

**TAKE UP YOUR CROSS**

**Introduction to Prayer**

During Lent we walk with Jesus. We hope to share in the Resurrection of Easter.

**Prayer**

L: Let us pray.

Loving God,

Guide our steps as we follow Your Son, Jesus. Take our hands and

lead us along a Lenten path of love for you and for others. Brings us

to the joy of Easter.

L: We ask this through Jesus Christ, our Lord.

**R: Amen**

*Adapted from Prayer of Lenten Reflection,* [*https://go.sadlier.com/religion/prayer-for-lenten-reflection*](https://go.sadlier.com/religion/prayer-for-lenten-reflection)

**Introduction to Word of God**

God’s Word guides us on our Lenten journey with Jesus.

**Reading from the Word of God**

Matthew 16: 24-26

L: A reading from the Gospel of Matthew**.**

Then Jesus said to his disciples, “Whoever wishes to come after me

must deny himself, take up his cross, and follow me. For whoever

wishes to save his life will lose it, but whoever loses his life for my

sake will find it. What profit would there be for one to gain the

whole world and forfeit his life? Or what can one give in exchange

for his life?

L: The Gospel of the Lord.

R: Praise to you Lord, Jesus Christ.

**Take Up Your Cross**

L: Jesus looked ahead to the cross he would bear.

Are you willing to take up your crosses this Lent?

What do you know you need to do to be more Jesus?

Maybe you need to

* Tell the truth
* Pray every day
* Go to Mass
* Do your chores
* Be kind to others
* Help someone in trouble
* Share what you have with those in need
* Make the world a better place

Think quietly now about one thing you know you need to do this

Lent to be more like Jesus.

*Leader instructs participants to take a cross from the baskets passed through the pews by*

*volunteers. Then leader instructs all to hold up their crosses over their heads throughout the*

*Take Up Your Cross Prayer.*

L: Will you take up your Lenten cross and follow Jesus?

R: Yes!

**Take Up Your Cross Prayer**

L: Let us pray.

Loving God, you alone are our source of strength and faith. Help us

support one another as we take up our crosses, signs of our love for

Jesus, who carried his Cross because of his great love for each of us.

L: As we take up our Lenten crosses and begin our Lenten journey, we

pray

R: Lord, help us follow you.

L: As we walk with each other, answering your call to love God and

neighbor, we pray

R: Lord, help us follow you.

L: At home, at school, at church, and when with friends, we pray

R: Lord, help us follow you.

L: As we walk in faith toward the joy of Easter, we pray

R: Lord, help us follow you.

We ask this through Christ our Lord.

R: Amen.

L: Loving God, help us during Lent to follow the example of Your Son,

Jesus. He carried his cross because of his great love for each of us.

We want to grow in love for you and others.

We offer this prayer through, Our Lord, Jesus Christ, who lives

and reigns with You and the Holy Spirit, One God forever and

ever.

R: Amen.

*Adapted from* [*https://www.rclbenziger.com/TakeUpYourCross.pdf*](https://www.rclbenziger.com/TakeUpYourCross.pdf)

**Song:** *Make Me a Channel of Your Peace* vv. 1-4

(Ritual Song #830)