

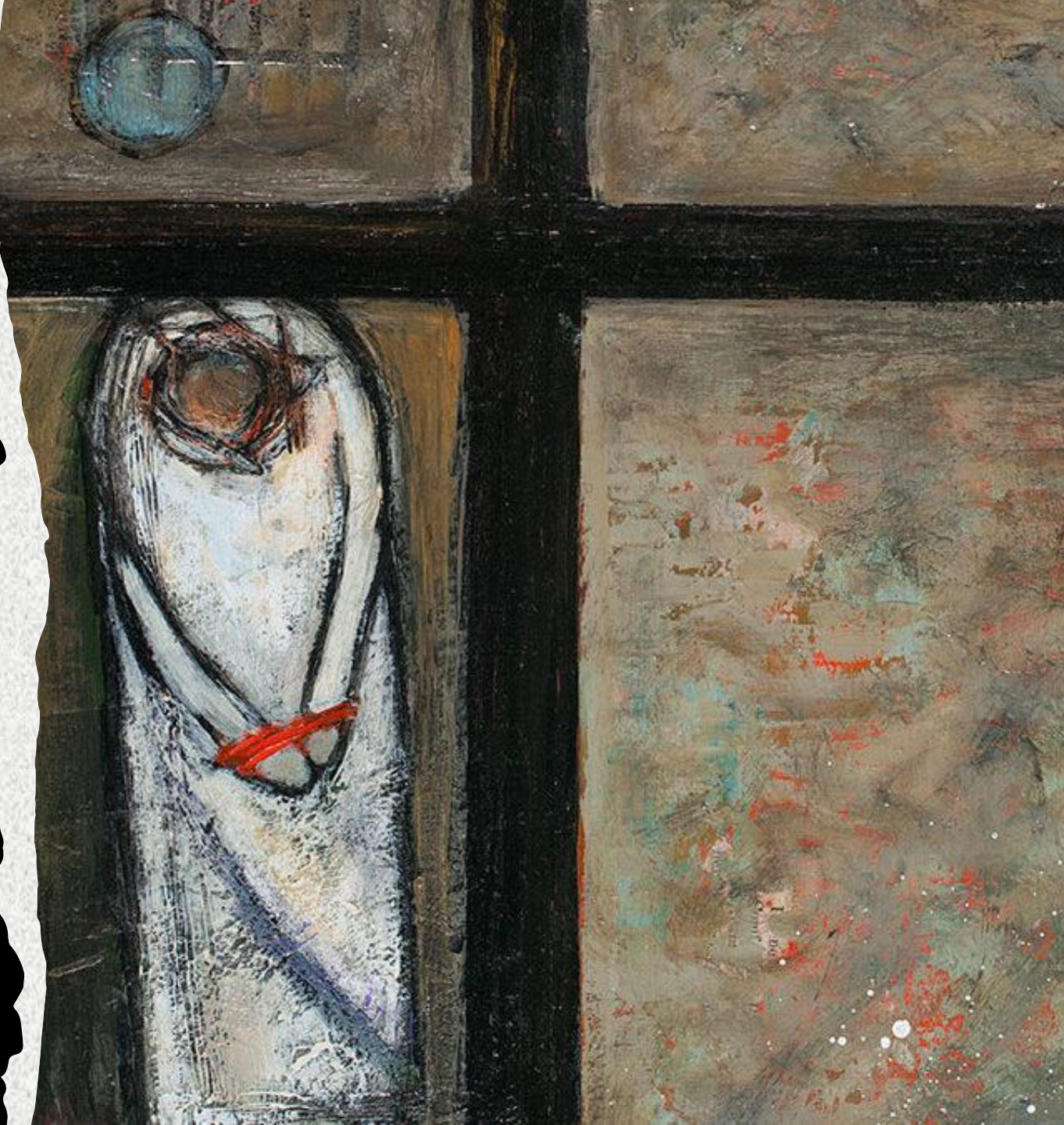


Stations of the Cross

The Stations of the Cross is a devotion to help us reflect on the passion and death of Jesus Christ. It mirrors the steps of the *Via Dolorosa* through Jerusalem.

