

Sunday, September 17, 2017: Post-Feast of Exaltation of Holy Cross (15th Sunday after Pentecost)

Gospel: Mark 8:34-9:1

Lesson: Importance of the Holy Cross/Making the Sign of the Cross

- What is a cross? What does it look like?
- The cross is the main symbol of our Christian faith because Jesus died on a cross for our sins.
- When we pray in church and at home, we start and finish our prayer with the Sign of the Cross
- Take your right hand and put your first three fingers together. While we say the words, “In the name of the Father, and the Son, and the Holy Spirit,” touch your forehead, your chest, your right shoulder, and your left shoulder. This is the Sign of the Cross. We do this three times.
- The three fingers together represent the Holy Trinity: the Father, the Son, and the Holy Spirit. The two fingers that are down on our palm remind us that Jesus came down from Heaven to live like we do. They also remind us that Jesus is both God and man.
- Every time we make the Sign of the Cross, we confess our faith.

Craft: Twig Crosses

- Materials: twigs/sticks from outside, coloured yarn, scissors
- How To: Pick a few sticks of similar lengths and arrange them in a cross shape. Take a length of yarn and wind it around the centre of the cross, to hold the twigs in place. Tie the yarn securely.

What We Learned: We learned about the importance of Jesus’ Holy Cross because we just celebrated the Feast of the Exaltation of the Holy Cross. Jesus’ Cross is special because He died on it, but then through His Resurrection He saved us from our sins and gave us eternal life. We learned how to make the Sign of the Cross and these twig crosses to help us remember what Jesus did for us.

End of Class: Hand out “Car Qs” to children, and “Cheat Sheet” to parents.



car Qs



<https://vignette2.wikia.nocookie.net/peppapig/images/1/18/Side.jpg/revision/latest?cb=20141126055547>

1. Why is the Cross so important?
2. Why do we cross ourselves when we begin to pray?
3. Point out 3 crosses on the drive home

Praying Together:

Lord Jesus, thank you for giving us Your Holy Cross as a reminder of your sacrifice and everlasting glory.
Amen.

car Qs



<https://vignette2.wikia.nocookie.net/peppapig/images/1/18/Side.jpg/revision/latest?cb=20141126055547>

1. Why is the Cross so important?
2. Why do we cross ourselves when we begin to pray?
3. Point out 3 crosses on the drive home

Praying Together:

Lord Jesus, thank you for giving us Your Holy Cross as a reminder of your sacrifice and everlasting glory.
Amen.

car Qs



<https://vignette2.wikia.nocookie.net/peppapig/images/1/18/Side.jpg/revision/latest?cb=20141126055547>

1. Why is the Cross so important?
2. Why do we cross ourselves when we begin to pray?
3. Point out 3 crosses on the drive home

Praying Together:

Lord Jesus, thank you for giving us Your Holy Cross as a reminder of your sacrifice and everlasting glory.
Amen.

car Qs



<https://vignette2.wikia.nocookie.net/peppapig/images/1/18/Side.jpg/revision/latest?cb=20141126055547>

1. Why is the Cross so important?
2. Why do we cross ourselves when we begin to pray?
3. Point out 3 crosses on the drive home

Praying Together:

Lord Jesus, thank you for giving us Your Holy Cross as a reminder of your sacrifice and everlasting glory.
Amen.

Parents' Cheat Sheet - Car Qs

1. Why is the Cross so important?
 1. Jesus died for all of us on the cross and then resurrected on the third day. Because of Him, we are promised eternal life if we follow Christ. The cross, then, is the symbol of our faith. As St. Paul said, “we preach Christ crucified [...] God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong” (1 Corinthians 1:23-27). The cross was how criminals were killed, but God in the person of Jesus took this symbol of death and turned it into a symbol of eternal life.
2. Why do we cross ourselves when we begin to pray?
 1. Making the sign of the cross is a physical sign of our Christian faith. In addition to professing our belief in The Trinity – God the Father, the Son, and the Holy Spirit – making the sign of the cross also reminds us of Jesus dying for us on the cross and then resurrecting on the third day.
 2. See #626 in Part Two of *Christ Our Pascha*, the Catechism of the Ukrainian Catholic Church