dying on the cross for our sake is take an instrument of death and turn it into a symbol of life.
 4. The cross becomes a joyful reminder that we follow a God who loves us enough to give Himself up for us so we could share in His eternal life.
3. What does it mean for us to "take up our cross" to follow Jesus?
 1. "Taking up our cross" means following Jesus even when it's difficult.
 2. Sometimes God asks us to either give up something we like or resist a temptation in order to receive something even better, and, ultimately, Heaven and eternity with Him.
 3. Check out this note on Matthew 16:24 in the *Orthodox Study Bible*: "The **cross**, a dreaded instrument of Roman punishment, is also a symbol of suffering by Christians in imitation of Christ. We practice self-denial for the sake of the love of God and the gospel. Accepting this suffering is not a punishment, nor is it an end in itself, but a means to overcome the fallen world for the sake of the Kingdom and to crucify the flesh with its passions and desires (Gal 5:24)."²
 1. Note: Passions and desires are not evil by nature. Sometimes, though, we are asked to refrain from certain things or activities to grow closer to God. For example, fasting from meat and dairy during the Lenten season.

¹ For more info on The Sunday of the Veneration of the Holy Cross, check out the chapter on the subject in *A Byzantine Rite Liturgical Year*, p. 110-115. For more on Lent itself, start a bit earlier on p.86-103.

² *Orthodox Study Bible*, p.1300.