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**September 14<sup>th</sup> 2025 Feast The Exaltation of the Cross Year C – John 3:13-17**

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<sup>3-13</sup>And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven.

<sup>14</sup>And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: <sup>15</sup>That whosoever believeth in him should not perish, but have eternal life. <sup>16</sup>For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. <sup>17</sup>For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

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| <p>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</p> <p>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life.</p> | <p>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition.</p> <p>➤ <b>Action</b> – Attitude (Call to change / to act /to do).</p> |
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In this week's gospel we read about God's love of for us as He gave us His son, in the person of Jesus, who died on the cross for us. The cross was the means by which God, would in His endless love and compassion bring a wayward world back home to Him. Jesus said the purpose of His life is that everyone who believes in him may have eternal life. He also said that he was sent to save us not to condemn us.

What or who in your life has helped you to see God as one who is on your side, to be trusted and relied on rather than feared?

**Prayer:**

**Lord thank you** for those who have helped us to see and believe that Jesus died for each one of us out of love.

**Forgive us Lord** for the many times we disappoint Jesus by our actions in thoughts, words and deeds. God did not send His Son into the world to condemn us but to save us.

**Help us Lord** to be as forgiving as You were on the Cross and to bring the love and compassion of Jesus to those who may feel lost and bring them back to communion with God.