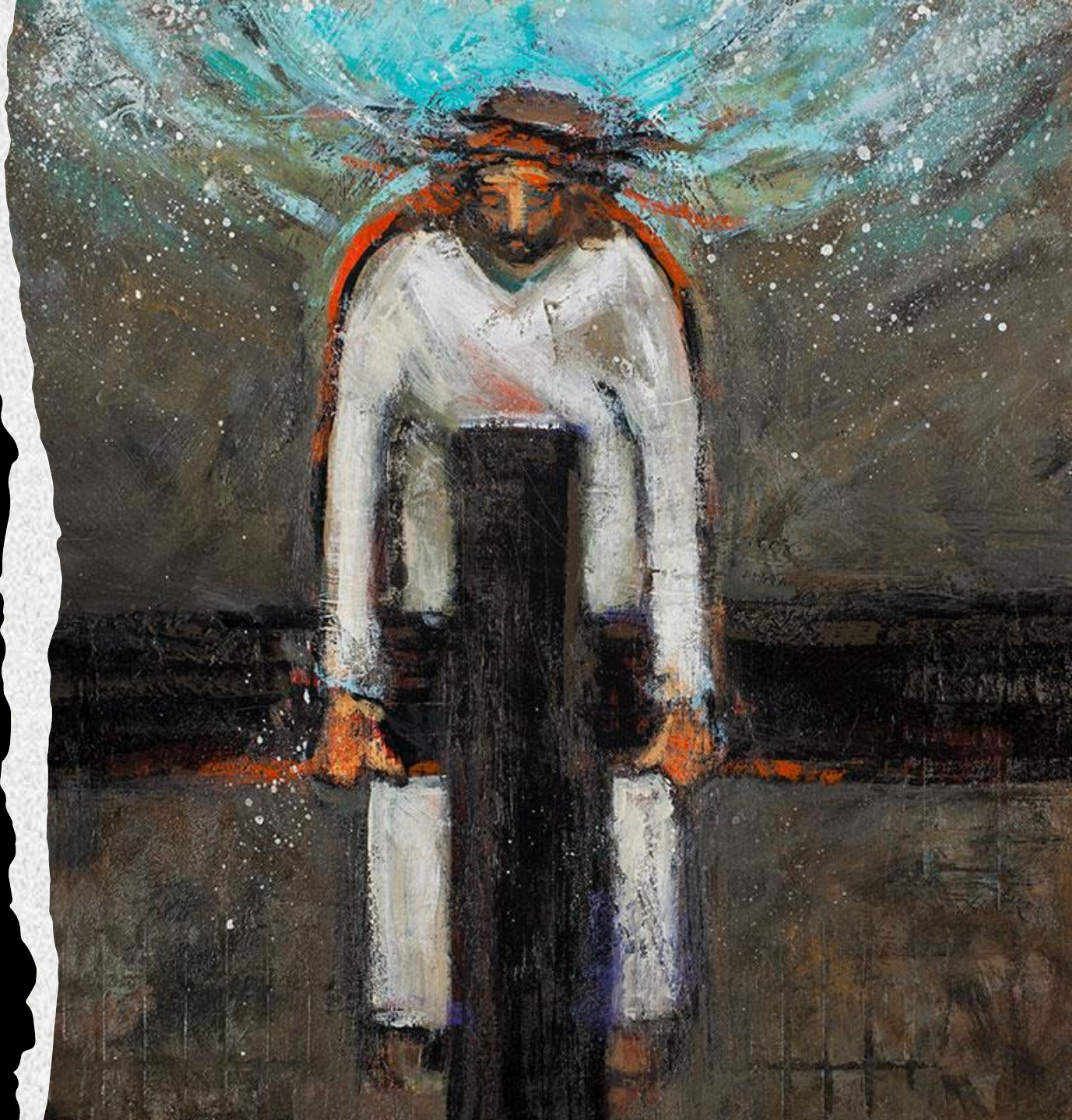
Each station on Jesus' journey to Calvary gives us an opportunity to reflect on our lives – complete the reflections as we contemplate the message of each moment.

