

Third Sunday of the Great Fast Exaltation of the Holy Cross

March 8, 2026



Coloring Icons



Hebrews 4:14-5:6

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sinning. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him,

“Thou art my Son,
today I have begotten thee”;
as he says also in another place,
“Thou art a priest for ever,
after the order of Melchizedek.”

Mark 8:34-9:1

And he called to him the multitude with his disciples, and said to them, “If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

Caught you Listening

MARCH 8, 2026

○ **Gospel: Mark 8: 34-38; 9:1**

Jesus tells us to deny ourselves, take up our crosses and follow him.

Circle the choices that are denying myself.

- I take both pieces of cake.
- I let my sister sit in the front seat.
- I open the door for my brother.
- I shovel the walkway without complaining.
- I stuff my dirty clothes under the bed and tell mom my room is clean.
- I watch three shows in a row instead of just one.
- I tell my cousin he can touch my cars.
- I tell everyone about my good job.
- I tell everyone about my sister's good job.
- I secretly clean out the cup holders in the car.
- I dump my crumbs on the floor.
- I do my math, even though I don't like it.
- I tell my dad how great I am at math.

Find the following words in the puzzle:

multitude

cross

gospel

deny

follow

kingdom

disciples

save life

forfeit

ashamed

death



L	L	F	K	M	U	L	T	I	T	U	D	E	J	K
S	O	H	J	B	X	D	E	N	Y	S	U	R	E	S
G	O	S	P	E	L	V	E	G	T	C	N	W	V	T
K	X	O	L	E	D	I	S	O	M	R	A	T	X	V
I	E	F	O	L	L	O	W	X	O	O	V	B	I	W
N	T	W	T	I	H	F	A	S	T	S	N	G	R	Y
G	H	H	E	R	A	T	S	M	H	S	U	N	O	D
D	I	S	C	I	P	L	E	S	S	A	S	L	Z	S
O	E	R	N	E	W	Q	E	K	J	H	E	U	I	A
M	V	W	Q	C	R	U	S	T	A	M	C	J	L	V
N	E	M	Q	E	T	U	O	A	D	G	R	E	N	E
Z	S	F	H	Y	P	O	C	R	I	T	E	S	G	L
R	T	D	E	A	T	H	H	A	M	E	D	X	R	I
C	B	M	Q	E	T	U	O	A	D	G	H	M	J	F
W	T	I	F	O	R	F	E	I	T	B	I	W	R	E

Prayer before Communion

O LORD, I BELIEVE AND PROFESS THAT YOU ARE TRULY CHRIST, THE SON OF THE LIVING GOD, WHO CAME INTO THE WORLD TO SAVE SINNERS OF WHOM I AM THE FIRST.

ACCEPT ME TODAY AS A PARTAKER OF YOUR MYSTICAL SUPPER, O SON OF GOD, FOR I WILL NOT REVEAL YOUR MYSTERY TO YOUR ENEMIES, NOR WILL I GIVE YOU A KISS AS DID JUDAS, BUT LIKE THE THIEF I PROFESS YOU: REMEMBER ME, O LORD, WHEN YOU COME IN YOUR KINGDOM.

REMEMBER ME, O MASTER, WHEN YOU COME IN YOUR KINGDOM.

REMEMBER ME, O HOLY ONE, WHEN YOU COME IN YOUR KINGDOM.

MAY THE PARTAKING OF YOUR HOLY MYSTERIES, O LORD, BE NOT FOR MY JUDGMENT OR CONDEMNATION BUT FOR THE HEALING OF SOUL AND BODY.

O LORD, I ALSO BELIEVE AND PROFESS THAT THIS, WHICH I AM ABOUT TO RECEIVE, IS TRULY YOUR MOST PRECIOUS BODY AND YOUR LIFE-GIVING BLOOD, WHICH, I PRAY, MAKE ME WORTHY TO RECEIVE FOR THE REMISSION OF ALL MY SINS AND FOR LIFE EVERLASTING. AMEN. O GOD, BE MERCIFUL TO ME, A SINNER. O GOD, CLEANSE ME OF MY SINS AND HAVE MERCY ON ME. O LORD, FORGIVE ME FOR I HAVE SINNED WITHOUT NUMBER.

Items to Remember

