



First fall

Wherever we may be, we carry with us in our body the death of Jesus, so that the life of Jesus too may always be seen in our body.
(2 Corinthians 4:10)

We can remember in prayer here those who are crushed under their burdens and troubles. We ask forgiveness for the times when we fail to ease the burdens of others.

III 3



Jesus meets Mary

Simeon said to Mary: "You see this child: he is destined to be a sign that is rejected – and a sword will pierce your own soul too – so that the secret thoughts of many may be revealed."
(Luke 2:34-35)

Mary and Jesus reach out to one another who is suffering. They also reach out to us. May we do the same for one another.

IV 4



Simon helps Jesus

As they were leading him away, they seized a man, Simon of Cyrene, who was coming in from the country, and made him carry the cross behind Jesus.
(Luke 23:26)

Simon found a blessing where there seemed to be a cross and a burden.

V 5



Veronica

Having twisted some thorns into a crown, they put this on his head, and they spat on him.
(Matthew 27:29-30)

Many people in our world today are mocked and despised. Let us ask the grace to come to their help, no matter what the danger may be – just as Veronica did.

VI 6



Second fall

The Lord said: "My grace is sufficient for you. My power is at its best in your weakness."
(2 Corinthians 12:9)

When we seem to keep on falling, we can lose courage and hope. Let us turn to the Lord for true strength.

VII 7



The women of Jerusalem

Jesus said: Daughters of Jerusalem, do not weep for me, but for yourselves and for your children.
(Luke 23:28)

In his own suffering, Jesus was able to recognise the troubles of others. When we have troubles, may they not turn us in on ourselves. May Jesus free us to do as he did.

VIII 8



Third fall

The troubles which are soon over train us for the carrying of a weight of eternal glory which is far greater than those troubles.
(2 Corinthians 4:17)

We all fail in many ways. Let us not look down on those who seem to fall more than we do. May we recognise Jesus in those who fall most. May we recognise him in ourselves too.

IX 9



Jesus stripped

Jesus said: "I was hungry, and you gave me food. I was naked and you clothed me. In so far as you did it to one of the least of these brothers or sisters of mine, you did it to me."
(Matthew 25:35,40)

If we want just to hold on to what we have, and want more and more, we may strip many others of what they need to live.

X 10



Nailed to the cross

Jesus said: "Father, forgive them. They do not know what they are doing."
(Luke 23:24)

Often, we may not realise the suffering we cause to others. May the forgiving spirit of Jesus help us to see, and heal our hearts and minds.

XI 11



Jesus dies

It is not easy to die for someone else – even for a good person. What proves that God loves us is that Jesus died for us while we were still sinners.
(Romans 5:7-8)

Death has no more power over Jesus any more. Death has no more power over us, if we are living for Jesus, and living each day in him. Let us put in his loving hands now all fear we have of suffering and death.

XII 12



Jesus taken from cross

Joseph of Arimathea asked Pilate to let him remove the body of Jesus. Pilate gave permission, so they came and took it away, and wrapped it with spices in linen cloths.
(John 19:38,40)

Imagine the respect and care of Joseph and his friends at this time. We too touch Jesus – not a dead body, but his living body, when we meet one another.

XIII 13



Jesus laid in tomb

At the place where Jesus was crucified, there was a garden; and in this garden a new tomb in which no one had yet been buried. They laid Jesus there.
(John 19:41-42)

When we bury someone we love, or when we are lonely, there is an emptiness in us. May we recognise Jesus there – Jesus who brings us to the Resurrection.

XIV 14

Stations of the Cross

To pray the “Stations of the Cross” means to walk the last journey of Jesus with him. The most commonly used set of “Stations” (or places to stop on the journey) are the fourteen given here. However, there may be a smaller or larger number – it is not a fixed devotion. Some start with the entry of Jesus into Jerusalem on Palm Sunday. Some continue to Easter Sunday with the Resurrection. You can read the stories of the Passion and death of Jesus in the gospels according to Matthew, Mark, Luke, and John in the Bible.

Nine of the stations given here are in the Bible.

The other five are devotional: numbers 3, 4, 6, 7 and 9. Each church has its own ways to remind you of the Stations as you travel the journey. The pictures given here may be a help if you want to pray the Stations at home or elsewhere.

BEFORE YOU START:

Take a few quiet moments to remember what you’re about to do. You will walk the last journey of Jesus with him. This may seem too full of sorrow and suffering. But remember that Jesus is not dead! We travel this journey with him, knowing that he is alive, and with us now as he promised. We remember what happened, knowing that not all the power of evil and sin and suffering in all the world is stronger than the love of God that Jesus knew in his life, and that he brings to each of us.

PRAYERS YOU MAY FIND HELPFUL.

You may like to have a set formula to start and finish each station. Choose your own; or use or adapt these. As you come to each Station:

**We adore you, O Christ, and we praise you,
because by your holy cross
you have redeemed the world.**

Or:

**Lord, by your cross and resurrection
you have set us free.
You are the saviour of the world.**

*After thinking and praying in your own way
at each Station:*

**I love you, Jesus, above all things.
I love you more than myself.
I want to love you also
in my sisters and brothers:
we are the church, your living body.
Be Lord of my heart, and Lord of my life.
Amen.**

Stations of the Cross

Jesus is alive and with us! He is risen from the dead!
In the Stations of the Cross, we travel a journey with him.
You could stop and pray in your own way at each station.
You could read the thought from the Bible.
You could use a prayer from the back of this leaflet.
You could combine these, or choose your own way.
If you are with one or more persons praying the Stations,
you might like to share your thoughts and prayers in turn.



Jesus is condemned

The people shouted: “His blood be upon us and on our children.” Then Pilate ordered Jesus to be scourged, and then handed him over to be crucified.
(Matthew 27:26)

As we remember Jesus here, we pray for those facing death today. We pray for those condemned for following Jesus. For any time we have condemned another person, we ask forgiveness.

I 1



Jesus takes the cross

Carrying his own cross, Jesus went out of the city to the place of the skull, or, as it is called in Hebrew, Golgotha.
(John 19:17)

Feel the burden on your own shoulder now. Sometimes when we have something difficult to do, we just don’t want to take up our own burden. But Jesus carried his burden for us.

II 2