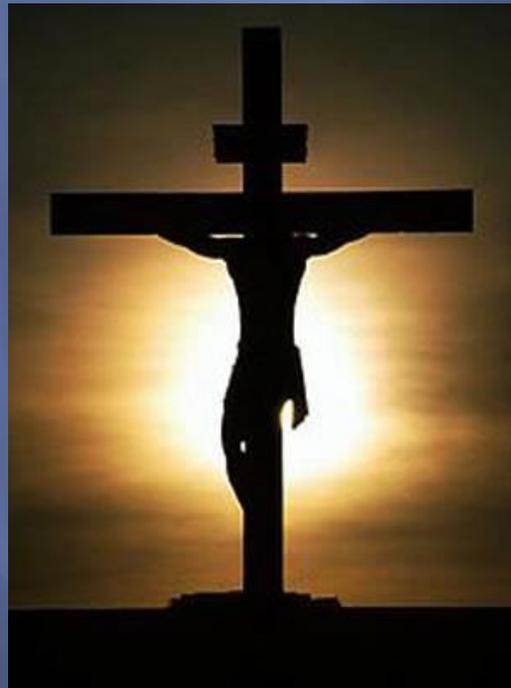




THE STATIONS OF THE CROSS

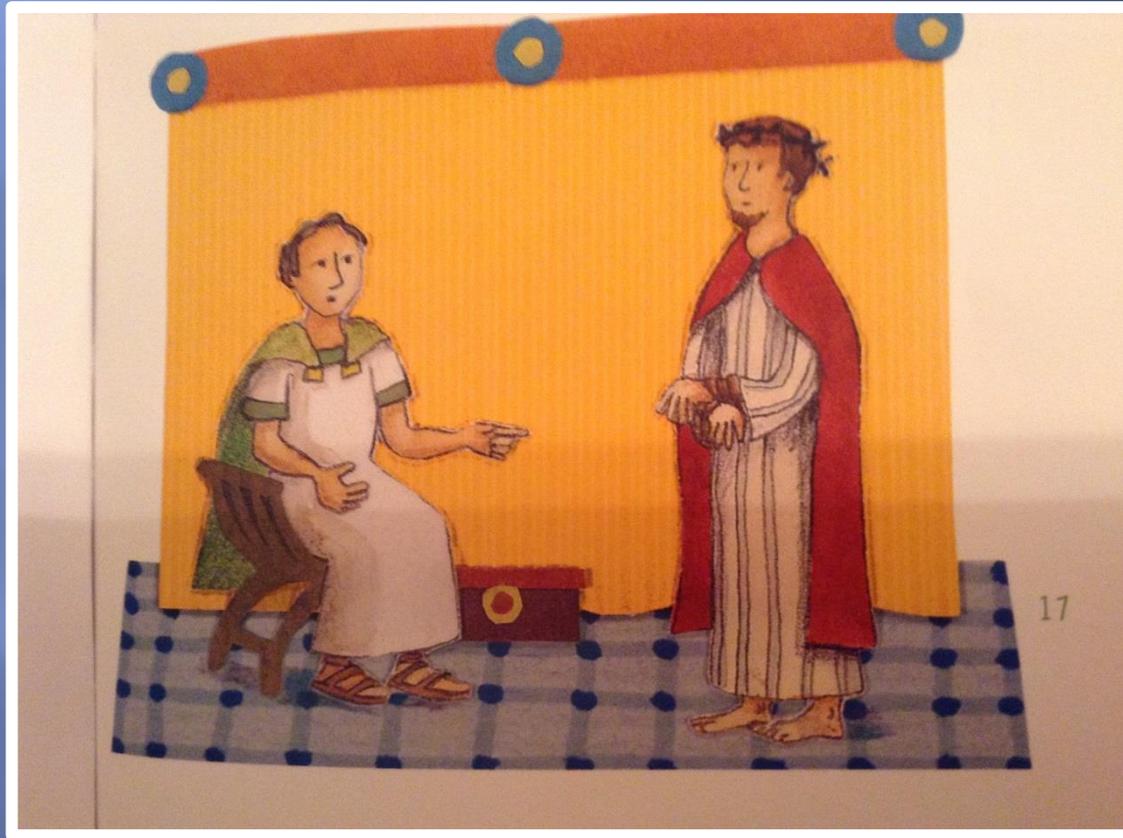


Let us walk and pray together
with Jesus as He carries His
cross...



