

Theme of the Week - The Exaltation of the Holy Cross

On Sunday, we celebrated the Feast Day of 'The Exaltation of the Holy Cross'. The Gospel reading tells us the reason why Jesus was put on the earth; *"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"*. Jesus is the visible expression of God's unconditional love for us. Everyone who believes that Jesus came, lived and died for us and was raised to new life, will live forever.

In the first reading from Sunday, the people of Israel questioned God and Moses, they have forgotten God's mercy to all. In the first reading God punished those who rebelled against him with venomous snakes but due to their repentance, God forgave and healed. In the Gospel, Jesus speaks this to Nicodemus before explaining how God will show mercy and limitless love through his only begotten Son. The Gospel reveals the triumphant cross that brings salvation to all who have faith in Jesus Christ.

When we are baptised, we too receive eternal life. God pardons sin and the cross is a triumph which reveals that 'God is love' and illuminates the path that leads to blessing and life. Today's Gospel story is a revelation to Nicodemus of God's love. Yet it requires a look of faith to recognise in the cross the sign of salvation. It does not ignore sin, since sin was the cause of Jesus' death, but by realising the gravity of sin we also realise the depth of God's mercy and love. Belief in the Trinity - one God, Father, Son and Spirit - is one of the central mysteries of our faith. St Augustine's beautiful image of the Trinity is a communion of love (the Lover, the Beloved and the Love which exists between them). How then can you show mercy to others by being **Loving** and **Compassionate** so you too can receive God's mercy and limitless love?

The Exaltation of the Holy Cross

Weekly Reflections
14th September 2025
24th Week in Ordinary Time



A reading from the holy Gospel according to John 3: 13-17

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.'

Prayer for the Week

Loving Lord,

Help us to both remember and understand the Exaltation of the Holy Cross so that we may live the light of Christ and follow faithfully in His way. Open our eyes to the wonder of your love.

Amen

Day 1

What does the feast day of 'The Exaltation of the Cross' celebrate?
What does Jesus represent?

Day 2

What does the word repentance mean?
How will God show his mercy?
What does this mean for us?
How do we receive mercy and limitless love?

Day 3

What do you think realising sin means? And then how does this link to God's mercy?
How can you be **loving** and **compassionate** this week to others?