22nd Sunday in Ordinary Time

August 30, 2026

Matthew 16: 21 – 27

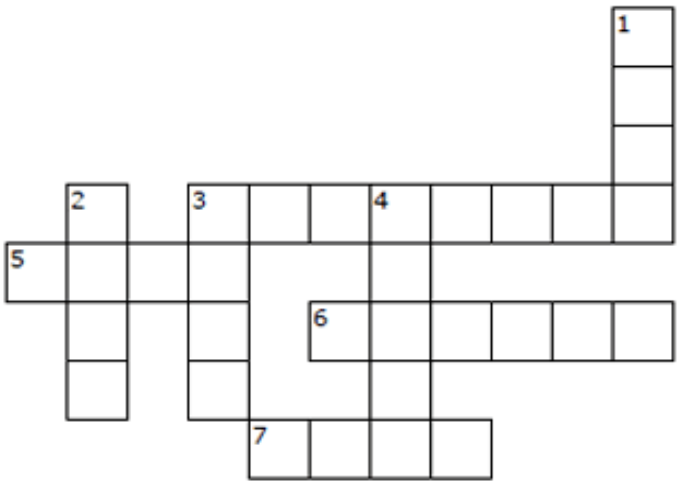
Resurrection
ROMAN CATHOLIC PARISH

I will follow Jesus.

Take Up Your Cross

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. Matthew 16:24 (NIV)

Based on Matthew 16:22-28 (NIV)



ACROSS

3. One who believes in Christ and follows his teachings
5. The period between birth and death
6. To accept the leadership of someone
7. To no longer have something because it has been taken away from you or misplaced

DOWN

1. To keep something from harm or loss
2. To discover something unexpectedly or as a result of a search
3. To refuse to allow yourself to have something you want
4. The object upon which Jesus was crucified

FIND	LIFE	DISCIPLE	FOLLOW
DENY	CROSS	SAVE	LOSE

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Take Up Your Cross

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. Matthew 16:24 (NIV)

Based on Matthew 16:22-28 (NIV)

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

GIVE	EXCHANGE	GOOD	WHOLE
FIND	SAVE	CROSS	GAIN
SELF	SOUL	FOLLOW	LOSE
DENY	WORLD	FORFEIT	LIFE

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Take Up Your Cross

Complete the sentences by filling in the blanks with the correct words from the word bank at the bottom of the page.

1. To be a follower of Christ, one must _____ self.

2. Jesus said, "_____ up your _____ and _____ me."

3. Whoever wants to _____ his _____ will lose it.

4. Whoever _____ his life for the cause of Christ will find it.

5. What good is it if you _____ the whole _____, but lose your _____?

Matthew 16:24-26 (NIV)

world	Take	life	gain	save
follow	deny	soul	loses	cross

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Take Up Your Cross

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. Matthew 16:24 (NIV)

Choose the word that best matches the definition.