1st Station

Jesus is condemned to death

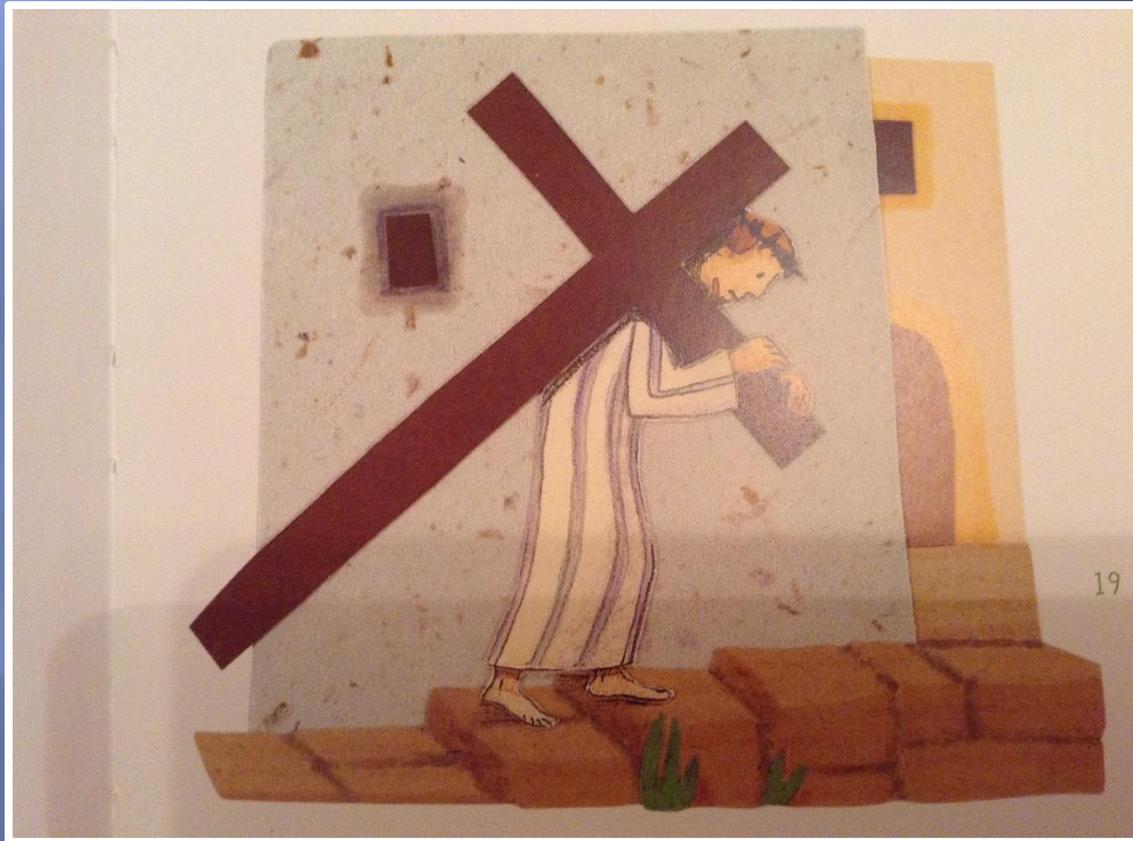


“Pilate... having ordered Jesus to be scourged, handed him over to be crucified.” Mark 15:15

When I say bad things about others, I
am hurting you Jesus.
Help me to love others like you know
how to love.



2nd Station Jesus carries His cross



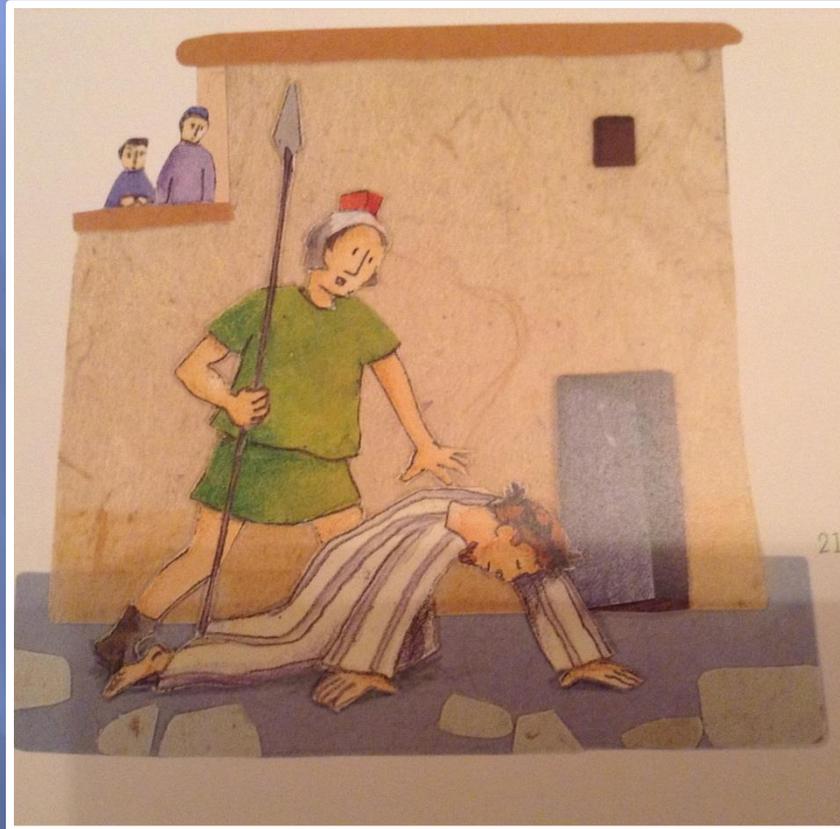
- "Carrying His own cross, Jesus went out to the place of the skull, or as it was called in Hebrew, Golgotha." John 19:17

Jesus, you help me to carry the weight of all the things that upset me or worry me in my life. Help me to help others when they need my support.



