The First Station

Jesus is Condemned to Death-We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Condemned—

To condemn means to sentence, usually to death. Jesus was condemned to death, death on a cross. People were afraid of what he was doing and wanted him gone. We know that Jesus came not only to show us how to live but to save us. The people of this time were frightened and came to the conclusion that ending Jesus’ life was the best solution. So often we too are quick to jump to conclusions about what other people deserve. We condemn them for not being like us, we may not condemn them to a physical death but to an emotional or social one. Lord help us to be more like Jesus and love those around us and to not be like those who condemn others.

Amen

The Second Station

Jesus accepts His cross- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Burdened—

We all have been burdened in our lives. Jesus was a good and holy man and yet people decided to burden him with having to carry the cross to Calvary. When Jesus was ministering on earth one of the many things he did was to lift the burden of others. He cured those who were burdened with deafness, physical disabilities, spiritual loneliness and many others. In scriptures it says- “Come to me, all who labor and are burdened, and I will give you rest.” Ironically the man who eases our burdens was given the greatest of burdens, death on a cross, and yet he freely accepted this burden because he knew he had to in order to save us all from our sins. We too burden others with unnecessary stress, work or pain. Lord help us to be mindful of those around us and not burden them with crosses we create.

Amen

The Third Station

Jesus Falls the first time- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Falls-

Falling causes us pain, physical scrapes and bruises, mental tiredness or spiritual weariness. When Jesus was walking to Calvary the cross was heavy but the weight of his love was greater. Even though he fell to his knees he didn’t quit and say I’m done with this. He gathered his strength, got up and continue on this painful journey. Why?—because he loves us! He knew that he needed to die for us to live! When we fall in our lives do we give up or do we pray to Jesus for the strength to get back up? Lord help us to keep our eyes on you when we fall down and know that with your help we too can continue on our journey of life.

Amen

The Fourth Station

Jesus meets his mother- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Meets—

When we meet someone we can change for the better or for the worse. When Jesus was suffering on his way to Calvary he meet many people, people cursing and spitting at him and others who were supporting him. When he met his mother, Mary, along the rocky path she must have been hurting for her Son. Jesus knew he had to continue, meeting his mother may have been what he needed to see in order to continue. Who are the people that we’ve met in our lives that give us the desire to be the best person we can be? Jesus gave us others to walk with us because he knew that no one can walk alone. Lord thank you for allowing us to meet the people in our life, help us to appreciate them and support each other whenever we can.

Amen

The Fifth Station

Simon helps Jesus carry his cross- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Assisted—

Assisting someone is helping them by doing a share of the work. When Simon was coming in from the countryside the soldiers forced Jesus’ cross upon him. Simon did not volunteer to help, he may have even been upset that he had to do so, but looking back imagine how proud he must have felt for helping Jesus. How often do we get asked to help but say no or get upset because we’ve been asked? Are we afraid to ask for help? As Catholics we are called to assist others, even if it means giving up something we were hoping to do instead. We need each other! Lord help us to willing assist others and when we need help, let us be humble enough to ask for assistance from others.

Amen

The Sixth Station

Veronica wipes the face of Jesus- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Comforted—

When we comfort someone we ease them from some type of pain. Jesus was suffering on his way to Calvary. Many people witnessed this but it took courage from Veronica to come forward and comfort Jesus by wiping the sweat and blood from his face. There were probably people mocking her and telling her not to, but she did it anyways. Many people we encounter are suffering, it’s easy to look the other way or follow the crowd, it takes courage and selfless giving to comfort those around us. Lord help us to reach out to those who are suffering and give them comfort amid their distress.

Amen

The Seventh Station

Jesus Falls for the second time- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Falls—

Jesus falls a second time, this time he is even more tired and weaker. It takes more for him to stand back up and continue walking. People all around him are hurting him and pushing him down but his love for them, and us, is strength enough to get up. How easy it would be for him to stay down and give up. We too fall, time and time again, do we have the strength to finish our journey? When life gets tough and everything around seems to be falling apart how do we respond? Do we quit and lay there face to the ground or do we get up and see the larger picture? Lord help us to see your plan for us and never lose sight of what you have in store for us!