___1. One who believes in Christ and follows his teachings
A. disciple B. self C. Satan D. angel

___2. To refuse to allow yourself to have something you want
A. life B. save C. deny D. disciple

___3. The object upon which Jesus was crucified
A. chair B. bed C. world D. cross

___4. To accept the leadership of someone
A. follow B. disciple C. find D. lose

___5. To keep something from harm or loss
A. find B. save C. lose D. follow

___6. To no longer have something because it has been taken away from you or misplaced
A. save B. find C. follow D. lose

___7. To discover something unexpectedly or as a result of a search
A. deny B. find C. save D. life

___8. The period between birth and death
A. lose B. disciple C. save D. life

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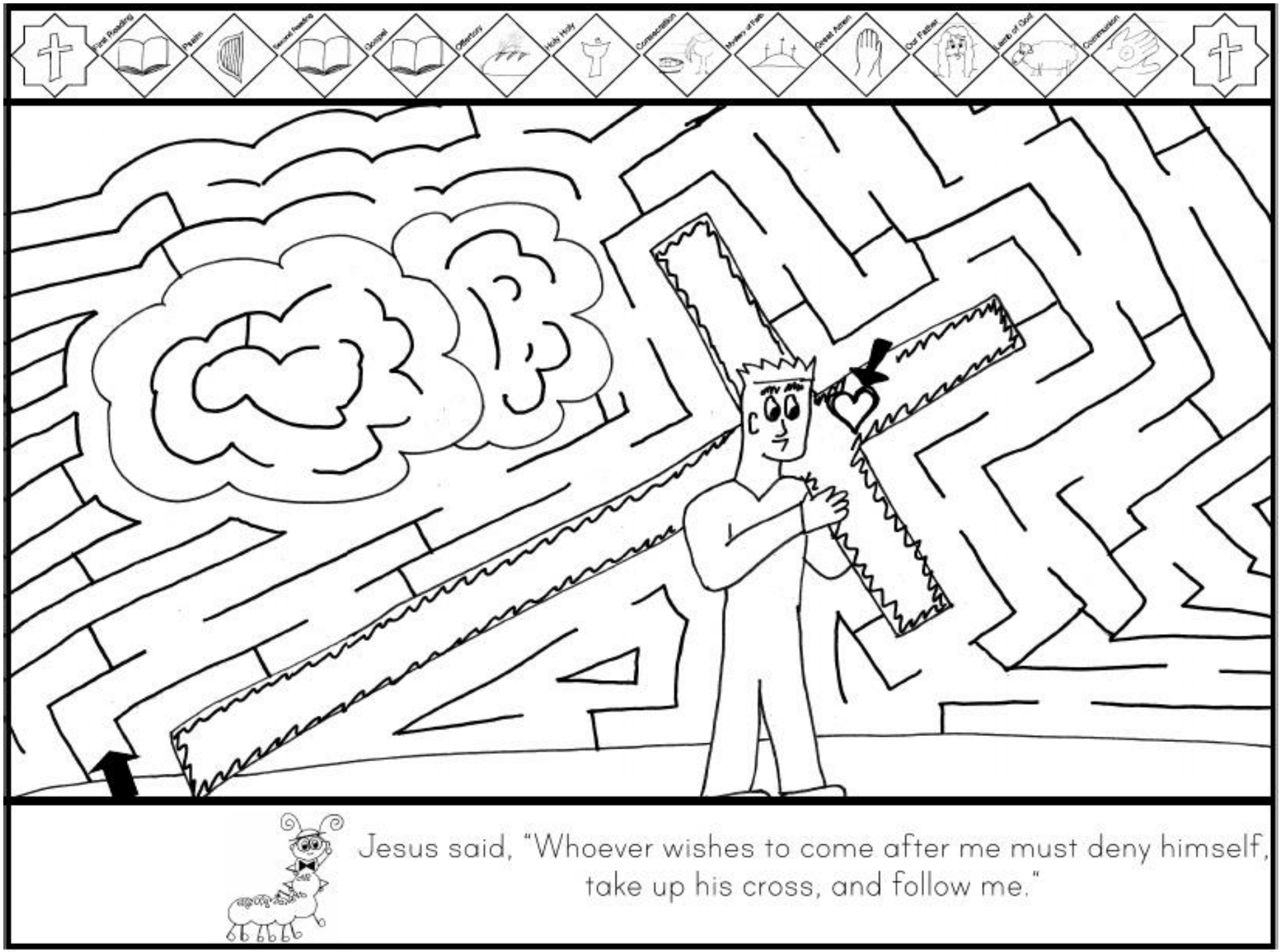

Jesus said, "Whoever wishes to come after me must deny himself, take up his cross, and follow me."

Speak, Lord

S.D.C.
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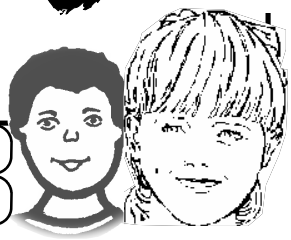
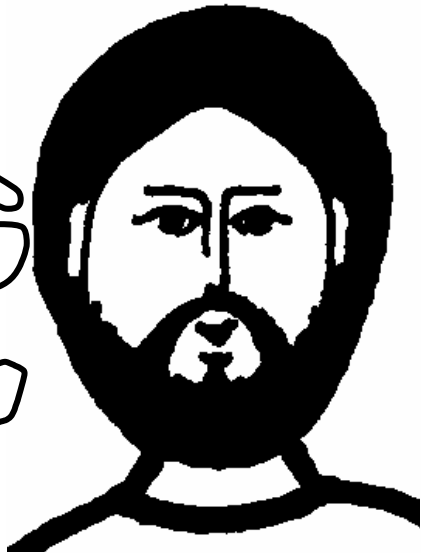
Jeremiah 20:7-9
Psalm 62
Romans 12:1-2
Matthew 16:21-27

SUNDAY LITURGY FOR CHILDREN

Year A — 22nd Sunday in Ordinary Time

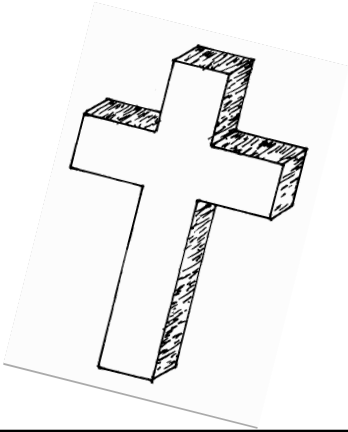


JESUS SAID: "I AM GOING TO SUFFER."



Then he said:

"THOSE WHO WANT TO FOLLOW ME MUST CARRY THEIR CROSS TOO."



Draw a picture or write about how can you be a follower of Jesus.

PRAYER

Help me Jesus when I find something hard to do.