

Praying with the Cross II

Hang it On the Cross

As a sacramental people, Catholics believe that God meets us where we are, as humans living and breathing and moving in a tangible world. God speaks to us through what we see, hear, smell, touch, and taste. The five senses are five entry points for God's love to become known to us.

Incorporating the use of sensory experience in prayer, enhances the prayer experience, especially for children and teens. Many find lighting a candle, holding a cross, wearing a medal or cross ... provides a tangible sign of God's presence as they pray.



Small metal pocket cross



Olive wood cross designed to fit comfortably in one's hand - 4.5" height and 2.75" wide

Hang It On The Cross
If you have a secret sorrow,
a burden or a loss,
An aching need for healing...
Hang It On The Cross.
If worry steals your sleep
and makes you turn and toss,
If your heart is feeling heavy...
Hang It On The Cross.
Every obstacle to faith
or doubt you come across,
Every prayer unanswered...
Hang It On The Cross.
For Christ has borne
our brokenness
and dearly paid the cost
To turn our trials to triumph...
Hanging On The Cross.
—Lisa O. Engelhardt