Amen

The Eighth Station

Jesus meets the weeping women- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Consoles—

To console someone means to reach out to someone who is grieving. Jesus was bruised, beaten, tired and weary and yet he took the time to console the weeping women who were grieving for him. Jesus loved and consoled them even though he, himself was suffering. It’s easy to get caught up in our own problems and pain, to be blind to those around us. We must be alert to others and know that through our consolation we will find a true sense of peace. Lord help us to aware of others sufferings and lend an ear to listen and shoulder to cry on to others.

Amen

The Ninth Station

Jesus falls for the third time- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Falls—

The definition of fall is to move downward, typically rapidly and freely without control. Jesus fell 3 times, not because he didn’t have control, he could have changed or stopped this at any time, but because he knew that he needed to do this in order for us to be saved. Jesus did this so we might have control of our fallings. When we sin we fall from God’s grace, through Jesus’ death we are given the opportunity to be saved and lifted up from our fallings. Lord help us to give you control of our life so that we may be lifted up and saved from our fallings.

Amen

The Tenth Station

Jesus is stripped of his garments- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Stripped—

To be stripped of something makes us more vulnerable. Jesus had little to begin with on his journey up Calvary, when he was at the spot where they were going to crucify him they took the little that he had and rolled dice to see who got it. Jesus was at the hands of these men, but through them stripping him of all he had he still showed them nothing but love and mercy. When people strip us of down to a state of vulnerability it’s easy to become upset with them or hide away in fear. Jesus showed that we don’t need to be ashamed or afraid as long as we believe that he is on our side. When we feel like people have taken all that we have we need to remember Jesus is there reaching out his open hand offering us the most valuable thing-His love! Lord help us to know that you are all we need in life and may our hearts not grow heavy when we feel others stripping us down but may we feel your hand clothing us with your love.

Amen

The Eleventh Station

Jesus is nailed to the cross- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Crucified—

To crucify-to put someone to death by nailing them to a cross. What a horrific way to die. Jesus didn’t deserve this and yet he stretched out his hands and endured the pain of nails driving into his hands and feet. When we sin we too drive nails into Jesus. Lord help us to love you and not crucify you with our words and actions.----please kneel------

Amen

The twelfth station

Jesus dies on the cross- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Expired—

When something expires it means it is no longer valid, Jesus had been crucified and his earthly body was no longer valid. We know that this wasn’t the end of his life but at the time people didn’t know what was coming in 3 days, but Jesus did. He endured this expiration from earth because he wanted to help us gain eternal life with him in heaven. When Jesus expired on the cross imagine what the people who loved him felt. When we feel like our energy, spirit or zest for life is expiring how can we redeem it and bring it back to life? What are things that cause us to give up? Lord help us not let our love for you or others to expire.

Amen

The thirteenth station

Jesus is taken down from the cross- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Lowered—

As Jesus’ lifeless body is lowered down from the cross, people thought this was the end. The people who put him to death may have begun to feel guilty for what they have done and those who loved him were in agony. When his body was lowered off the cross the crowds dispersed and people had to deal with the many emotions surrounding this event. Through all of this Jesus’ was still present with them, his earthly body was no longer vital but his spirit was alive and guiding them. When things go wrong and we feel that we are lowered into a state of guilt or agony how do we respond? Do we believe that Jesus is with us through these emotions or do we fail to see him through our pain? Lord help us to know that you never leave us, that you are always there with us through the ups and downs of our life.

Amen

The fourteenth station

Jesus is laid in the tomb- We adore you O Christ and we praise you

Because by your holy cross you have redeemed the world

Entombed—

Joseph from Arimathea asked Pilate for Jesus’ body. After he got permission from Pilate he took the body wrapped it in clean linen and laid Jesus in a tomb. The guards were suspicious that people might steal the entombed body, because while Jesus was still alive he said “after three days I will be raised up” Pilate’s soldiers guarded the tomb, not knowing what Jesus was capable of doing. We too need to stand guard in our lives, many times the things we do aren’t the holiest of actions or words. Just as Joseph from Arimathea gave Jesus’ body a respectful and deserving place to lay we too need to be respectful in helping ourselves and others lay to rest the actions that lead us away from Christ in hopes that we too can rise up to a new life with Jesus! Lord help us entomb those behaviors that lead us away from you and to uncover those that lead us to you.

Amen