



Enhance your family prayer with
FAMILY ROSARY

Take Up A Cross

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

What can we do with our lives to honor God? This question rises, especially during Lent. Luckily, Jesus gives us the answer: deny yourself, take up your cross and follow Him.

You won't necessarily be doing what your neighbor does as it looks different for everyone! So what does taking up a cross look like for you this season?

A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of **family prayer**. Now it can be part of your family's tradition so you can fulfill the vision that "The Family That Prays Together Stays Together," the message created by Father Patrick Peyton, C.S.C., so many years ago.



AT THE BEGINNING OF LENT, IT WOULD DO US GOOD TO ASK FOR THE GRACE TO PRESERVE THE MEMORY OF ALL THAT THE LORD HAS DONE IN OUR LIVES, OF HOW HE HAS LOVED US.

POPE FRANCIS

TAKE UP A CROSS

*He summoned the crowd with his disciples and said to them, "Whoever wishes to come after me must deny himself, **take up his cross**, and follow me." (Mark 8:34)*

When you're a Catholic man, turning 33 can be as sobering as any of the big decade birthdays. That particular age invites certain uncomfortable comparisons to another 33-year-old. "Okay, by now, Jesus had founded the One, Holy, Catholic, and Apostolic Church, instituted the Sacraments, and saved mankind from sin and death. And I've done... what?"

It's a sobering comparison but not quite a fair one: despite how I act at times, I'm not actually God. I'm at a bit of a disadvantage here, if we're going to compare. However, the heart of the question is still valid – and it's especially on our minds during Lent: What can I do with my life to honor God?

JESUS GIVES US THE THREE-STEP ANSWER:

1. Deny yourself
2. Take up your cross
3. Follow Him

DENY YOURSELF

We seem to do well with the first point during Lent. We know we're supposed to give stuff up. That's what Lent is all about, right?

We give up gossip or foul language. These are things we shouldn't do in the first place, and stopping for 40 days can be a more manageable first goal.

We give up chocolate or Facebook or coffee (or drinking coffee while gossiping on Facebook). These aren't bad things in themselves, but by giving up small, easy things, we train ourselves for later denying the big, difficult things.

TAKE UP YOUR CROSS

We're pretty good at giving things up, but Jesus doesn't stop there. Yes, He gave up many things – food, money, power, sex – but He also picked things up. He picked up a big wooden cross and walked down the road with it. We're called to do the same thing, to pick something up, as well as put something down. When the coffee or chocolate or keyboard is out of our hands, we have room in them to pick up the cross.

Like the small things we give up, the cross we take doesn't have to be a big one, especially not at first. It might be a cross of patience with someone I don't like, or labor for a charity. It might be a cross of humiliation, because I need to say I'm sorry. It might be a cross of time given to my family

or of money for someone in need. Whatever my cross, it's something I won't want to pick up. It's something laying there right in front of me, and it's been put there, for me, by Him. (cf Eph 2:10, James 2:14-17)

FOLLOW HIM

He never promised it would be easy. After all, once we've picked up that cross, the last step is to follow Christ. We know where that road leads. It leads to bigger crosses and to Calvary. He's walking to Calvary, and we're going with Him. We're going to the cross.

But let's remember, as well, that after Lent comes Easter. Beyond Calvary, it's that same road that takes us Home.

What cross has God put in your path? Is there something that's good, difficult, and requires you to love? Will you take it up today to follow Him?

Lord Jesus, help me to love like You.

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GOING DEEPER

What is Lent all about? Do you have to give up everything good and/or fun? Why do Catholics do Lent? [Catholic Central](#)'s latest episode takes you through the history of Lent and how to get the most out of it this year.

CONTINUE THE JOURNEY

We're excited to start this Lenten journey with you. Join us in prayer every day on our social platforms, blog and resources page. We hope to fill your homes with rich faith nourishment for your entire family!

JOE WETTERLING

Joe Wetterling is a professional instructor, catechist and blogger, and a proud homeschooling dad. He lives in New Jersey with his wife, son, and a very laid-back cat. You can find him online at joewetterling.com, hokaipaulos.com, and baptizedimagination.com.

BRINGING FAMILIES TOGETHER IN PRAYER

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "The Family That Prays Together Stays Together."

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