

Carry your cross

*“If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me.”
(Matthew 16:24)*

Jesus asks us to **follow** him, to be his **disciple**.

The symbol of the cross reminds us that we can follow him every day.



Take two pieces of wood.

Tie them together using string.



Discuss what it means to “take up your cross”.

Think about how you might follow Jesus, or take up your cross, this week.



Write this down as a prayer on a tag (or a small piece of paper), and tie it to your cross.

Put your cross on your prayer table, to remind yourself to take up your cross and follow Jesus.