

What do U See when U look at the Cross?

***We adore you O Christ and we bless you,
because by your cross God's redeemed the world!***

Eph 5, 24-32

While the Jews demand miracles and the Greeks look for wisdom, we are preaching a crucified Christ: to the Jews an obstacle they cannot get over, to the gentiles foolishness, but to those who have been called, whether they are Jews or Greeks, a Christ who is both the power of God and the wisdom of God. **1 Cor 1:22-24**

We proclaim Christ crucified, and the devils quake.

St. Cyril of Jerusalem

The holy cross shines upon us. In the cross is victory,
in the cross is power. By the cross every sin is overcome.

We must not be afraid to ***contemplate the cross***.. **Pope Francis** said September 14, 2018.. "It will be good if today, when we go home, we would take 5, 10, 15 minutes in front of the crucifix, either the one we have in our house or on the rosary: look at it..

Fix your gaze on the crucifix. Jesus on the cross is life's compass, which directs us to heaven. "The poverty of the wood, the silence of the Lord, his loving self-emptying show us the necessity of a simpler life, free from anxiety about things. - pope francis on Mar 27, 2019

Greatest symbol of love is not the heart, but the cross!

In the sacred heart, + is the symbol of love

Width - God so loved the world

Length - Sent his only Son

Depth - We may not perish

Height - Have eternal life

Our response, +

We love you with all our mind, heart, will

Story of Constantine and his vision of a Chi Rho sign in the heavens just before his decisive battle with Maxentius, A.D. 312 .. In this sign you will conquer (In hoc signovinces)

Prayer to The Holy Cross:

Oh Lord Almighty!

You have suffered death at the cross for our sins.

Oh Holy Cross of Jesus! Be my true light.

Oh Holy Cross of Jesus! fill my soul with good thoughts.

Oh Holy Cross! help me in my salvation.

Oh Holy Cross! safeguard me against unholy thoughts and worldly dangers that I may worship the Holy Cross of Jesus of Nazareth crucified.

Have pity on me. Oh Holy Cross of Jesus! be my hope.

Oh Holy Cross have mercy on me forever and ever. Amen.

Prayer Before a Crucifix;

My good and dearest Jesus.

I kneel before you,

beseeking and praying you with all the ardour of my soul,

to engrave deep and vivid impressions of faith, hope, and charity upon my heart,

with true repentance for my sins

and a very firm resolve to make amends.

Meanwhile I ponder over your five wounds,

dwelling upon them with deep compassion and grief,

and recalling the words which the prophet David

put into your mouth, good Jesus, concerning yourself,

'They have pierced my hands and my feet;

they have counted all my bones'.

~ **St Thomas Aquinas**