

Stations of

the Cross

Station I:

Jesus is Tempted

Meditation:

Jesus was tempted in the wilderness to accomplish his mission through self-sufficient ways. In the garden of Gethsemane Jesus reiterated his desire to surrender to the ways of the Father. He did not hide his emotions and true feelings, but expressed them in complete honesty. He finished his prayers with the words: *...not my will but your will be done.* We follow Jesus to the place of surrender and complete trust to his heavenly Father

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." And again he came and found them sleeping, for their eyes were heavy. So, leaving them again, he went away and prayed for the third time, saying the same words again. Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand."

Matthew 26:36-46

Station II:

Jesus is Betrayed

“Friend, do what you came here to do.”

Matthew 26:50

“The son of man is going to be betrayed into the hands of men. They will kill him and after three days he will rise.”

Mark 9:31

Then one of the twelve, whose name was Judas Iscariot, went to the chief priests and said, “What will you give me if I deliver him over to you?” And they paid him thirty pieces of silver. And from that moment he sought an opportunity to betray him.

Matthew

26:14-16

Meditation:

Jesus invested himself for three years into close friends who later became the apostles and witnesses to the gospel. In his time of greatest need they all abandoned him. Worse than that he was betrayed by one of his closest friends, with a kiss, for a few coins of silver. Jesus experienced deep betrayal and abandonment being able to sympathize with the brokenness of this world. We follow Jesus to the place of betrayal and abandonment.

Station III:

Jesus is Condemned

“Shall I crucify your king?” pilate asked.

“We have no king but caesar,” the chief priests answered. John 19:15

“You would have no power over me if it were not given to you from above. Therefore the one who handed me over to you is guilty of a greater sin.” John 19:11

“But this is your hour - when darkness reigns.” Luke 22:53

Meditation:

Jesus Stands in the most human of places. He has already experienced profound solidarity with so many on this earth by being beaten and tortured. Now he is wrongfully condemned to punishment by death. His commitment to entering our lives completely begins its final steps. He has said “yes” to God and placed his life in God’s hands. We follow him in his final surrender, and contemplate with reverence each place along the way as he is broken and given for us. as the journey begins ask to be with Jesus.

Station IV:

Jesus is Mocked

“But if I spoke the truth, why did you strike me?” John 18:23

“And they stripped him and put a scarlet robe on him” Matthew 27:28

“See, we are going up to Jerusalem. And the Son of Man will be delivered over to the chief priests and scribes, and they will condemn him to death and deliver him over to the Gentiles to be mocked and flogged and crucified, and he will be raised on the third day.”

Matthew 20:18-19

Meditation:

The Son of God and living Word was mocked, beaten and tortured by the Roman soldiers. They pressed a crown of thorns upon his head and ridiculed him. In all this Jesus was silently enduring the mockery and experienced deep loneliness. He stands in the place of profound solidarity with so many on this earth by being beaten and tortured. We follow Jesus into the place of mockery and loneliness. What areas of your lives have you experienced mockery and abuse from others?

Station V:

Jesus is Given His Cross

“Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life.”

John 3:14-15

Meditation:

Jesus is made to carry the cross on which he will die. It represents the weight of all our crosses. What he must have felt as he first took it upon his shoulders! With each step he walks in the path of human misery and suffering and experiences its crushing weight. This journey is for us. He welcomes us to suffer with Christ now so that with Christ we will also share in the Resurrection and new life.

Station VI:

Jesus Falls

“Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

John 12:24

Meditation:

See our Saviour enduring so much suffering, so many insults, and oppressed with the heavy burden of the cross, for love of us. Contemplate the Son of God, redeemer of the world, and how much He is suffering. In his suffering we see the gravity of our sins. Store up in your heart the image of Jesus on the ground being brought low, knowing that you never need to feel alone in your sufferings. Jesus knows the deep suffering and he profoundly understands our fatigue and our defeats. It is Jesus' brokenness that makes us whole. His surrender gives me life. Pause to experience and receive how completely he loves you. He is indeed completely poured out for the world.

Station VII:

Simon Carries Jesus Cross

And as they led him away, they seized one Simon of Cyrene, who was coming from the country, and laid on him the cross to carry it behind Jesus. Luke 23:26

Then Jesus told his Disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me." Matthew 16:24

Take my yolk upon you, and learn from me, for i am gentle and lowly in heart, and you will find rest for your souls. Matthew 11:29-30

Meditation:

Jesus is made to experience the poverty of not being able to carry his burden along. He enters into the experience of all who must depend upon others to survive. those who suffer tribulations, suffering, persecutions, and are despised for the love of God are all helping Jesus carry His cross. if they persevere, they will be partakers of his glory in heaven.

Station VIII:

Jesus is Stripped

“For if men do these things when the tree is green, what will happen when it is dry?” Luke 23:31

When the soldiers had crucified Jesus, they took his garments and divided them into four parts, one part for each soldier; also his tunic. But the tunic was seamless, woven in one piece 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 which says, “They divided my garments among them, and for my clothing they cast lots.” so the soldiers did these things, John 19: 23-24

Meditation:

Part of the indignity is to be crucified naked. Jesus is completely stripped of any pride or dignity. He experienced the ultimate vulnerability of the defenceless. No shield of security protects him. Contemplate all that has been taken from him and how much he has given for us. He hangs on the cross in total humility for you.

Station IX:

Jesus is Nailed to the Cross

“My God My God, why have you forsaken me?” Matthew 27:46

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

Luke 23:33-34

Meditation:

We can only imagine the cruelty and the unrelenting agony which Jesus experienced during the crucifixion. We enter into the realm of mystery: why did God, who became man for love of us, let Himself be nailed to a piece of wood and lifted up amid atrocious physical and spiritual torments? As God, Jesus could have released Himself from the hands of His executioners. He did not powerlessly succumb to being nailed to the cross; He willed it for our salvation. Allow this triumphant surrender by God because in His love we can only glimpse here on earth to wash you anew. Hear it call you to see Christ in everyone you encounter. The cross renews a love inside each of us for Christ and the world He came to save.

Station X:

Jesus Dies

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, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last.

Luke 23:44-46

Meditation:

Let us be immersed in a sea of sorrow over the death of Jesus and say to Him: "Lord, we thank you for having died on the cross for our sins." We stand at the foot of the cross, side by side with all of humanity and behold our salvation.

Station XI

Jesus is Buried

So they took the body of Jesus and bound it in linen cloths with the spices, as is the burial custom of the Jews. Now in the place where he was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid. So because of the Jewish day of Preparation, since the tomb was close at hand, they laid Jesus there.

John 19:40-42

Meditation:

Contemplate this act of closure on Jesus' life. In solidarity with all humanity. His body is taken to its grace. In the fullness of faith in the Risen One express gratitude for this way of the cross. Ask Jesus, whose hands, feet and side still bear the signs of this journey, to grant us the graces needed to take up our own crosses to be servants of His own mission.

Station XII:

Jesus Rises

“I am the good shepherd. The good shepherd lays his life down for his sheep.”
John 10:11

“Don’t tell anyone what you have seen, until the son of man has been raised from the dead.”
Matthew 17:9

“Do not be afraid. I am the First and the Last. I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.”
Revelation 1:17-18

Meditation:

When Jesus rose from the dead his disciples were confused, disoriented afraid and in doubt. Because of their grief they were unable to recognize Jesus. Some of them believed in the conspiracy that others stole Jesus away. Even the appearance of angels did not convince the disciples of the resurrection. Jesus talked and walked unnoticed with his disciples until he revealed himself to them. In what areas of your lives has grief hindered you from recognizing the risen Christ at work?