

Take up your cross

Take up your cross and follow

Take up your cross

A phrase of Christian spirituality which has served for over two thousand years.

Thus has in the past been open to misinterpretation

What does it mean

Many things

What is it not

many things.

The cross is the challenge and not the crutch

Oh I suffer so bad from my hips, side, age, metabolism,

And I am crucified by my bunions

The cross is the challenge

Not the crutch

To carry the cross is to recognise the problem and to act upon it

The crutch is to excuse myself from life, my reaction to the pain of the struggle

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What does it mean

Many things

What is it not

many things

The cross is the cost

Not the loss

The athlete who trains. The student who studies. The parent who pays.

This kindness is swallowing my time whole

To carry the cross is to be prepared to pay the cost

The loss is what has gone like time, circumstance, and delusion

Gone

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What does it mean

Many things

What is it not

many things

The cross is the creation, not the desolation

The athlete has done something to make them feel proud

The sincere student has learned more than the narrow parameters of the subject

The parent has nothing within their life of greater value

The cross is the creation

Not the desolation

To carry the cross is to get involved at whatever level

The desolation even of grief, an expression of goodness, celebrated, lived, given

Take up your cross

Be prepared for the

challenge

The cost

The creation

In this way we shall overcome.