

## **Not Broken, But Exalted**

*“Whoever does not carry his own cross and come after Me cannot be My disciple.” — Luke 14:27*

September’s Exaltation of the Cross calls Knights to see hidden burdens as steps to strength and honor, not weakness.

It’s an uncomfortable truth that most men carry a cross no one sees. It might be the quiet frustration of aging or declining health, the unspoken grief over a child who’s gone astray, or a regret that still echoes in the conscience.

Sometimes the weight is physical. Sometimes it’s emotional. Often, it’s both. But always—it’s hidden.

As Knights, we are called to serve visibly: to be protectors, providers, defenders of the faith. And rightly so. But beneath that visible call lies a more personal mission—one that happens in the quiet of a man’s heart, and is often harder to accept, because it asks not for strength, but surrender.

It is the mission of carrying the Cross.

The Exaltation of the Cross is one of the most paradoxical moments in the Church’s calendar. We exalt—not the Resurrection, not the miracles, not the empty tomb—but the instrument of torture. The very thing that crushed Christ’s body becomes the symbol that lifts up the whole world.

Why? Because the Cross is not about pain. It’s about offering. The Son of God didn’t simply suffer. He gave. And what He gave was not just His life—it was His obedience, His trust, His yes.

Many men carry frustrations they don’t share. They sense life made a turn they didn’t expect. They have questions that remain unanswered. They worry they are becoming less useful. And without complaint, they bear the load themselves.

These are hidden crosses. And Christ sees every one of them.

Without the Cross, there is no spiritual maturity and no true manhood.

To carry one’s cross is not to be sullen. It is to recognize that we quietly accept hardships as a way of sharing in Christ’s suffering—and trusting that, with Him, even pain has a purpose.

As Knights, we live by the principles of charity, unity, fraternity, and patriotism—each rooted not in comfort, but in sacrifice.

Charity costs. Unity humbles. Fraternity forgives. Patriotism gives without applause. Yet, these pillars cannot stand without the Cross beneath them.

When we unite our hidden frustrations to Christ’s Cross, we are not broken but exalted, because in Him, suffering leads to new life.

Your Cross may not be seen, but it is never wasted.

In surrender, you are not broken by the Cross—you are lifted and raised by Christ.

“...whoever does not  
carry their cross and  
follow me cannot be  
my disciple.”  
~ Luke 14:27

