

opusdei.org

## **Tuesday in Holy Week: “The Cross on your shoulders, with a smile on your lips”**

The more you belong to Christ, the more grace you will obtain to be effective in this world and to be happy in eternity. But you must make up your mind to follow the way of self surrender: the Cross on your shoulders, with a smile on your lips, and a light in your soul. (The Way of the Cross, Second Station, 3)

15 April

That voice you hear within you:  
'What a heavy yoke you have freely  
taken upon yourself!' ... is the voice  
of the devil; the heavy burden... of  
your pride. Ask Our Lord for  
humility, and you too will  
understand those words of Jesus:  
*iugum enim meum suave est, et onus  
meum leve* (Matt 11:30), which I like  
to translate freely, as follows: My  
yoke is freedom, my yoke is love, my  
yoke is unity, my yoke is life, my yoke  
is fruitfulness. (The Way of the Cross,  
Second Station, 4)

There is a kind of fear around, a fear  
of the Cross, of Our Lord's Cross.  
What has happened is that people  
have begun to regard as crosses all  
the unpleasant things that crop up in  
life, and they do not know how to  
take them as God's children should,

with supernatural outlook. So much so, that they are even removing the roadside crosses set up by our forefathers... In the Passion, the Cross ceased to be a symbol of punishment and became instead a sign of victory. The Cross is the emblem of the Redeemer: *in quo est salus, vita et resurrectio nostra*: there lies our salvation our life and our resurrection. (The Way of the Cross, Second Station, 5)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-uk/dailytext/holy-tuesday-the-cross-  
on-your-shoulders-with-a-sm/](https://opusdei.org/en-uk/dailytext/holy-tuesday-the-cross-on-your-shoulders-with-a-sm/)  
(20/01/2026)