

STATIONS OF THE CROSS

Recite the following after the Station's title:

**We adore You, O Christ and we praise You.
Because by Your Cross, You redeemed the world.**

STATION 1: *Jesus is Condemned To Death* Jesus, the teacher and healer gave of Himself to others. Now the innocent one stands silent before the false accusations. He follows the directions of His Father as a way to save us. **How has Jesus' example touched my heart? Prayer: Jesus, your love was shown in Your willingness to suffer for me. Help me to accept any judgments of others humbly. Teach me to remain centered in Your ways. Amen.**

STATION 2: *Jesus is Made to Carry the Cross* Jesus looks at the cross. He struggles a little as He places His hands on the rough edges and picks it up. The cross will be the source of His great suffering in the painful hours and minutes to come. **What is your cross? What aspect of your life causes you great pain or self-sacrifice for another? Prayer: Jesus, help me to recognize the cross in my life. Strengthen me to carry my cross as you carried yours. Amen.**

STATION 3: *Jesus Falls the First Time* When Jesus fell it was a physical fall. When celebrating the Stations of the Cross we think of spiritual falls. Spiritual falls are a reality for all. **How have I fallen lately? How have I sinned? Do I trust that God will give me the grace to stand up again? Prayer: Lord, help me to avoid sin and trust in your love and mercy. Amen.**

STATION 4: *Jesus Meets His Mother* What was Jesus feeling when he met his mother? She doesn't like the idea that her son must suffer. By focusing on His mission, He will manifest His deep love for His mother and for humanity. This is a journey He is destined to complete. **What is our mission? How focused are we along the journey? Do we allow others to divert us? Prayer: Lord, help me to stay on the path that You have for me that I may have the strongest influence on others. Amen.**

STATION 5: *Simon of Cyrene Helps Jesus* When Simon began his day, he did not know where it would lead. The Pharisees did not act out of compassion when they pulled Simon onto the path. They just want Him to reach Golgotha alive. Simon's and Jesus' eyes may have met. Each knew their role: Jesus needed help and Simon was to be the helper. **How willing am I to abandon the daily journey to lend a helping hand? Prayer: Lord, some people observe other's trials and hope another will step forward. Help me be the one who steps out of my comfort zone that I may lessen another's sufferings.**

STATION 6: *Veronica Wipes Jesus' Face* Veronica stands with the crowd. As Jesus gets closer, she sees and feels His excruciating pain. His blood, sweat and even tears cover His face. He allows her to tenderly wipe His brow. He leaves His image on her kerchief and heart. **How often do I allow the sufferings of others to touch my heart? Prayer: Lord, open my heart and make it tender that I may be aware of others' struggles in life and help where I am able. Amen**

STATION 7: *Jesus Falls a Second Time* It seems to be human nature to fall repeatedly. Many of us think of our confessions as broken records. **Do I trust that God understands me and loves me with all my failings? Where do I need to trust God more? Prayer: Lord, help me to keep getting up as you did. Help me to overcome my weakness and grow in Your image. Amen.**

Recite the following after the Station's title:

**We adore You, O Christ and we praise You.
Because by Your Cross, You redeemed the world.**

STATION 8: *Jesus Speaks to the Women* The women of Jerusalem are horrified and yet drawn there. As Jesus struggles with His cross, He meets their gaze. Each is caught up in the essence of the person of Jesus in a moment of shared pain. Do not cry for me but for yourselves and your children so your tears will be healing tears. **What keeps me from following Jesus today? Prayer: Jesus, give me tears of sadness for all the ways that I refuse to follow you. Amen.**

STATION 9: *Jesus Falls A Third Time* Falling a third time reminds us of how difficult the journey was for Jesus. Sometimes illness, fear of Covid, or death of loved ones makes our journey difficult. We need to remember Jesus understands our pain and His Resurrection gives us the hope we need. **Can I remind myself that I am united to Christ and He is my reason for hope? Prayer: Lord, my journey has pain, too. Help me to know you are with me. You are my hope.**

STATION 10: *Jesus is Stripped of His Clothes* Even His clothes were taken from Him. His dignity was removed. He was vulnerable to others. There is nowhere to hide. **What do others see in me when I am vulnerable? Do they see my strength or weakness? Prayer: Lord, help me to have a strong faith which shows itself to others as a sign of hope.**

STATION 11: *Jesus is Nailed To the Cross* Sore and exhausted, Jesus is close to passing out. The soldiers pound the nails into His hands. Each spasm of pain physically shakes Him. He wills to endure for our sake. **In the midst of our pain, physical or emotional, do we offer it to the Father to be used in a redemptive way for others? Prayer: Lord, may the trials I experience be a reminder of Your love given in Your final hours.**

STATION 12: *Jesus Dies on the Cross* "Into Your hands I commend my spirit." Even at the moment of death, Jesus responds in faith and trust. He knows His Heavenly Father will never abandon anyone. Death, whether physical or the smaller experiences of it are never easy. Death does not have the last word. **Do you trust your Abba, Father, even when in difficulty? Prayer: Father in Heaven, I don't want to let go of my plans and my ways. I do believe surrendering my life into Your hands will make me happier than what I plan for myself. Amen**

STATION 13: *Jesus Is Taken Down From the Cross* The crowd is gone. The noise has stopped. Mary and John stand quietly looking up to the lifeless body. Jesus' body is placed in His mother's arms. Deep sorrow is written on Mary's face, although an inner joy resides alongside. She knows Jesus brought us new life. **Am I able to share Mary's joy in the pain of crucifixion? Prayer: Lord, Your passion has ended. Help me to never choose sin over You that I may live life worthy of Your endless love. Amen.**

STATION 14: *Jesus Is Laid Into the Tomb* The tomb seems so final. Cut off from the world, hope seems to vanish. But from Jesus' perspective, this is only a step in the journey. **What seems final or hopeless to me? Do I recognize that Jesus is with me as my hope? Prayer: Lord, help me to see your Presence, You are my hope in difficulties. Amen.**

STATION 15: *Jesus Rises From the Dead: Alleluia! Alleluia! Christ rises and so will we. Amen.*