

## Carrying the Cross

### **Response: Jesus, grant us strength to carry our cross.**

† On those days when life seems too demanding with all its cares, burdens, and concerns . . .

† When we experience great loneliness deep inside and the pain of separation fills our spirits . . .

† When we feel the pain of our world and unite in compassion with the Earth's suffering people . . .

† When we struggle with decision-making and the time comes to make good choices about our lives . . .

† When we are with others in their physical pain or when we vigil with one who has a terminal illness . . .

† When we are asked to go the extra mile, to be generous with our time and our presence . . .

† When we feel weary and worn out, when it seems like all of our energy has been drained away . . .

† When we are challenged to risk our security and to accept new growth in our relationship with you . . .

† When we experience the effects of aging or extended illness on our bodies or our minds . . .

† When we feel discouraged, desolate, and depressed and want to withdraw from others . . .

† When worries and concerns choke our peacefulness and leave us with anxiety and fear . . .

† When we harbor old wounds and are called to offer or to receive forgiveness . . .

### **Together**

Crucified Jesus, help us to take up our cross day by day. Through these crosses we can grow closer to you. Help us to lean on you and to learn from you. May we not give in to self-pity or self-doubt. Rather, let us trust in your presence which strengthens us. Encourage us on our tomb-like days. Remind us of your resurrection. Help us to keep our vision focused on life and growth. Amen.