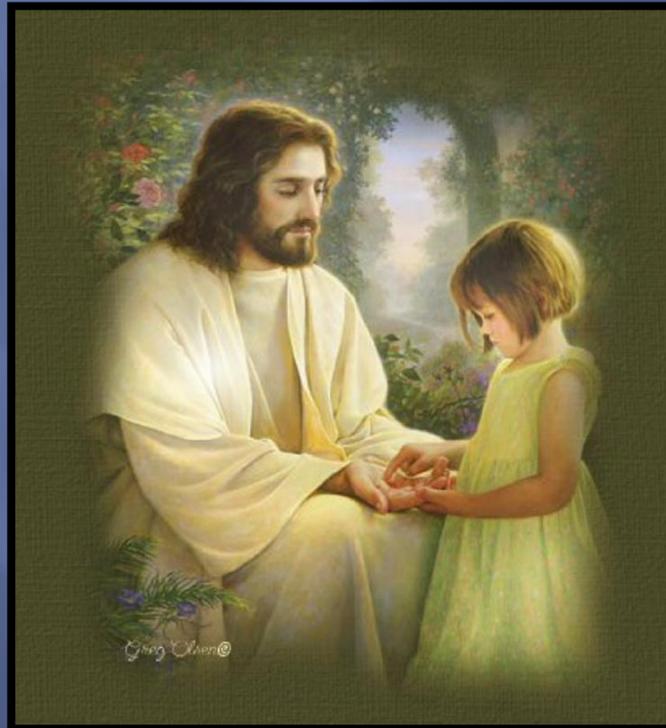
3rd Station

Jesus falls for the first time



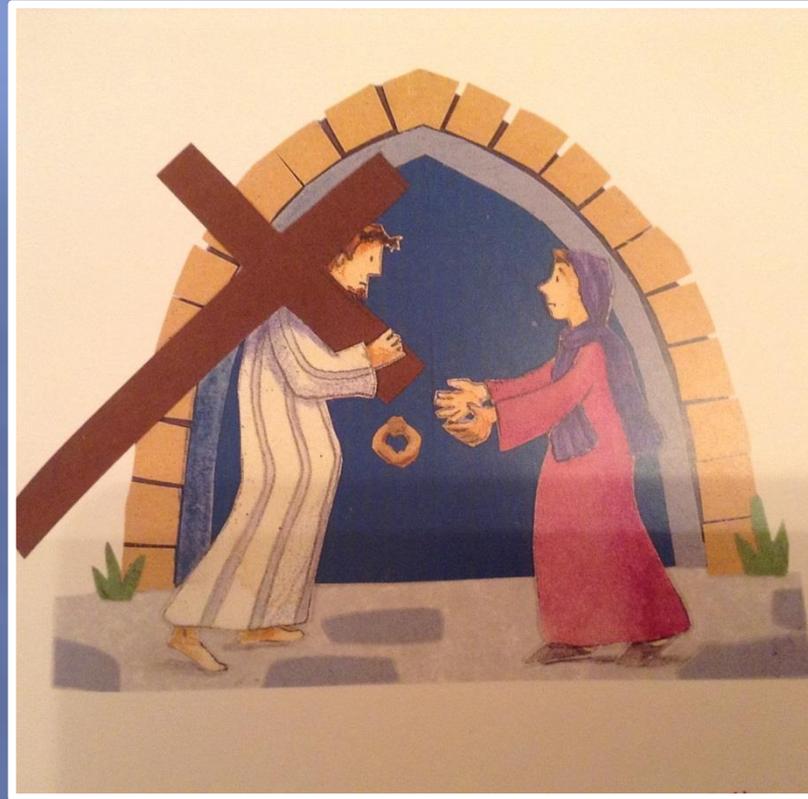
"Come to me , all you who labour and are overburdened, and I will give you rest." Matthew 11:28

Oh Jesus, give me your strength when I find everything too much to bear. Help me to stand up again and be strong in your love.



4th Station

Jesus meets His mother Mary



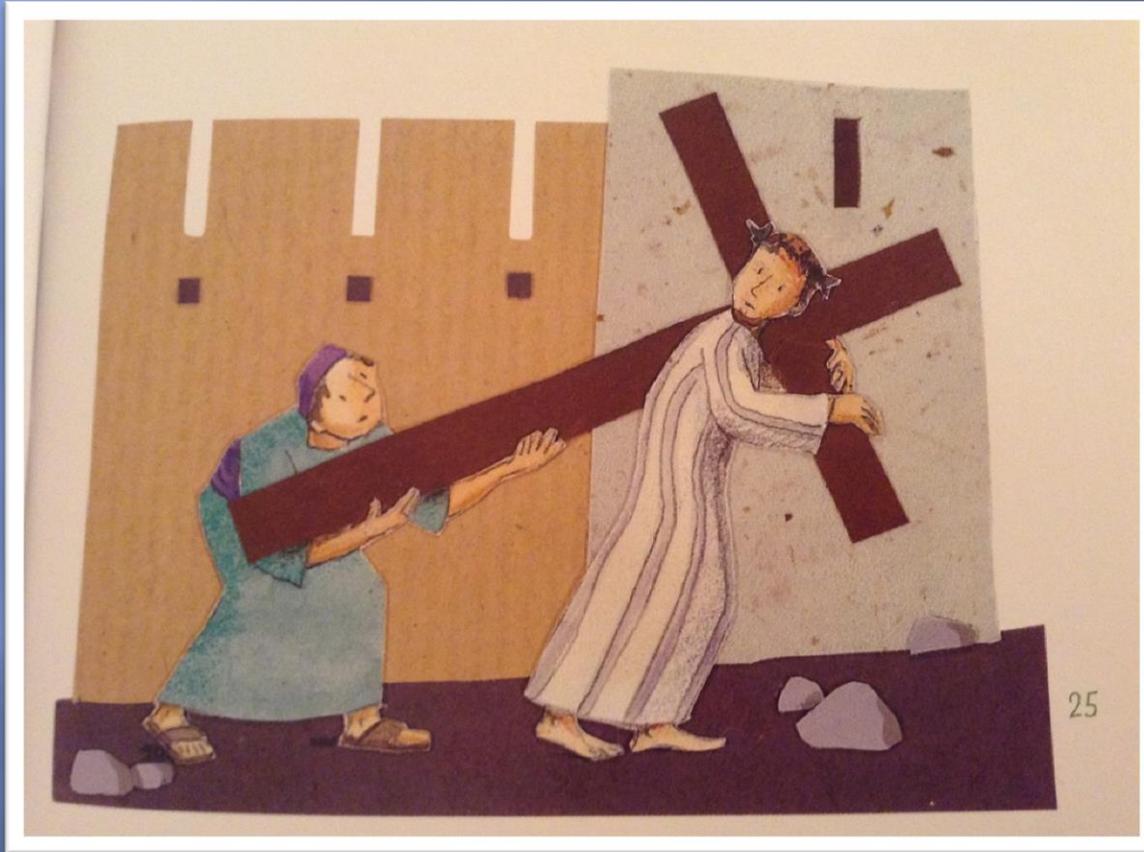
Simeon said to Mary.' You see this child: He is destined for the fall and rising of many in Israel...and a sword will pierce your own soul too.' Luke 2: 34-35

