

**First Station: Jesus is Condemned to Death**

*Jesus is considering what the next hours will mean for him.*

**Reflection:** I think about my own hopes and dreams for the future. Like Jesus, I must try to plan for my future, saying “yes” to the process of my life.

**Prayer:** My Savior, Jesus, you must feel that this punishment is unjust.



**Second Station: Jesus Carries His Cross**

*Watch as Jesus struggles to bear the load placed upon him: not only the heavy wooden cross, but also, the sins of all humankind.*

**Reflection:** What is my load to carry? Is it worry, pain, doubt, or fear of the unknown? If I bear it with Christ in faith, I know that he will be walking beside me.

**Prayer:** Glorious Redeemer Jesus, let me bear my pain along with you as you suffer to bring all of us to life eternal. Amen.

**Third Station: Jesus Falls the First Time**

*Jesus finds carrying his cross a struggle, yet he will continue his painful journey for our sake.*

**Reflection:** My journey seems so dark, uncertain, and in a fog. I have to take just one step at a time and I will reach my goal.

**Prayer:** My Jesus, I, too, falter again and again. Help me to rise bravely along this uncertain path with faith in the promise of the future. Amen.



**Fourth Station: Jesus Meets His Mother**

*Jesus sees the concern in his loving mother’s eyes. How tragic that they must say good-bye in this way.*

**Reflection:** My good-bye was just as sorrowful and perhaps more sudden than Mary endured. Yet I must try to accept the finality of the death I mourn.

**Prayer:** Most loving Jesus, I also grieve as one who had great love and concern. Help me to understand why we had to say good-bye. Amen.

**Fifth Station: Simon Helps Jesus Carry His Cross**

*Jesus is heavily burdened with the weight of the world’s sins, and he must also carry the cross. Simon is there to help with the physical burden.*

**Reflection:** I am laden with emotions, physical pain, material needs, decisions to be made, and spiritual longing. Perhaps I could allow others to help me to ease some of his load.

**Prayer:** Blessed Jesus, you did not deserve this pain. Help me to bear the pain I have, while sharing it with you and revealing my needs to trusted friends. Amen.



**Sixth Station: Veronica Wipes the Face of Jesus**

*Veronica reaches out in compassion to touch Jesus, to help him, to gaze upon his face.*

**Reflection:** I feel isolated, unable to see or touch the person I loved so much. I will always remember that face and cherish this memory.

**Prayer:** Sweet Jesus, help me to recognize the compassion of those who come to see me. Let me see your face when they show concern for me. Amen.



**Seventh Station: Jesus Falls the Second Time**

*Even with Simon helping him, the thought of his death is overwhelming for Jesus.*

**Reflection:** I feel overwhelmed by so much: questions, confusion, uncertainty, and fears. I need to take a deep breath, look up, and picture what the future might be like for me.

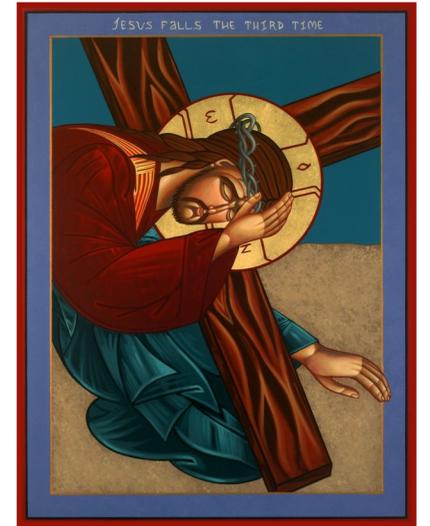
**Prayer:** God of wisdom, only you know why death comes to all of us. Grant me the wisdom and strength to face the future. Amen.

**Eighth Station: Jesus Comforts the Women**

*Along his journey, Jesus now pauses to comfort those who were close to him.*

**Reflection:** People come to be near to me. I can gain hope by sharing my story with others. When someone shows concern, I will tell my friend exactly what I need.

**Prayer:** Most compassionate Jesus, you gave consolation to those who wept for you. Please help me to unite my suffering with yours, so I may also accept your consolation. Amen.

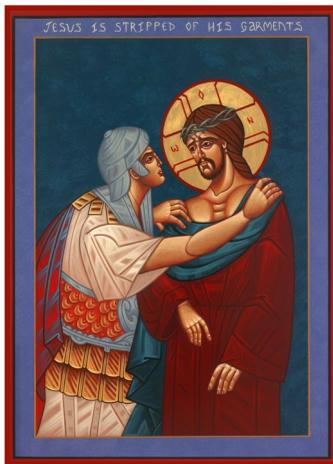


**Ninth Station: Jesus Falls the Third Time**

*Once more, Jesus weakens.*

**Reflection:** Again and again, I have experienced times when the grief feels new once more. I must realize that even on a low day, I have already journeyed quite far from that first and saddest moment.

