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.
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.

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.

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.