Dear Jesus, I pray for all those children in the world who are suffering and for those who don't have a mother to comfort them. May Mary, Jesus' mother keep them safe in her love.



5th Station

Simon helps Jesus carry His cross



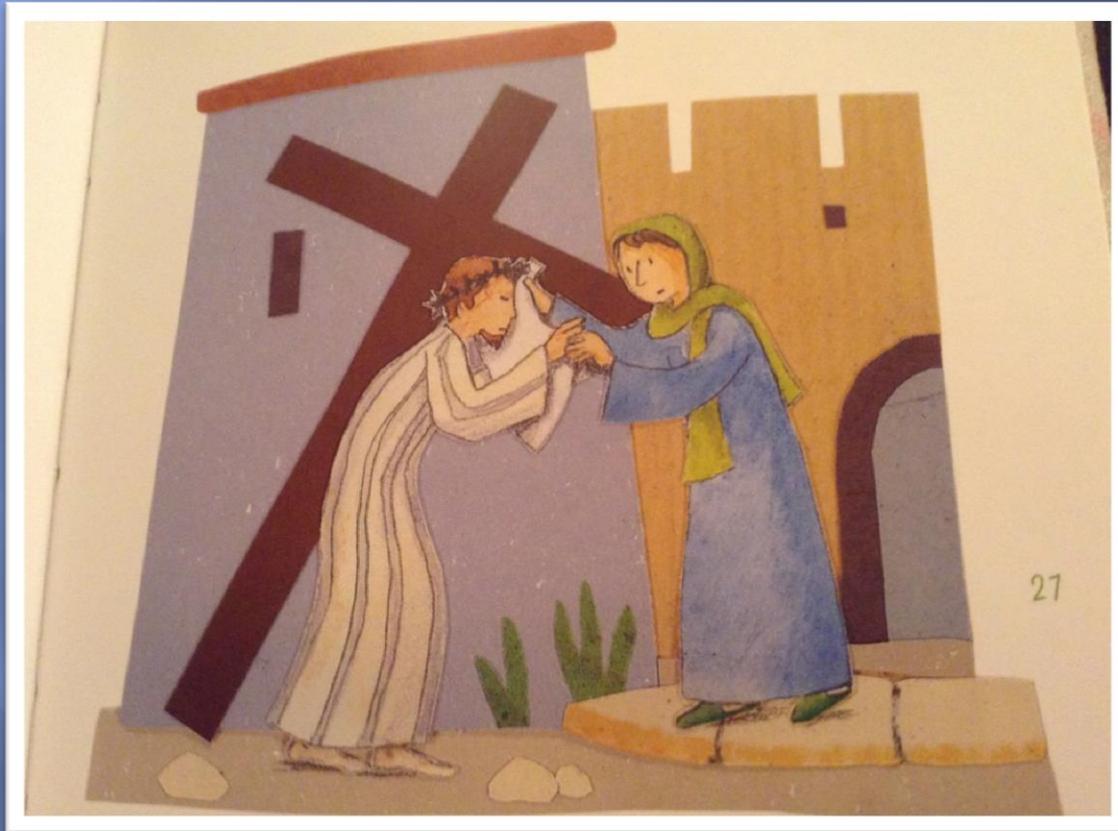
"They seized on a man, Simon of Cyrene, who was coming in from the country, and made him shoulder the cross and carry it behind Jesus." Luke 23:26

Dear Jesus, do you need me to help you carry your cross? Make me see people around me who are upset. When I help them, I am helping you.