**Prayer:** Son of God, you were truly human and suffered as I do today. Help me to get up again and again to continue my journey after each setback. Amen



**Tenth Station: Jesus is Stripped of His Garments**

*Roughly the soldiers remove this last earthly possession, this final bit of dignity from Jesus. In his humanity he endured all of this with God's support.*

**Reflection:** I keep my feeling to myself in order to remain poised and to preserve my sense of dignity. Yet I know it is only by releasing my feelings and baring my soul through tears of love that I am able to face the truth, and to examine all that must be recognized as I continue to journey.

**Prayer:** Precious Jesus, your heart must have ached to be treated so roughly. Help me to realize that by sharing my pain I will expose my innermost fears and needs. Amen.



**Eleventh Station: Jesus is Nailed to the Cross**

*The soldiers deliver the blows that secure Jesus to the instrument of his death: his cross.*

**Reflection:** My sorrow and pain seems unbearable at times. Like that of Jesus, grief is the natural result of this undying, unselfish love for others.

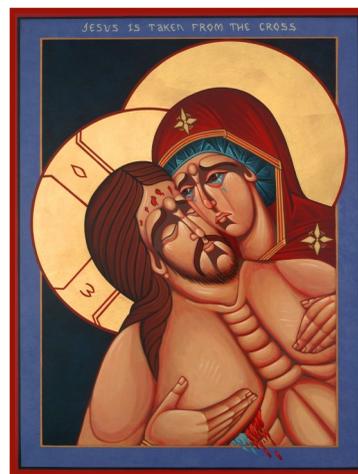
**Prayer:** Merciful Jesus, You accepted all this pain out of love for us. Help me to accept that my grief is good because it shows how much I loved the person I lost. Amen.

**Twelfth Station: Jesus Dies on the Cross**

*Jesus is in agony, but shares his love with family, his forgiveness to his captors and the crowd, and at last accepts his death.*

**Reflection:** I feel as though I could die from longing. Jesus longed to remain with us, yet he longed even more to be reunited with God. It is my time to remain and pray, and I will work out my own future, until I am called to return to God.

**Prayer:** Death never makes sense to me, yet now this death seems as if it were a peaceful end to a blessed and meaningful life. Help me, Jesus, to accept the death and to continue in faith and hope, with my own life. Amen.

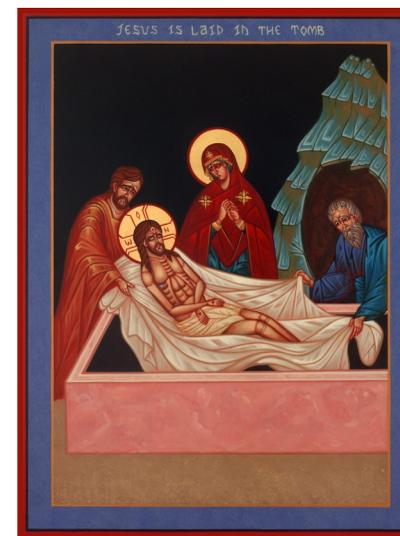


**Thirteenth Station: Jesus is Given to His Mother**

*Mary cradles her beloved Son, sorrowing, and yet ever aware of God's support.*

**Reflection:** Jesus had asked Mary to be our mother, too and so we pray through her, in that way. I will send my needs to God through Jesus' loving mother, Mary.

**Prayer:** Blessed Mother Mary, you knew the joy of love and pain of death. Please voice to God and to your son, our Savior, this special request I name today: \_\_\_\_\_. Amen.



**Fourteenth Station: Jesus is Laid in the Tomb**

*Lovingly, his friends wrapped Jesus' dead body and placed it in a tomb.*

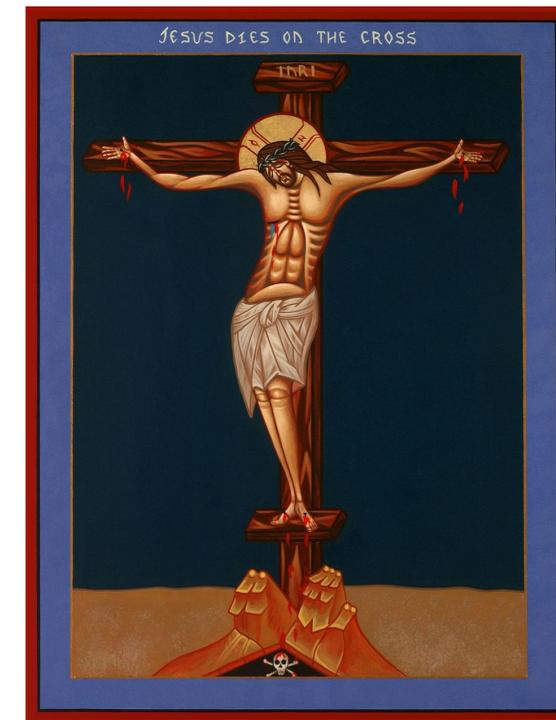
**Reflection:** Jesus' friends performed this act of mercy for him, as we must continue to do today for our loved ones. If I am able, I will visit the sacred place of burial and pray there for my loved one.

**Prayer:** Heavenly Father, giver of life, help me to have the courage to pray for my beloved dead and for my own needs, as I continue on my journey surrounded by Your Love. Amen.

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# STATIONS of the CROSS

## *A Grief Journey*



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