

# Check up

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

1) Memorise Luke 9:23, reflect on the crosses you carry and name 3 ways you deal with them.

2) Name 3 virtues that people you know use to help others carry the crosses in their lives.

3) Create an art work that illustrates the connection between the cross Jesus carried and the crosses people carry in the world today.

4) Write a prayer asking God for help to carry the crosses you have in your life and pray it often.

5) Which activity do you think helped you to learn best in this resource?

6) Questions I would like to ask about the topics in this resource are ...