6th Station

Veronica wipes the face of Jesus



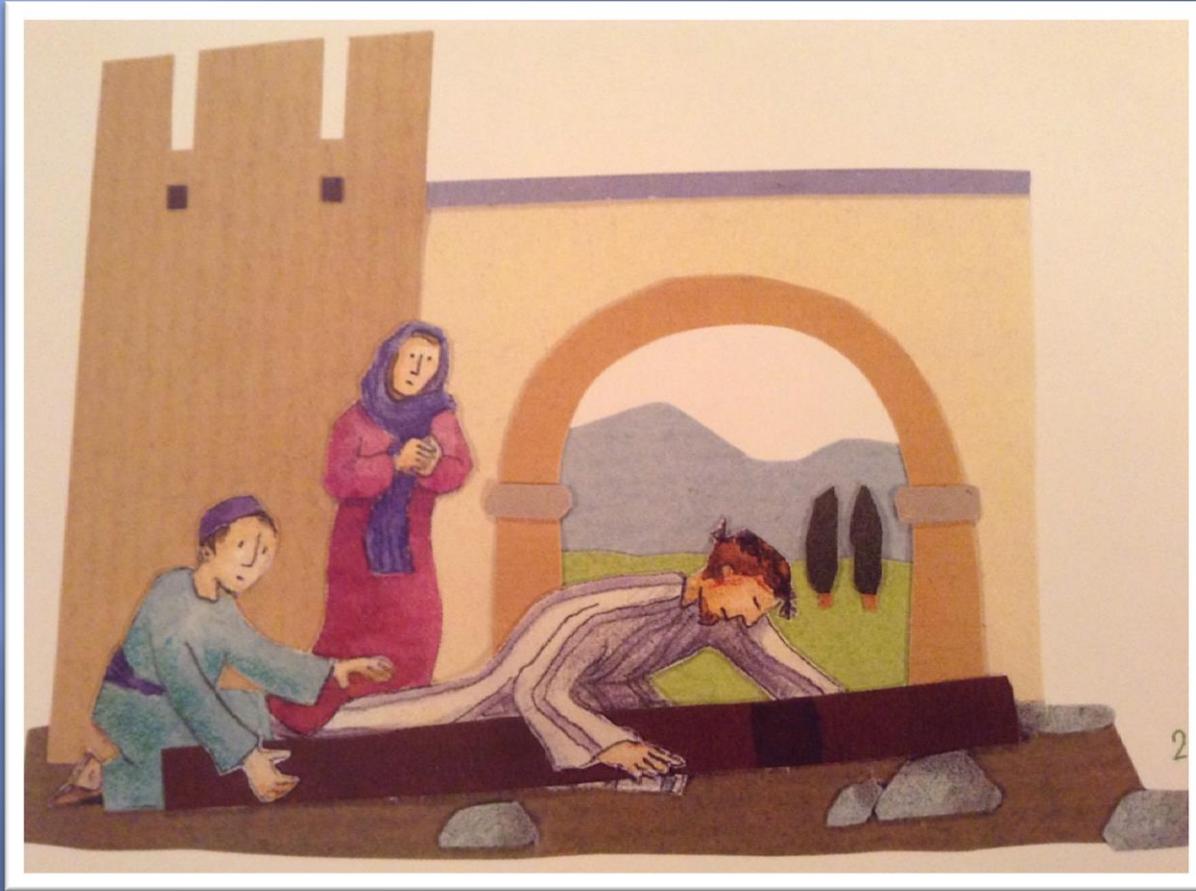
“Without beauty, without majesty (we saw Him), no looks to attract our eyes, a thing despised and rejected by men, a man of sorrows... a man to make people screen their faces” Isaiah 53:3

Like Veronica who wiped your face, with my love
I can try to comfort others.
Jesus, I pray for the sad, the sick, the old and
the lonely.



7th Station

Jesus falls for the second time



“Harshly dealt with, he bore it humbly, he never opened His mouth, like a lamb that is led to the slaughter house.” Isaiah 53:7