Jesus is
condemned
to death



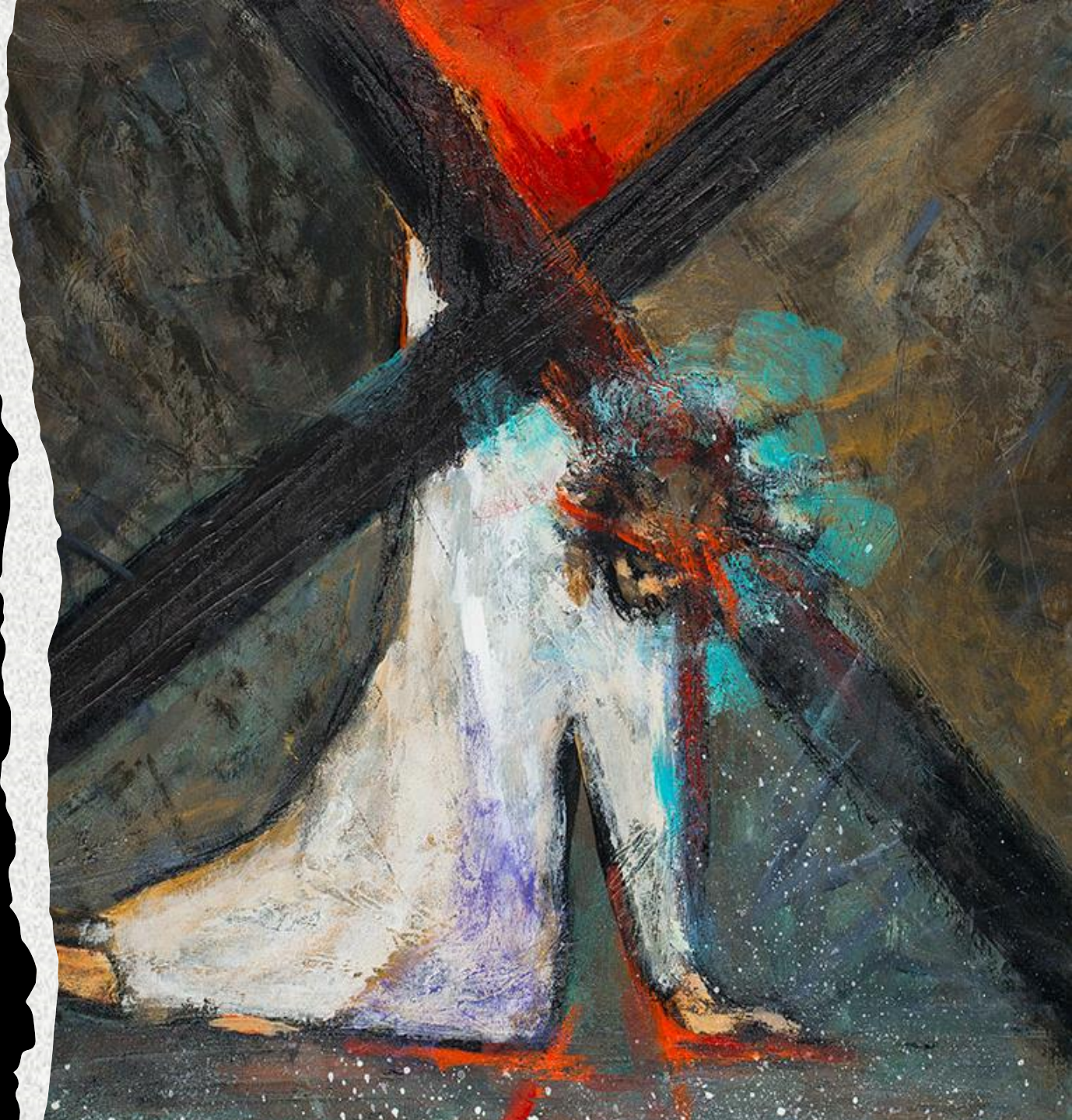
Reflection: Jesus was
unfairly sent to his death,
and no one tried to stop it.
How can we stand up for
those who are unfairly
treated?

