

**LIVING LENT**  
**THE CARRYING OF THE CROSS**



**"If anyone wishes to come after me", He said,  
"They must deny themselves and take up their cross  
daily and follow Me."  
Luke 9:23**

**Leader: We adore You, O Christ, and we praise You**

**All: Because by Your holy Cross, You have redeemed  
the world.**

**Then Pilate handed Jesus over to them to be crucified.  
So they took Jesus, and carrying the cross Himself He went out to  
what is called the Place of the Skull, in Hebrew, Golgotha.**

**John 19; 16-17**

**They pressed into service a passer-by, Simon, a Cyrenian, who was  
coming in from the country, the father of Alexander and Rufus, to  
carry His cross.**

**Mark 15: 21**

**A large crowd of people followed Jesus, including many women who  
mourned and lamented Him. Jesus turned to them and said,  
"Daughters of Jerusalem, do not weep for Me; weep instead for  
yourselves and for your children, for indeed, the days are coming  
when people will say, 'Blessed are the barren, the wombs that never  
bore and the breasts that never nursed.' At that time, people will say  
to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if  
these things are done when the wood is green what will happen when  
it is dry?"**

**Luke 23: 27-31**

## **HYMN**

**Abroad the regal banners fly,  
now shines the Cross's mystery:  
upon it Life did death endure,  
and yet by death did life procure.**

**Who, wounded with a direful spear,  
did purposely to wash us clear  
from stain of sin, pour out a flood  
of precious water mixed with blood.**

**That which the prophet-king of old  
hath in mysterious verse foretold,  
is now accomplished, whilst we see  
God ruling the nations from a Tree.**

**O lovely and refulgent Tree,  
adorned with purpled majesty;  
culled from a worthy stock, to bear  
those limbs which sanctified were.**

**Blest Tree, whose happy branches bore  
the wealth that did the world restore;  
the beam that did that Body weigh  
which raised up Hell's expected prey.**

**Hail Cross, of hopes the most sublime!  
Now, in the mournful Passion time;  
grant to the just increase of grace,  
and every sinner's crimes efface.**

**Blest Trinity, salvation's spring  
may every soul Thy praises sing;  
to those Thou grantest conquest by  
the Holy Cross, rewards supply. Amen.**

## **OUR RESPONSE: PSALM 130**

**Lord, hear my cry!**

**May Your ears be attentive to my cry for mercy.**

**If You, Lord, mark our sins, Lord, who can stand?**

**But with You is forgiveness and so You are revered.**

**I wait with longing for the Lord, my soul waits for His word.**

**My soul looks for the Lord more than sentinels for daybreak.**

**More than sentinels for daybreak,**

**For with the Lord is kindness, with Him is full redemption,**

**And God will redeem us from all our sins.**

## **REFLECTION**

**Will you come and follow Me,  
if I but call your name?**

**Carrying crosses is never easy.  
There is no place to put a handle,  
no way of folding it neatly away,  
no way of hiding it.**

**The call to carry your cross  
is a call to live out your life following Jesus  
at the risk of public disgrace.**

**Jesus calls you to love radically and outrageously  
in public.**

**To give your whole life to loving His way.  
You cannot carry a cross  
half-heartedly  
or secretly.**

**And simply preaching at people  
to tell them you are carrying Jesus' cross  
is not the same as carrying it.**

**If you choose to care for the hurting,  
to love the unloved,  
to stand with those others find disgusting,  
to speak for those with silenced voices -  
your manner of life may draw attention to you.**

**Those who feel exposed by your radical loving  
may choose to attack you in order to remove the spotlight from  
themselves.**

**They will find names to belittle you,  
even mine the scriptures  
for words they can throw  
in order seemingly to have God on their side.**

**Just as happened to Jesus as He went to Jerusalem  
and took up His cross.**

**And He calls us now to do the same.  
To risk the hostile stare,  
and carry on loving inclusively and completely.**

**Will you come and follow Me,  
if I but call your name?**

**OUR PRAYER: A PRAYER TO JESUS IN HIS SUFFERING.**

**Jesus, our God and Savior,  
We praise and thank You, with all our hearts,  
for what you have done for us:  
for all that You endured, for our sakes,  
through Your passion and death on the Cross.**

**We now reach out to You in prayer,  
to comfort You, and to be close to You  
in that time of terrible sorrow  
when You were deserted and in pain.**

**Jesus, praying in torment, in Gethsemane,  
Thank You for dying for us.**

**Jesus, on trial, but innocent,  
Thank You for dying for us.**

**Jesus, beaten by the soldiers,  
Thank You for dying for us.**

**Jesus, mocked, and crowned with thorns,  
Thank You for dying for us.**

**Jesus, cruelly scourged at the pillar.  
Thank You for dying for us.**

**Jesus, bruised by the weight of the Cross,  
Thank You for dying for us.**

**Jesus, stripped of Your garments,  
Thank You for dying for us.**

**Jesus, nailed by Your hands and feet,  
Thank You for dying for us.**

**Jesus, heart-broken, hanging on the Cross,  
Thank You for dying for us.**

**Jesus, my God, suffering bodily death,  
Thank You for dying for us.**

**Jesus, pierced to the heart by a spear,  
Thank You for dying for us.**

**Jesus, taken down into Mary's arms,  
Thank You for dying for us.**

**Jesus, carried away to Your grave,  
Thank You for dying for us.**

**Jesus, in Your hasty burial,  
Thank You for dying for us.**



**HYMN: LORD, WHO THROUGHOUT THESE FORTY DAYS**

**Lord, Who throughout these forty days  
For us didst fast and pray,  
Teach us with Thee to mourn our sins  
And close by Thee to stay.**

**As Thou with Satan didst contend,  
And didst the victory win,  
O give us strength in Thee to fight,  
In Thee to conquer sin.**

**As Thou didst hunger bear, and thirst,  
So teach us, gracious Lord,  
To die to self, and chiefly live  
By Thy most holy Word.**

**And through these days of penitence,  
And through Thy Passiontide,  
Yea, evermore in life and death,  
Jesus, with us abide.**

**Abide with us, that so, this life  
Of suffering over past,  
An Easter of unending joy  
We may attain at last.**

**+**

**Saint John Baptist de La Salle,  
and all you holy Brothers who have gone before us,  
help us to see the face of the Lord in all who struggle with difficulties.**

**Live Jesus in our hearts.  
Forever!**