



# The Stations of the Cross

Begin by asking, "God, what is one way that I can become a-better-version-of-myself this week?" Use the Stations of the Cross as a way to deepen that reflection.

As you approach each Station, first genuflect and pray "We adore you o Christ and praise you. Because by your holy cross you have redeemed the world." If in a group, the leader says the first sentence and the group continues with the second.

## THE FIRST STATION: JESUS IS CONDEMNED TO DEATH

**Scripture:** Mark 15:1-5, 15 And as soon as it was morning the chief priests, with the elders and scribes, and the whole council held a consultation; and they bound Jesus and led him away and delivered him to Pilate. And Pilate asked him, "Are you the King of the Jews?" And he answered him, "You have said so." And the chief priests accused him of many things. And Pilate again asked him, "Have you no answer to make? See how many charges they bring against you." But Jesus made no further answer, so that Pilate wondered. So Pilate, wishing to satisfy the crowd, released for them Barab'bas; and having scourged Jesus, he delivered him to be crucified.

## THE SECOND STATION: JESUS CARRIES THE CROSS

**Scripture:** John 19:6, 15-17 When the chief priests and the officers saw him, they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him, for I find no crime in him." They cried out, "Away with him, away with him, crucify him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Gol'gotha.

## THE THIRD STATION: JESUS FALLS FOR THE FIRST TIME

**Scripture:** John 19:1-3

Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly.

## THE FOURTH STATION: JESUS MEETS HIS MOTHER

**Scripture:** John 19: 25-27

So the soldiers did this. But standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Mag'dalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, you son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.

## THE FIFTH STATION: SIMON HELPS JESUS CARRY HIS CROSS

**Scripture:** Mark 15:21

And they compelled a passer-by, Simon of Cyre'ne, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.

## THE SIXTH STATION: VERONICA WIPES THE FACE OF JESUS

**Scripture:** Isaiah 53:2-3

He had no form or comeliness that we should look at him, and no beauty that we should desire him. He was despised and rejected by men; a man of sorrows, and acquainted with grief and as one from whom men hide their faces he was despised, and we esteemed him not.

## THE SEVENTH STATION: JESUS FALLS A SECOND TIME

**Scripture:** Romans 8:31-39

If God is for us, who can be against us? God who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? No, in all these things we conquer overwhelmingly through him who has loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.



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