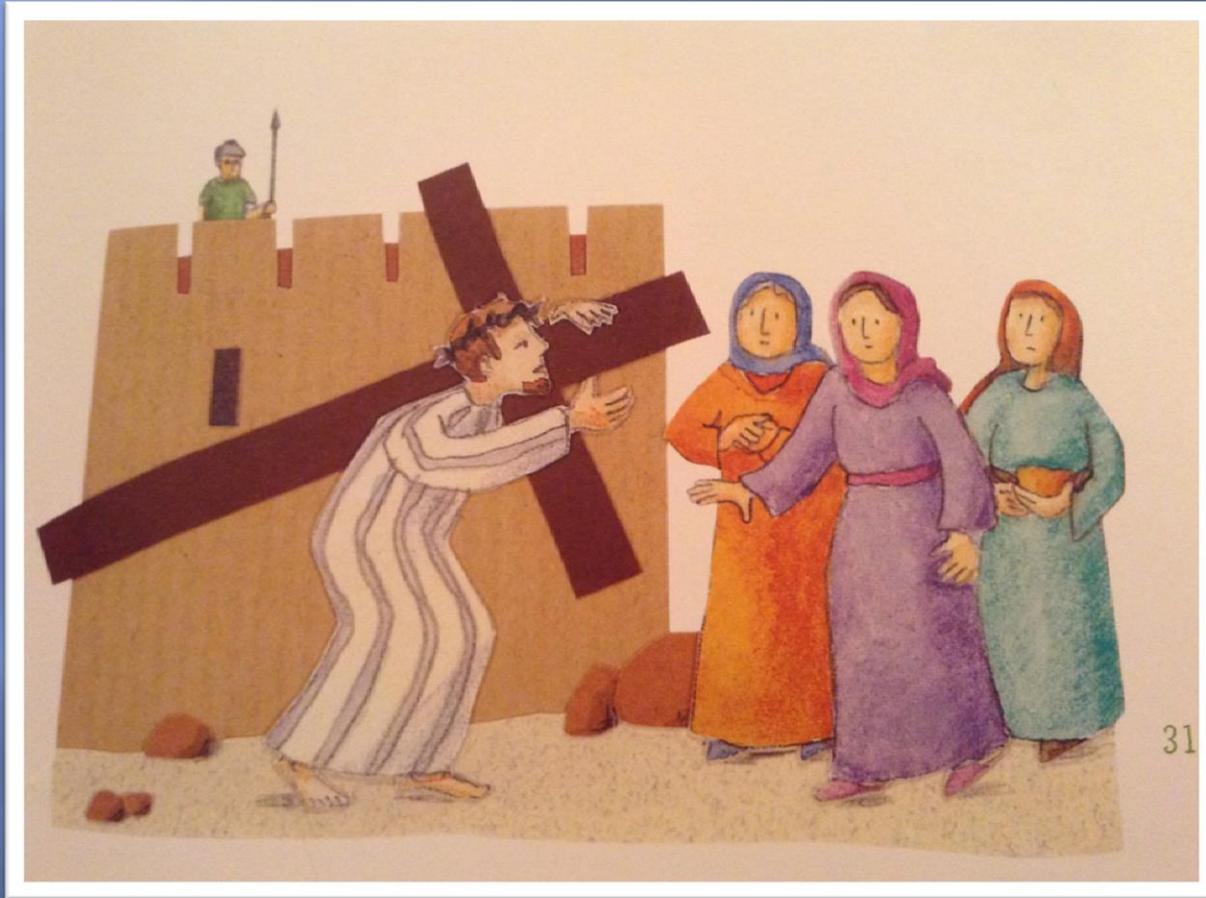
I find it hard to keep my resolutions when I try to be a better person. Teach me Lord to keep trying and, even if I fall, give me your strength to carry on even though I find it hard.



Photo via Glo Images

8th Station

Jesus meets the women of Jerusalem



“Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me. Weep rather for yourselves and for your children!’” Luke 23:28

Lord, it is easier for me to see what other people do wrong than to recognise what I do wrong. Teach me to be honest with myself and look to you for forgiveness.



9th Station

Jesus falls for the third time



"I tell you most solemnly, unless a wheat falls on the ground and dies, it remains a single grain; but if it dies, it yields a rich harvest." John 12:24

Even though I fall many times and let you down, Lord, I know you always love me and forgive me.



10th Station

Jesus is stripped of His clothes



“When the soldiers had finished crucifying Jesus, they took his clothing and divided it into four shares, one for each soldier.” John 19:23

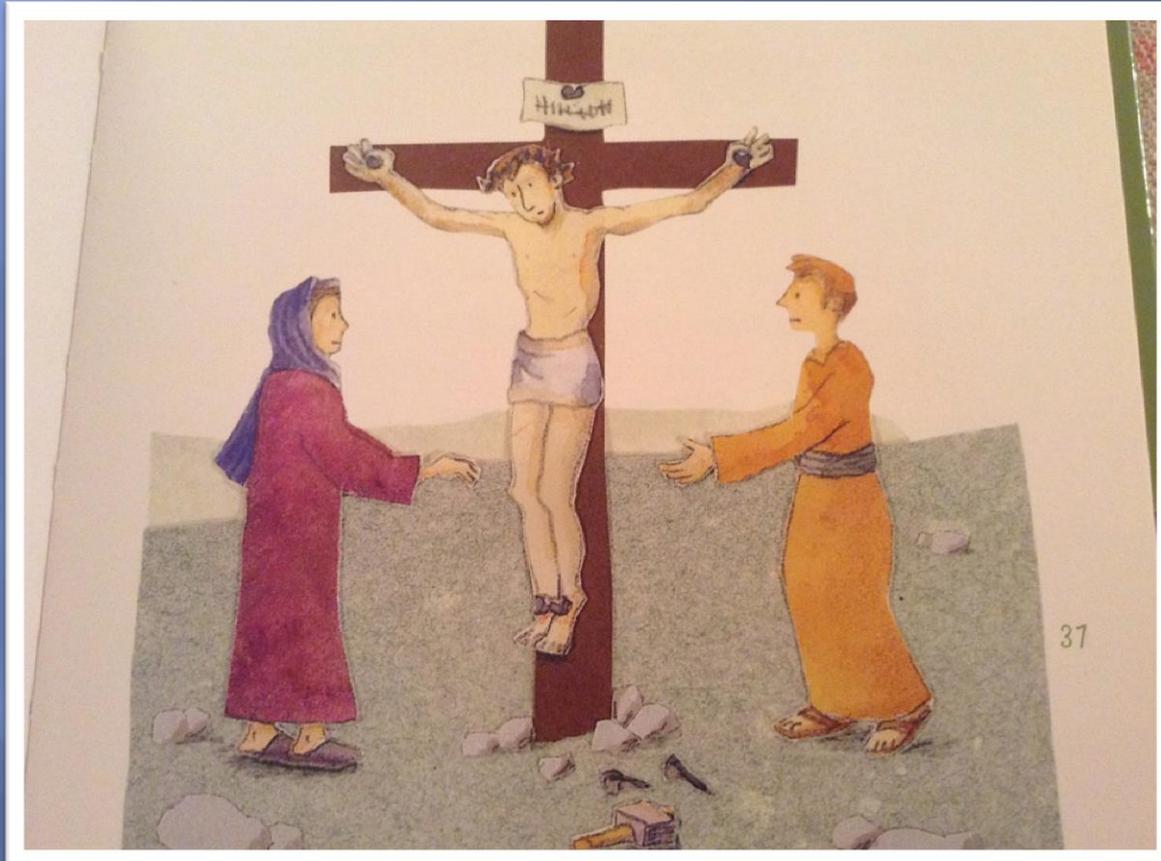
Lord, you made us in your image and likeness. Sometimes I am mean or laugh at others.

