

24th Sunday in Ordinary Time– Exaltation of the Holy Cross

John 3:13–17

‘The Son of Man must be lifted up.’

At that time: Jesus said to Nicodemus, ‘No one has ascended into heaven except he who descended from heaven, the Son of Man. And 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. For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.’

Reflection

In this Gospel, Jesus speaks to Nicodemus about God’s deep love for the world. He explains that He will be “lifted up” – pointing to the Cross – so that everyone who believes in Him can have eternal life. It’s a powerful reminder that Jesus didn’t come to judge us, but to save us through love.

As Vincentians, we’re called to reflect that same kind of love: a love that lifts others up.

St Vincent de Paul, Blessed Rosalie Rendu, St Louise de Marillac and Blessed Frédéric Ozanam didn’t just believe in God’s love – they lived it. They helped people carry heavy burdens, reminded the forgotten that they mattered, and offered hope where there seemed to be none.

We’re invited to do the same. Whether we offer a listening ear, help someone who’s struggling, or stand up for what’s right, we are lifting others – just like Jesus did. And when we do this with love, compassion, and humility, we help bring God’s saving love into the world today.

Materials needed

Pieces of paper (can be A4, A5 or A6)

Activity

Make a paper cross following the instructions overleaf.

As you work, take time to think and talk about these questions:

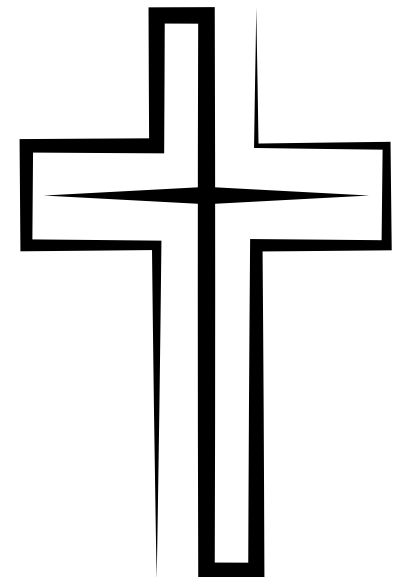
- What does the cross mean to you personally?
- How did Jesus show love by being “lifted up” on the cross?
- What are some ways you can carry Jesus’ love with you every day?
- When might you need a reminder to be kind, brave, or generous?
- How can this small cross help you remember to choose love, even when it’s hard?

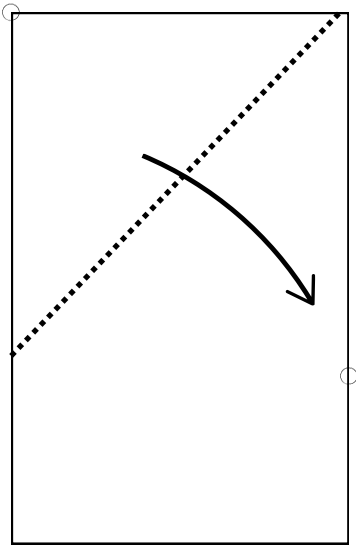
You may like to decorate your cross, either with answers to the questions, or in a different way.

Call to Action

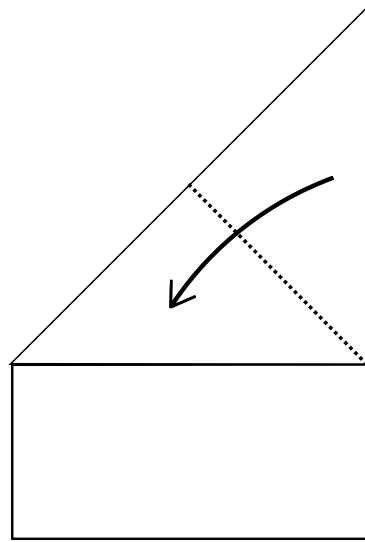
The Cross is a sign of sacrifice, love, and choice.

We all come to “crossroads” in our lives – moments where we choose between doing what’s easy and what’s right. This week, when you are met with a choice between taking the easy path or taking the Vincentian path, try to make the conscious choice to take the path of compassion. For example, You have free time – but you know a family member or neighbour could use some help, so you choose to help.

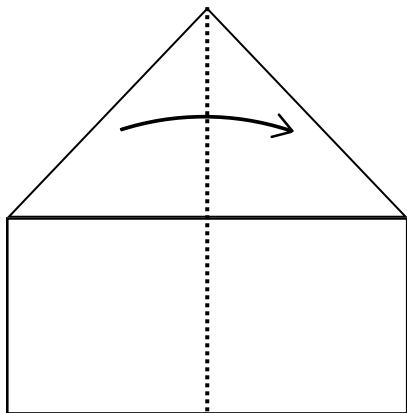




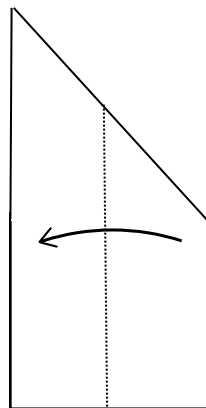
1. Fold the top corner down to the edge of the paper



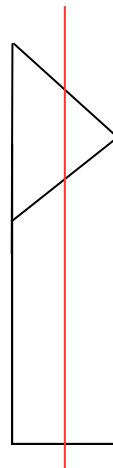
2. Fold the top right corner down.



3. Fold in half along a vertical line.



4. Fold in half vertically again



5. Cut along the red vertical line