

Yr 2 Parents' Cheat Sheet
Veneration of the Holy Cross Sunday

1. Why do we bow to the cross?

Although it seems like a weird thing to bow towards the instrument of Jesus' death, we have to remember that it is through the cross that we are saved. Without the cross we would not be saved. Therefore the cross has become a beautiful thing.

It also reminds us that as part of being a Christian, we have to pick up our cross - i.e. follow Jesus, even though it might be very difficult sometimes.

2. What did Jesus say is the most important thing for us?

Our soul. Although this is a difficult concept for young children, it might be a good beginning to talk about things that make us happy in a physical sort of way (eating, entertainment, nice clothes and house etc.) and things that make us happy because they bring us closer to God - spiritual happiness (praying, being kind and loving, reading the Bible, learning more about God, helping others, taking care of creation that God gave us, being thankful to God for all that things He has given us etc.) We can "feel" it in our soul when we do them, because they give us a good feeling (peace, love, calm etc.). This is a wonderful opportunity to begin to teach children to discern what God is calling them to do by paying attention to their feelings. If we are doing what he is calling us to do, we sense it in our soul.

3. Jesus asked us not to be embarrassed of him. What are some things we already do or that we could do to show that we are not embarrassed of Jesus?

There are lots of ways - e.g. wear a cross necklace, have crosses or pictures of Jesus, Mary, the saints in our home, cars or places of work, say prayers in public places like restaurants before we eat, be kind and loving even when others are not. Discuss what you already do either individually or as a family and think of ways that you can add to what you do.