

## **Stations of the Cross**

### **Station 1 — Jesus is Condemned to Death**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus stands before Pilate. Jesus did nothing wrong. Because he loved everyone and taught them a new way to live in love and peace, some people were afraid of him and planned how they could get rid of him.

What judgments have I made that have hurt, belittled, condemned and caused suffering to others? For those times, Jesus, I ask for your forgiveness.

### **Station 2 — Jesus takes up his Cross**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus humbly takes up the burden of the cross. A cross that was heavy with prejudice, selfishness, greed, and hatred. Jesus chose to love everyone and to show all people what true love looks like.

When have I personally felt or shown prejudice, selfishness, and hatred to others? Jesus, help me to recognize those times and give me the grace to forgive and to be merciful.

### **Station 3 — Jesus falls the First Time**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus falls to the ground but does not give up. He knows this journey to the cross will demand great perseverance and strength. Because of his great love, he is able to continue along the way despite the pain and sorrow of rejection.

When have I fallen...strayed from following Jesus? Jesus, give me the strength not to give up and to follow you closely.

### **Station 4 — Jesus meets his Mother**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

When Jesus sees his mother, his eyes tell her not to worry. When Mary looks at Jesus, she cries for all the pain and hurt she sees there. They comfort each other by feeling each other's love.

In what way(s) do I feel the pain of others – victims of war, victims of natural disasters, refugees forced to flee their country, the loss of human dignity, the loss of a loved one? How do I reach out in love to offer a helping hand...a prayer for those in need? Jesus, help me to respond to those suffering.

### **Station 5 — Simon of Cyrene helps Jesus**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus finds that carrying the cross is more exhausting each step of the way. A stranger is picked from the crowd lining the road. Simon doesn't want to help but he is pressed into service.

When asked to go the extra mile for another, to be generous with my time, my presence, how do I respond? Is my own comfort or lifestyle more important than reaching out to others in need? For the times, I have been selfish and uncaring, Lord have mercy.

### **Station 6 — Veronica wipes the Face of Jesus**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Fearlessly, a woman steps forward from the crowd, past the soldiers, to offer Jesus a moment of relief from the hatred and derision that weighs him down.

In what ways do I try to relieve another's suffering? When am I a voice for the voiceless? Jesus, show me how to act compassionately, justly so that I will encounter God. And may the Face of God be my gift as it was Veronica's.

### **Station 7 — Jesus falls a Second Time**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus falls again amidst a crowd of busy and bustling people. And he gets up again. Hatred and evil cannot defeat the power of love.

When I feel weary and worn out, what keeps me going? Where do I find hope? Jesus, you are the way, the truth, and the life, strengthen my belief.

### **Station 8 — Jesus speaks to the Daughters of Jerusalem**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

The women cried as they saw Jesus struggle on his way to Calvary. The suffering Jesus says to them, do not weep for me, but weep for yourselves and your children. Jesus comforts them without hesitation.

Jesus in your pain, you consoled the women weeping. When do I take a stance on justice issues...sit at the table to dialog with those having a different perspective or opinion? Jesus, teach me to offer compassion to others.

### **Station 9 — Jesus falls a Third Time**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus falls again. Hatred and sin weigh heavy on his heart. Even though his body is broken, Jesus calls on the strength of God's presence to get up and continue the journey.

There are times in my life when I fail over and over. What gives me strength to continue? Jesus, give me the courage and perseverance to get up and keep going.

### **Station 10 — Jesus is Stripped of his Clothes**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus has been stripped and is wounded and vulnerable. He stands before us naked and unashamed. But Jesus is rich in the knowledge of God's love and in the grace of forgiveness.

When have I been unjustly robbed of my dignity or of my good name? When have I stripped others because of my prejudice, greed, control, jealousy? Jesus, what will it take for me to stand naked...vulnerable before you? Jesus, teach me to ask pardon from those whom I have hurt and to forgive those who have betrayed me.

### **Station 11— Jesus is Nailed to the Cross**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus endured the darkness of hatred and the pain of betrayal, as the soldiers nailed him to the cross. He persisted in forgiving his betrayers and in loving them, he conquered the grip of sin.

What sorrow fills my heart as I see you nailed to the cross? Give me the courage to confront violence and the evils of our broken world. And give me the compassion to reach out to the powerless, the impoverished, and the imprisoned.

### **Station 12 — Jesus dies on the Cross**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus died for us. What a great act of love to give up one's life for another! Jesus' love was greater than all his pain and suffering. His faith was stronger than all the sin in the world. His love was unconditional and freely given. He left a testament of divine mercy and sustaining hope.

How do I embrace the cross? How do I die to myself, my selfishness, my self-centeredness? Jesus, thank you for your unconditional love! Give me the grace to radiate your love to others.

### **Station 13 — Jesus is taken down from the Cross**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

A virtuous and righteous man named Joseph of Arimathea went to Pilate and asked for the body of Jesus. After he had taken the body down from the cross, he wrapped it in a linen cloth.

What remains of Jesus is his spirit. Jesus, I know your love will always be with me! The promise of eternal life is your gift to me.

### **Station 14 — Jesus is laid in the Tomb**

We adore you, O Christ, and we praise you for by your holy cross you have redeemed the world.

Jesus' mother and friends lay his body in the tomb. I know that God raises him from the grip of death and I rejoice in the belief that I too will rise one day.

The journey of the Cross is my way of remembering God's promise, fulfilled in Jesus, and the great love that made it all possible. Jesus, help me to trust that the "tombs of my life" are gateways to resurrection.