Jesus takes
up His cross



Reflection: Jesus accepts
the cross, even though it
makes the journey difficult
How do you feel when you
are asked to do something
difficult?

Jesus falls for
the first time



Reflection: Jesus is weak and in pain, but he keeps going no matter how hard it was for him.

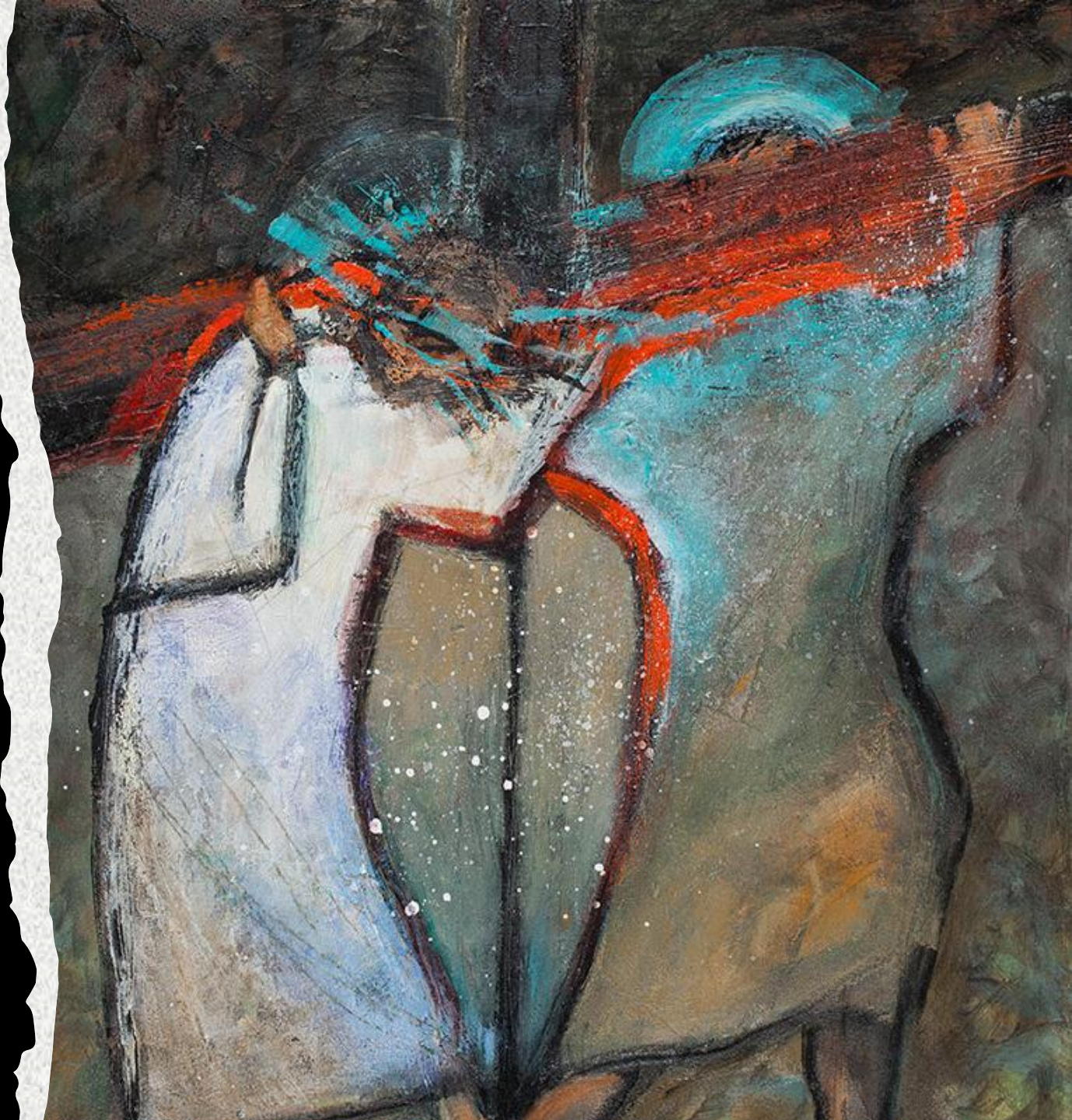
When have you needed courage to carry on?