Teach me to be kind and caring towards my neighbour Help me show love.



11th Station

Jesus is nailed to the cross



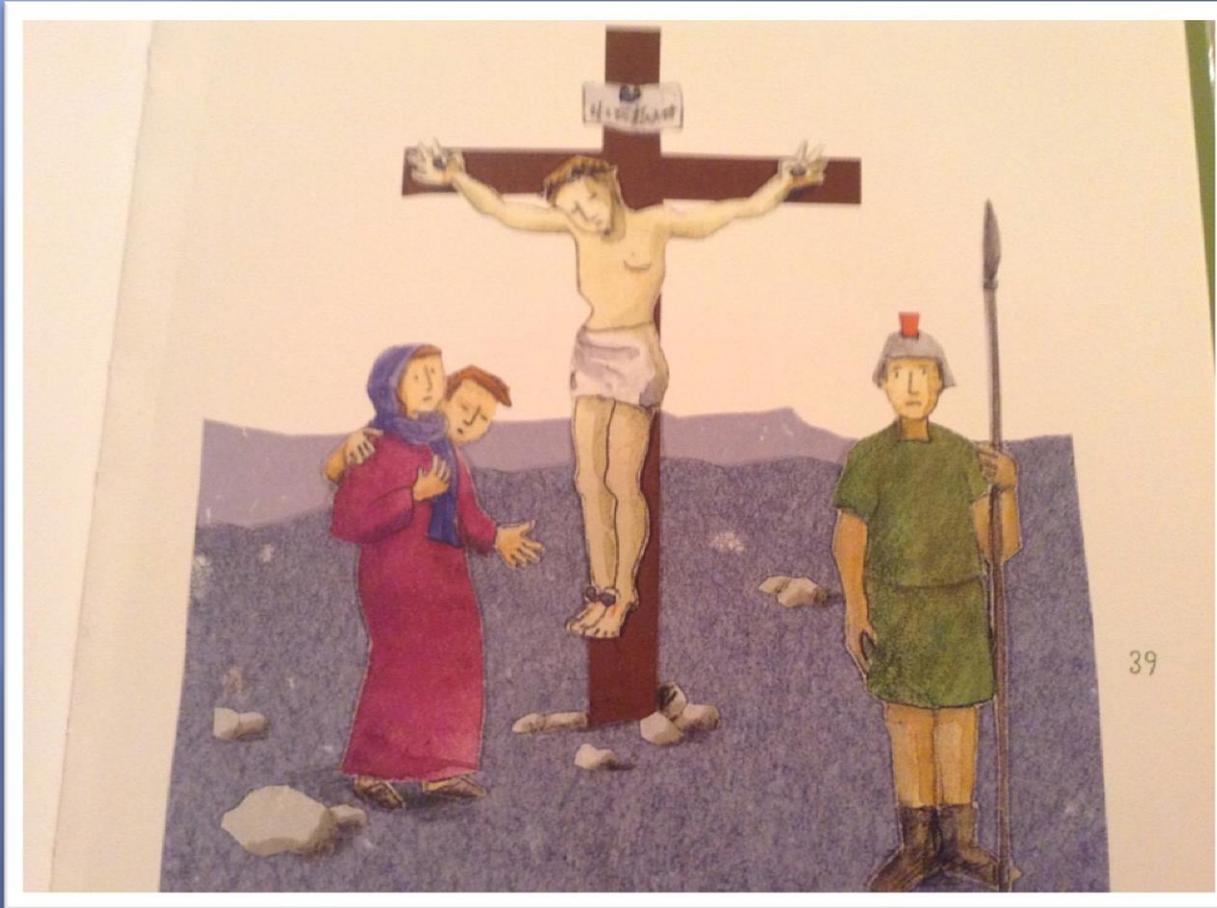
"Seeing his mother and the disciple he loved standing near her, Jesus said to his mother, 'Woman, this is your son.' Then to the disciple he said, 'This is your mother.' John 19:26-27

Lord Jesus, I will take Mary as my mother too. With her, I pray that your love will reach to us all.



