

The Exultation of the Holy Cross

“We should glory in the cross of our Lord Jesus Christ, in whom is our salvation, life, and resurrection, through whom we are saved and delivered.”
(Gal. 6:4)

We can hardly bear to admit it, but there’s something about good about suffering. It calls us to patience, empathy, and compassion. It drives the sort of creativity that seeks solutions. It forces us to appreciate the times that are better. It teaches us things we wouldn’t know any other way. Jesus, who asks us to take up our cross and follow him, is calling us to embrace all of life, to live fully. Because of him, Christians can put “exultation,” “triumph,” and “cross” into the same sentence.

Think of a time when you suffered (mentally, emotionally, physically, spiritually). How did that change you? What did you learn? At that time, did you grow closer to the crucified Jesus? Resolve again to carry your cross.

“As we face our own pain and death...we come to a greater trust in God’s love and power.” *Our Way of Life: Sisters of the Precious Blood, #22*

Written by Sr. Joyce Lehman