Jesus meets
His mother



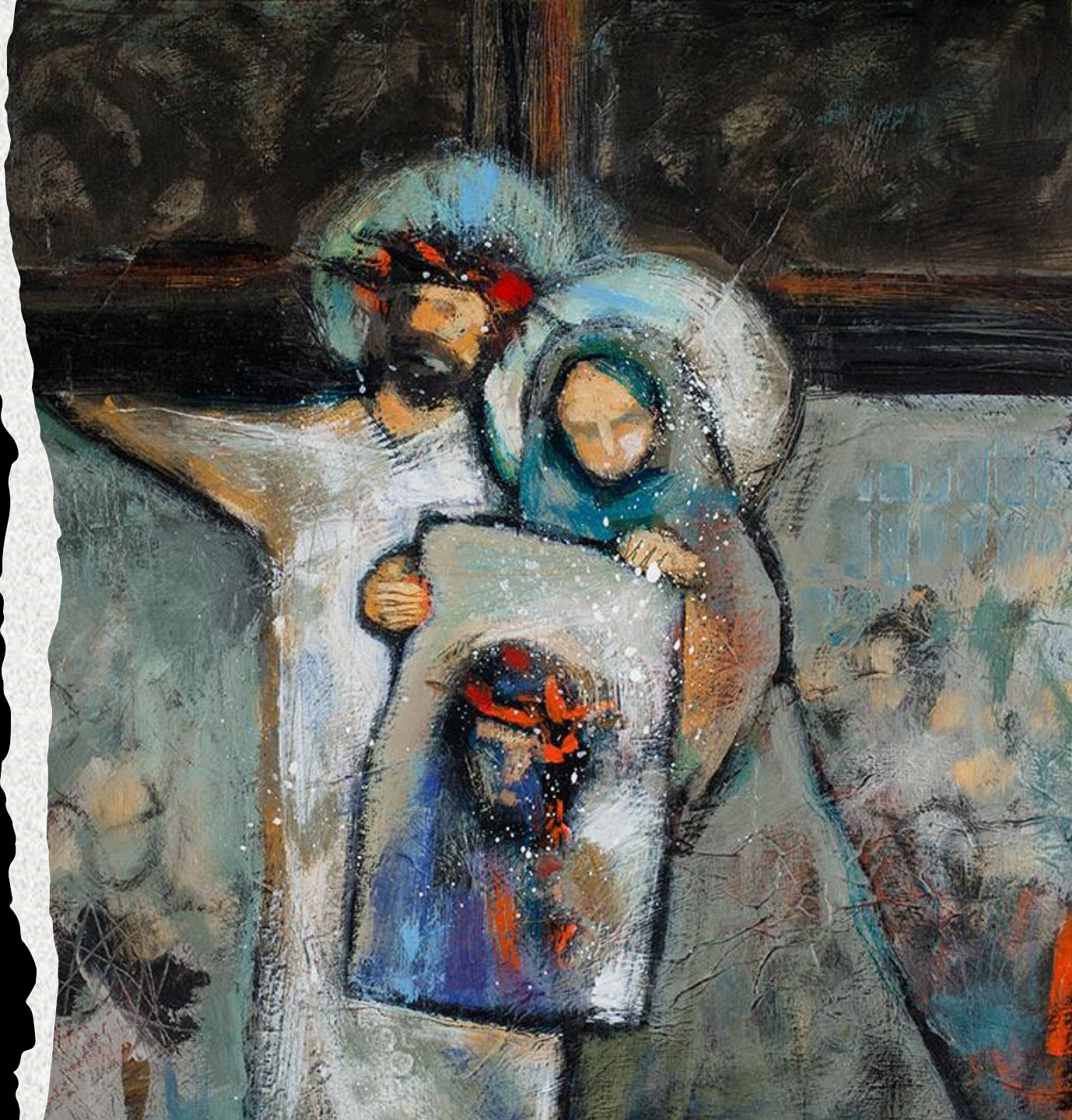
Reflection: Mary's love is selfless. She puts her own pain aside, knowing the reason for Jesus' sacrifice. When have you set aside what you wanted to help someone else?

