



The Universal Exaltation of the Precious Cross

On Sunday, September 27, we will celebrate the Great Feast of the Exaltation of the Cross. Due to the solemnity of this feast, the Church has established that regardless of the day of the week on which it is observed, that it be a fast day. The Lord said, “*If any man will come after*

me, let him deny himself, and take up his cross daily, and follow me.” (Luke 9:23

St. Innocent of Alaska wrote a small book of instruction about the Christian life called “*Indication of the Way Into the Kingdom of Heaven.*” A free copy of this book will soon be available on our website at stmichaelshsv.org. Following are a few excerpts:

“The first duty of a Christian is to deny oneself. To deny oneself means: to give up one’s bad habits, to root out of the heart all that ties us to the world; not to cherish bad desires and thoughts; to quench and suppress bad thoughts; to avoid occasions of sin; not to do or desire anything from self-love, but to do everything out of love for God. To deny oneself means, according to the Apostle Paul, to be dead to sin and the world, but alive to God.

A Christian’s second duty is to take up his cross. The word ‘cross’ means sufferings, sorrows and adversities. There are exterior and interior crosses. To take up one’s cross means to accept and bear unmurmuringly everything unpleasant, painful, sad, difficult and oppressive that may happen to us in our life. To take up one’s cross means not only to bear crosses laid on us by others or sent by Providence, but to take and carry one’s own crosses and even to lay crosses upon oneself and bear them.

The third duty of the disciple of Jesus Christ is to follow Him. To follow Jesus Christ means to imitate in all our works and acts the works and acts of Jesus Christ. Just as Jesus Christ lived and acted on earth, so we should also live and act. For example: Jesus Christ always gave thanks and praise to God His Father, and always prayed to Him. So too in every state and in all the circumstances of our life we should thank God, love Him and both publicly and privately give praise to Him, pray to Him, and always have Him in our mind and heart.”

May our Lord Jesus Christ bless us and help us to deny ourselves, take up cross and follow Him!

