

The Stations of the Cross

Begin by asking, “God, what is one way that I can become a-better-version-of-myself this week?” Use the Stations of the Cross as a way to deepen that reflection.

As you approach each Station, first genuflect and pray “We adore you o Christ and praise you. Because by your holy cross you have redeemed the world.” If in a group, the leader says the first sentence and the group continues with the second.

THE FIRST STATION: JESUS IS CONDEMNED TO DEATH

Scripture: Mark 15:1-5, 15

And as soon as it was morning the chief priests, with the elders and scribes, and the whole council held a consultation; and they bound Jesus and led him away and delivered him to Pilate. And Pilate asked him, “Are you the King of the Jews?” And he answered him, “You have said so.” And the chief priests accused him of many things. And Pilate again asked him, “Have you no answer to make? See how many charges they bring against you.” But Jesus made no further answer, so that Pilate wondered. So Pilate, wishing to satisfy the crowd, released for them Barab’bas; and having scourged Jesus, he delivered him to be crucified.

THE SECOND STATION: JESUS CARRIES THE CROSS

Scripture: John 19:6, 15-17

When the chief priests and the officers saw him, they cried out, “Crucify him, crucify him!” Pilate said to them, “Take him yourselves and crucify him, for I find no crime in him.” They cried out, “Away with him, away with him, crucify him!” Pilate said to them, “Shall I crucify you King?” The chief priests answered, “We have no king but Caesar.” Then he handed him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Gol’gotha.

THE THIRD STATION: JESUS FALLS FOR THE FIRST TIME

Scripture: John 19:1-3

Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, “Hail, King of the Jews!” And they struck him repeatedly.

THE FOURTH STATION: JESUS MEETS HIS MOTHER

Scripture: John 19: 25-27

So the soldiers did this. But standing by the cross of Jesus were his mother, and his mother’s sister, Mary the wife of Clopas, and Mary Mag’dalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, “Woman, behold, you son!” Then he said to the disciple, “Behold, your mother!” And from that hour the disciple took her to his own home.

THE FIFTH STATION: SIMON HELPS JESUS CARRY HIS CROSS

Scripture: Mark 15:21

And they compelled a passer-by, Simon of Cyre’ne, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.

THE SIXTH STATION: VERONICA WIPES THE FACE OF JESUS

Scripture: Isaiah 53:2-3

He had no form or comeliness that we should look at him, and no beauty that we should desire him. He was despised and rejected by men; a man of sorrows, and acquainted with grief and as one from whom men hide their faces he was despised, and we esteemed him not.

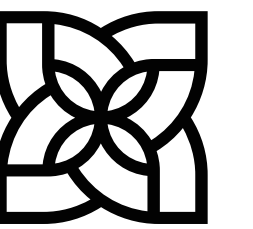
THE SEVENTH STATION: JESUS FALLS A SECOND TIME

Scripture: Romans 8:31-39

If God is for us, who can be against us? God who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? No, in all these things we conquer overwhelmingly through him who has loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.



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THE EIGHTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM

Scripture: Luke 23:27-31

And there followed him a great multitude of the people, and of women who bewailed and lamented him. But Jesus turning to them said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For behold, the days are coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never gave suck!’ Then they will begin to say to the mountains, ‘Fall on us’; and to the hills, ‘Cover us.’ For if they do this when the wood is green, what will happen when it is dry?”

THE NINTH STATION: JESUS FALLS A THIRD TIME

Scripture: Psalm 38

I am overwhelmed by a burden beyond my strength. I am stooped and deeply bowed; all day I go about mourning. My heart shudders, my strength forsakes me; the very light of my eyes has failed. Friends and companions shun my pain; my neighbors stand far off. Those who seek my life lay snares for me; they seek my misfortune, they speak of ruin; they plot treachery all the day. I am very near to falling; my pain is with me always. Come quickly to help me, my Lord and my salvation.

THE TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

Scripture: John 19:23-24

When the soldiers had crucified Jesus they took his garments and made four parts, one for each soldier; also his tunic. But the tunic was without seam, woven from top to bottom; so they said to one another, “Let us not tear it, but cast lots for it to see whose it shall be.” This was to fulfill the scripture, “They parted my garments among them, and for my clothing they cast lots.”

THE ELEVENTH STATION: JESUS IS NAILED TO THE CROSS

Scripture: Luke 23:33-34

And when they came to the place which is called The Skull, there they crucified him, and the criminals, one on the right and one on the left. And Jesus said, “Father, forgive them; for they know not what they do.” And they cast lots to divide his garments.

THE TWELFTH STATION: JESUS DIES ON THE CROSS

Scripture: Luke 23:44-46

It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, while the sun’s light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, “Father, into thy hands I commit my spirit!” And having said this he breathed his last.

THE THIRTEENTH STATION: JESUS’ BODY IS REMOVED FROM THE CROSS

Scripture: John 20:38-42

Now there was a virtuous and righteous man named Joseph who went to Pilate and asked for the body of Jesus. Pilate permitted it. So Joseph came and took his body. Nicodemus also came. They took the body of Jesus and bound it with burial cloths along with spices, according to the Jewish burial custom.

THE FOURTEENTH STATION: JESUS IS LAID IN THE TOMB

Scripture: Matthew 27:57-60

And Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock; and he rolled a great stone to the door of the tomb, and departed.

THE DYNAMIC CATHOLIC PRAYER FOR TRANSFORMATION

Loving Father,

I invite you into my life today and make myself available to you. Help me to become the-best-version-of-myself by seeking your will and becoming a living example of your love in the world. Open my heart to the areas of my life that need to change in order for me to carry out the mission and experience the joy you have imagined for my life. Inspire me to live the Catholic faith in ways that are dynamic and engaging. Show me how to best get involved in the life of my parish. Make our community hungry for best practices and continuous learning. Give me courage when I am afraid, hope when I am discouraged, and clarity in times of decision. Teach me to enjoy uncertainty and lead your Church to become all you imagined it would be for the people of our times. Amen.



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