Simon of
Cyrene helps
Jesus carry
His cross



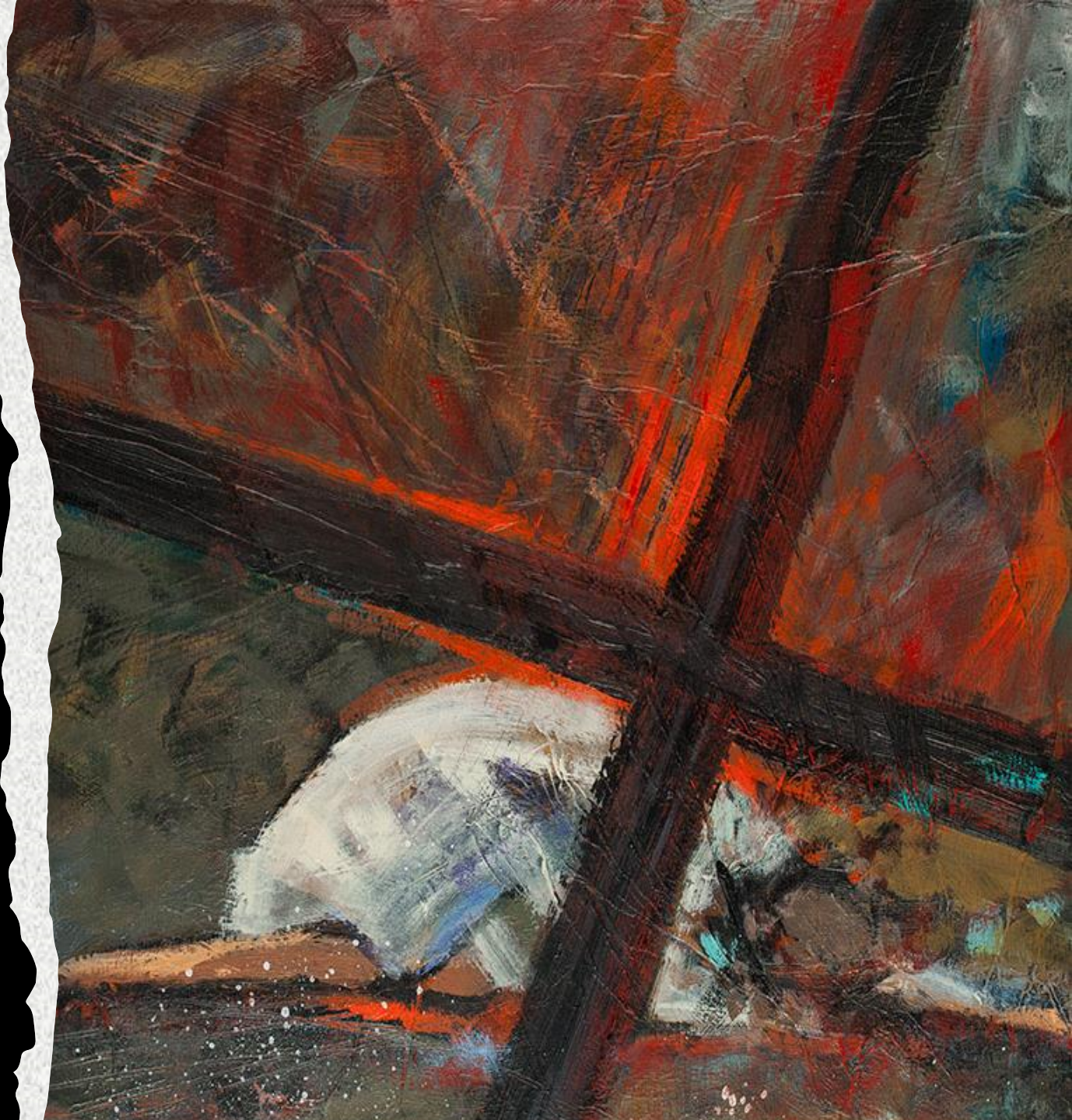
Reflection: Simon doesn't run away from the opportunity to help Jesus. When we face difficult decisions, do we run away or try to make brave and wise choices?

