

SUNDAY GOSPEL ACTIVITIES

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. John 3:16



Visit CatholicMom.com for more resources for you and your family.
"The Family That Prays Together, Stays Together." - Venerable Patrick Peyton
Image: 5sparrows.com | Copyright 2024 Catholicmom.com. All Rights Reserved.

SUNDAY GOSPEL ACTIVITIES

Family Activity Page

Exaltation of The Holy Cross

John 3:13-17

Today is a special feast day, where we celebrate the triumph of the Cross. Crucifixion was a very shameful and painful way to die in Jesus' time. We are so used to seeing crosses and crucifixes around that we don't stop and think about how terrible Jesus' crucifixion really was. On Good Friday, we mourn Jesus' death and recall the horror of it. But today, we rejoice in the exaltation of the Holy Cross, for it is on this holy cross that our salvation was won. Through dying for us, Jesus opened the gates of Heaven. He triumphed over death through His death and resurrection. When Satan thought he had won and killed the Savior of the world, it was really Christ's reigning moment. He was lifted high on the Cross as on a royal throne.

Just as the Israelites in the desert were saved through looking at the bronze serpent lifted up in the desert, so we too are saved through Christ lifted on the Cross. This is why Jesus came—to save us through what seemed to be a defeat but was really a victory.

Activities:

- There are often many situations in our lives where we only see tragedy and grief, loss and pain. Where can you find the triumph and the victory of the faith in these circumstances?
- Spend some time in prayer today looking at a crucifix. Reflect on the triumph of Christ in the midst of apparent defeat.
- Go to Confession this week, realizing that God can bring good out of your sins and failings, just as He did with Jesus' crucifixion.



SUNDAY GOSPEL ACTIVITIES

Name: _____

Sunday, September 14, 2025

Worksheet for ages 7 to 10 years old

1. Today is the _____ of the Exaltation of the _____.

2. Match the scripture to the reading:

Numbers

Gospel

Psalm 78

2nd Reading

John

Responsorial Psalm

Phillipians

1st Reading

3. Why did God the Father send us His Son?

Circle all the reasons:

Out of great love for us.

To punish us.

So we would be saved and have eternal life.

To condemn the world.

4. What can we do to show God the Father we love Him and His Son, Jesus?

Use these letters to complete the word: e, i, v, s

B _ _ l _ _ e _ _ e _ _

5. Why do we say the cross is holy?

(a) It reminds of Jesus' love for us.

(b) We like to look at sad things.

(c) Because we see them in church.



SUNDAY GOSPEL ACTIVITIES

Name: _____

Sunday, September 14, 2025

Worksheet for ages 11 to 14 years old

1. What day is it today in the Church's calendar?

2. Match the scripture to the reading:

Phillipians	Gospel
Numbers	2 nd Reading
Psalms 78	Responsorial Psalm
John	1 st Reading

3. Why did God send Jesus to us?

4. What does Jesus ask us to carry in the Gospel?

5. Why do we say the cross is holy when it was on a cross that Jesus died?

6. What can you do to reverence Jesus' name when you hear it and the cross when you see it?



SUNDAY GOSPEL ACTIVITIES

Complete the Phrase

Use the word bank to fill in what Jesus said in today's Gospel.

God	loved	wolrd	gave
Son	beleives	him	perish
have	eternal		

1. For _____ so _____ the _____ that he _____ his only _____,so that everyone who _____ in _____ might not _____ but might _____ life
John 3:16





WORLD



SUNDAY GOSPEL ACTIVITIES

Answer Key

Today the Feast of the Exaltation of the Holy Cross

Readings	Book	Answer to Question
First Reading	Numbers	
Psalm	78	
Second Reading	Phillipians	
Gospel	John	#3, God sent Jesus out of great love for us and that we might be saved and have eternal life in heaven with him.
		#4, the cross is holy it reminds us of Jesus' love; because that is how we are saved. #6 we can bless ourselves, bow our heads, genuflect – some sign of respect is a good to remind us of the gift we have been given.





Visit CatholicMom.com for more resources for you and your family
"The Family That Prays Together, Stays Together." - Venerable Patrick Peyton