



Sunday of the Cross

Resource Overview for Parents and Families

Scripture Readings

Epistle/Apostol:
Hebrews 4:14-5:6

Gospel:
Mark 8:34-9:1

Troparion – Tone 1

O Lord, save Your people, and bless Your inheritance.
Grant victories to the Orthodox Christians over their adversaries.
And by virtue of Your Cross, preserve Your habitation!

Kontakion – Tone 7 (Plagal 3)

Now the flaming sword no longer guards the gates of Paradise;
It has mysteriously been quenched by the wood of the Cross!
The sting of death and the victory of hell have been vanquished;
For You, O my Savior, have come and cried to those in hell: "Enter again into Paradise."

This Week We Learned About

✠ Scripture

- Hebrews 4:14-5:6
- Mark 8:34-9:1

✠ Liturgical Life

- The Cross

✠ Feasts & Saints

- St. Tikhon, Apostle to America (April 7)

✠ Daily Living

- The Cross in Your Life

Questions for Your Kids

- Why does St. Paul talk about Jesus as a High Priest?
(Hint: what does a priest do for the people?)
- What does it mean to follow Jesus?
- Why should we not be ashamed of God and our relationship with Him?

- Why does the cross adorn the top of our church?
- How does it feel to know that Jesus died on a cross for you and me?
- What is the purpose of having the cross in our home?

- Why did St. Tikhon care for people of different ethnic backgrounds?
(Hint: We're Orthodox first...)
- What did St. Tikhon say when the communists wanted him to renounce his belief in Jesus Christ?
- How can you be humble and compassionate like St. Tikhon?

- Why do we bow before the cross?
- How many times a day do you make the sign of the cross?
- What prayer do we say when making the sign of the cross on our bodies?

Learn and Discover Together

- What does it mean for us to take up our cross in our life?
- How can we be confident in our faith as Orthodox Christians?
(Hint: Mark 8:38 and Luke 17:6 go together...)

- Why do we hold our fingers in a particular way when making the sign of the cross?
- What does the cross symbolize for us as Orthodox Christians?

- Let's read the life of St. Tikhon: <http://bit.ly/apr7-sttikhon>
- How would you handle the possibility of being persecuted for your Orthodox Faith?
- Would you accept being a martyr peacefully?

- What does it mean to wear a cross?
(Hint: A reminder of what Jesus Christ did for us...)
- Why do we say that the cross is the sign of our victory?
(Hint: Victory over what?)

Learn More...

Study guides for different age groups are available to accompany the "Take Up Your Cross" handout for the Third Sunday of the Great Fast: Sunday of the Cross.

Ask open-ended questions which may lead the conversation to reveal their thoughts about God.

As parents, we may not readily have all the answers, but we have the ability to inspire a desire in children to love God, which can benefit them throughout their lives.

Use as many or as few of the questions and discussion topics to help children learn about the feast while discovering how the Orthodox Faith can be a part of their daily life.

In the Week Ahead...

Strict Fast until Pascha (no meat or dairy), strive to help others.

April 5 – Martyr Nikon and the 199 disciples in Sicily

April 7 – Annunciation of Mary St. Tikhon, Apostle to America

April 8 – Synaxis of the Archangel Gabriel



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