Veronica
wipes the
face of Jesus



Reflection: Veronica steps out of the crowd, offering what help she can to Jesus. Do you try to help others, or do you think that it won't be enough and ignore them?

Jesus falls for
the second
time



Reflection: The soldiers mock Jesus as he falls, but Jesus maintains his self-control

What can we do when we struggle to control our emotions?

Jesus meets
the women
of Jerusalem



Reflection: Jesus tells the women to weep for themselves, to look inward
How can we reflect on the way we react to difficult situations?

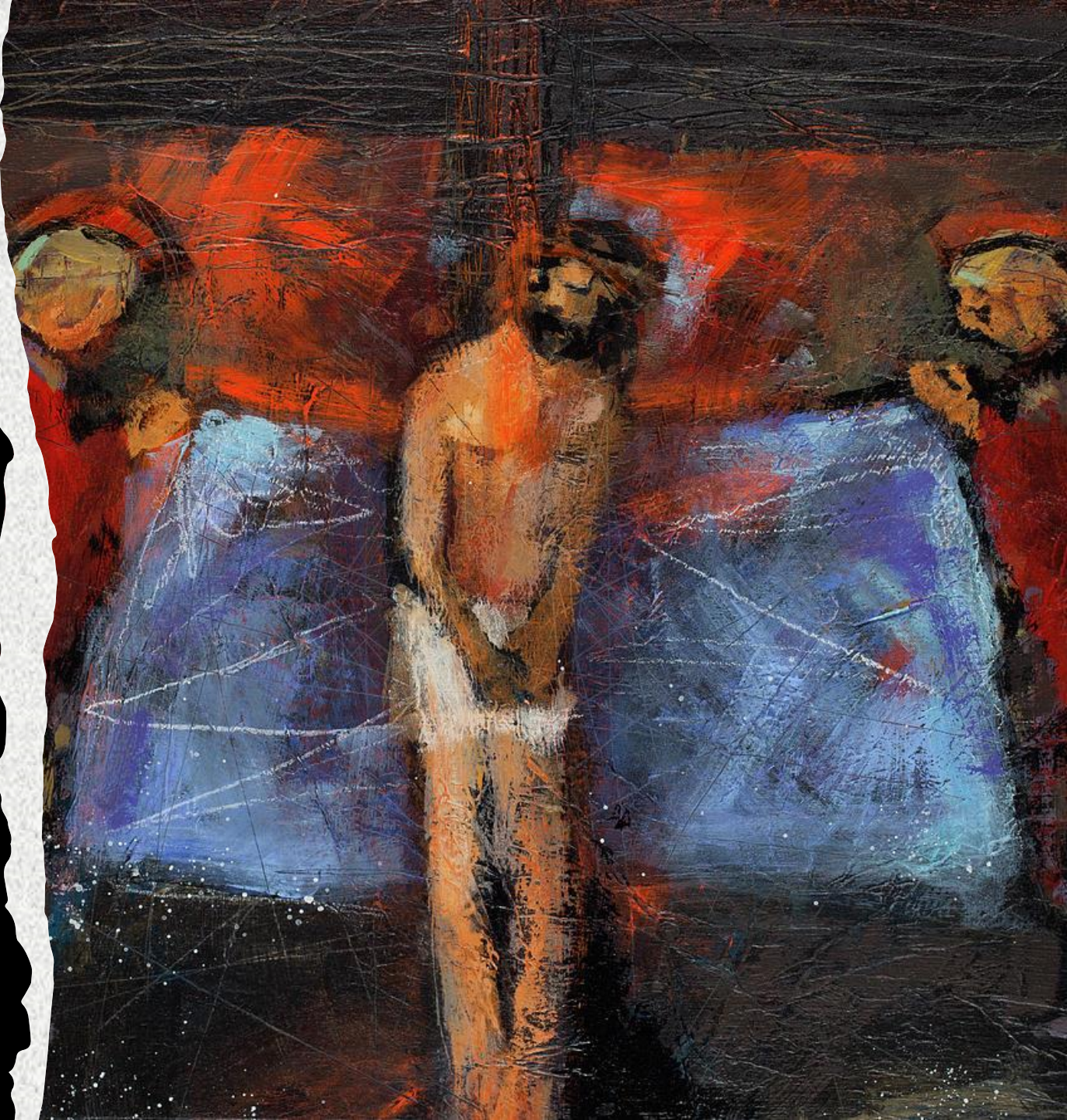
Jesus falls for
the third time



Reflection: Jesus falls again under the weight of the cross.

How can we help those who suffer under the weight of poverty and injustice?

Jesus is
stripped of
His garments



Reflection: Jesus has all his dignity taken from him, with crowds laughing at him and the guards making a game. How can we resist temptation to be responsible?

Jesus is
nailed to the
cross



Reflection: Jesus feels the pain of the nails, yet he doesn't complain.

What can we do instead of complaining about things in our lives?

Jesus dies



Reflection: Jesus' death was the ultimate act of loving charity – he gives everything to us

How can we be more selfless and share what we have with others?

Jesus is taken
down from
the cross



Reflection: Jesus is no longer
in pain, and he is cared for
by those who love him,
including his mother
How can we treat others
with love and respect?

Jesus is laid in
the tomb



Reflection: Jesus is poor, and his body is placed in a borrowed tomb

What can we share with others to ensure everyone has enough?



Jesus is
risen!

Reflection: After the Jesus' resurrection offers us hope of eternal life

How can we comfort others who need more hope in their lives?

Jesus's resurrection opens the way of hope and assures us that injustice, pain and death can be overcome.

As we reflect on Jesus' final journey, we pray for the strength to live each day as people transformed through God's love. May we radiate God's love to all our sisters and brothers throughout the world.

Stations of the Cross

1. Jesus is condemned to death

2. Jesus takes up his cross

3. Jesus falls for the first time

4. Jesus meets his mother

5. Simon of Cyrene helps Jesus
carry his cross

6. Veronica wipes the face of
Jesus

7. Jesus falls a second time

8. Jesus meets the women of
Jerusalem

9. Jesus falls for a third time

10. Jesus is stripped of his
garments

11. Jesus is nailed to the cross

12. Jesus dies

13. Jesus is taken down from the
cross

14. Jesus is laid in the tomb

15. Jesus is risen