12th Station

Jesus dies on the cross



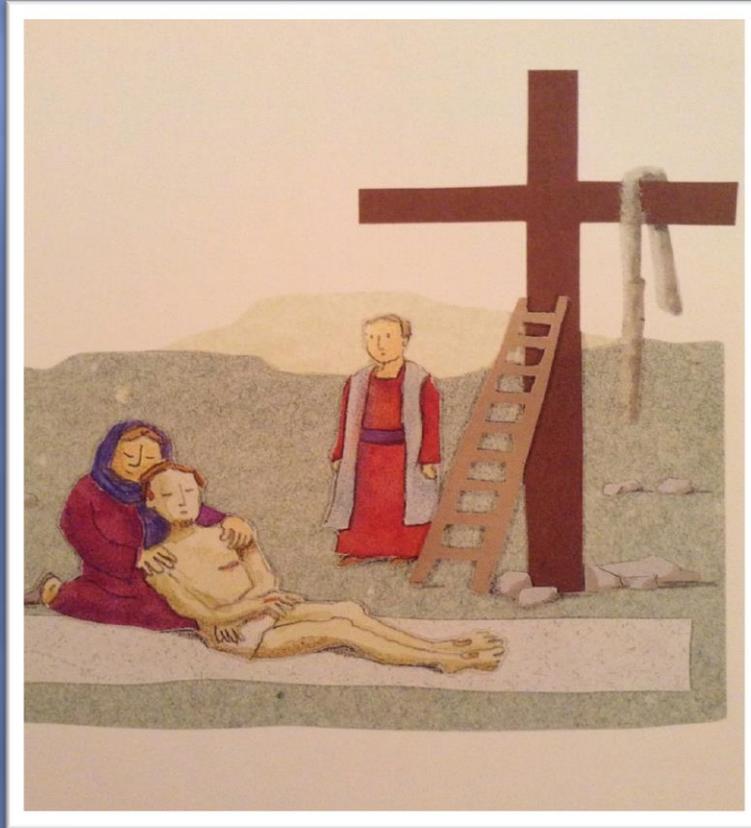
"When they reached the place called the Skull, they crucified him there...Jesus said, 'Father, forgive them; they do not know what they are doing.' Luke 23:33-34

Lord Jesus, at the hour of your death,
your arms are open wide to show us your
love and forgiveness. Teach me to forgive
like you do.



13th Station

Jesus is taken down from the cross



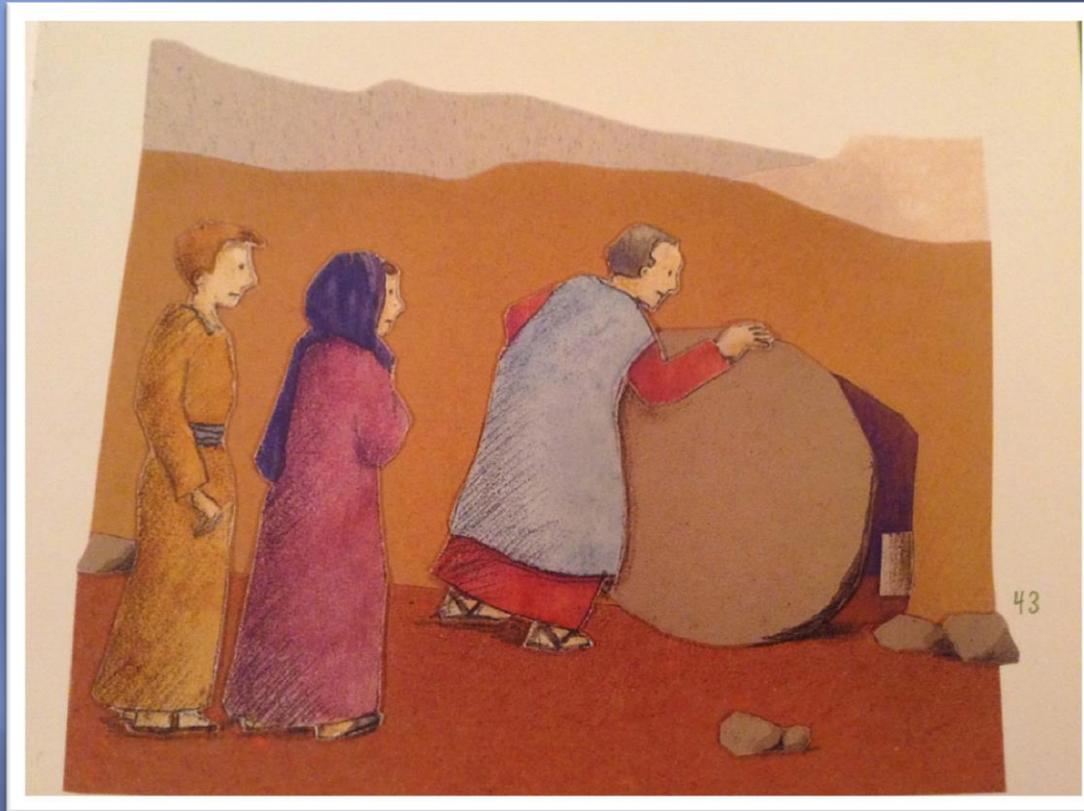
“When it was evening, there came a rich man of Arimathea, called Joseph, who had himself become a disciple of Jesus. The man went to Pilate and asked for the body of Jesus. Pilate therefore ordered it to be handed over.” Matthew 27: 57-58

Mary was so heartbroken at losing Jesus but, in spite of her pain, Jesus left his peace. Jesus, I pray that your peace lives in me.



14th Station

Jesus is laid in the tomb



"So Joseph took the body, wrapped it in a clean shroud and put it in his own new tomb. He then rolled a large stone across the entrance of the tomb and went away." Matthew 27:59-60

In the silence and emptiness, let us think
Lord of how you gave yourself to us
because you loved us so much.
Thank you for your never ending love.
Amen

