

# Crucifix

The crucifix is a powerful symbol that represents that Jesus died on the cross to redeem humanity.

According to the Catholic catechism, the crucifix is a sacramental, a "sacred sign" instituted by the church that prepares Catholics to receive God's grace. For example, gazing at the crucifix during prayer will help stimulate feelings of hope, love, and trust.

The crucifix is used prominently during Mass, but they are also hung in Catholic homes, schools, and hospitals and attached to necklaces and rosary beads.

Looking at the crucifix can be tough at times. Baby Jesus in the manger is a lot easier on the eyes, but Christ on the cross is just as much a part of the reality of our salvation. The nativity doesn't mean anything without the crucifix. The manger and the cross are inseparably linked – life and death, joy and suffering, working together for our salvation.

What a better way to remind ourselves of that, and to trust in the love and mercy of Jesus, than by having a crucifix visible while praying and sharing meals.