



The Stations of the Cross is an ancient spiritual practice that remains vital and important to this day. The Stations invite us to walk Jesus 'Via Dolorosa, standing witness to his descent from Pilate's court, his journey beneath his cross through the dusty streets of Jerusalem, his stripping, nailing, crucifixion, and descent to the tomb. These woodcut images depict the traditional 14 Stations. They include scenes that elaborate on the New Testament Passion narrative. May these images join with your prayers, enriching your devotions for Holy Week.

### *Opening Prayer*

**My Lord Jesus Christ:**

**You suffered a great deal for me. I cannot even fathom just how much You accomplished for me through Your sacrifice. I have trials I want to get rid of. But You have shown by your journey to the Cross and Your death that I should embrace my sufferings as a journey that will lead to glory. Please help me to unite my sufferings with Your Way of the Cross, so that I may be healed, purified, and strengthened, and so that I may become Your instrument of healing love for others. In the name of the Father and of the Son and of the Holy Spirit.**

**Amen.**

**Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory, for ever and ever.**

**Amen.**

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## *1<sup>st</sup> Station*

### *Jesus Is Condemned to Death*

Accusers brought many false charges against Jesus, but He spoke not a word in His own defense. "Crucify him!" they shouted. Pilate washed his hands, to show the decision was not his own, but he did not dare to side publicly with Jesus.

*John 19:4,5*

*Pilate went outside again and said to the people, "I am going to bring him out to you now, but understand clearly that I find him not guilty." Then Jesus came out wearing the crown of thorns and the purple robe. And Pilate said, "Look, here is the man!"*

*Let us pray:*

**Lord, when You were misunderstood, abused and condemned,  
You silently forgave.**

**We so often respond in anger and out of fear.**

**Lord, You give us opportunity to choose You, Jesus.**

**Help us daily to return to You for strength, patience and guidance.  
Amen.**



## *2<sup>nd</sup> Station*

### *Jesus Takes Up His Cross*

Jesus was scourged. The whips cut His back until it was shredded and bathed in blood. A crown of thorns was set upon His head in mockery. Then they returned His robe to Him, and brought Him to the cross on which He was to die.

Jesus embraced the cross, resting it painfully on the smarting wounds on His back.

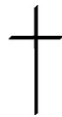
*John 19:17*

*So they took Jesus away. Carrying the cross by himself, he went to the place called Place of the Skull (in Hebrew, Golgotha).*

*Let us pray:*

**You were scourged and wounded. You deserved no punishment.  
When we punish others or feel punished, help us return to You.  
You modeled for us the forgiveness of our sins.  
For by Your cross we are healed. Amen.**

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*3<sup>rd</sup> Station*

*Jesus Falls the First Time*

Jesus had willingly embraced the cross, but His physical body was weak from lack of sleep, from the pressures of arrest and trial, and from torture and beating. The spirit is willing, but the flesh is weak. Jesus said, "Yes", but His body hesitated and He fell to His knees, determined to rise again even in His weakness.

*Mark 8:34*

*Then, calling the crowd to join his disciples, he said, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me."*

*Let us pray:*

**Lord, You embraced and shouldered Your cross, but Your body was weak. Your people shrink from the weight of suffering. In our weakness, Lord, let us pray: Your will be done.**

**Jesus, You were first a carpenter: build us into what You desire, plane the rough surfaces of our relationships. We are Your workmanship. Help us to follow Your will. Amen.**

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*4<sup>th</sup> Station*

*Jesus Meets His Grieving Mother*

As Jesus again shouldered the cross and bore its burden, He glanced ahead and saw His mother. He could not stop to talk, to explain, to gather her in His arms and comfort her. All His energy was being soaked into that cross.

*Lamentations 2:13*

*What can I say about you? Who has ever seen such sorrow? O daughter of Jerusalem, to what can I compare your anguish? O virgin daughter of Zion, how can I comfort you?*

*Let us pray:*

**Lord, You had to leave the security of home and family, twice. You left Your Father to be a man with us, and left Your human family to die for us. You teach us that by binding ourselves first and foremost to God our relationships with others will be healthy and blessed. Amen.**

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*5<sup>th</sup> Station*

*The Cross Is Laid on Simon of Cyrene*

Simon carried the cross of Christ. At first it was just a tiresome and unwelcome task he was forced into by the soldiers; only later did he recognize his privilege in shouldering the burden of the One who made the worlds. Simon, himself a stranger, an outcast, often misunderstood, perhaps identified with Jesus, and felt the gratitude of the Man above all men; and amid the pity Simon felt for Him, he felt a burning compassion flowing back to him from Jesus, a burning, life-changing love.

*Luke 23:26*

*As they led Jesus away, a man named Simon, who was from Cyrene, happened to be coming in from the countryside. The soldiers seized him and put the cross on him and made him carry it behind Jesus.*

*Let us pray:*

**As Simon did, You have taught us that we must bear one another's burdens. Give us sight to see and ears to hear the needs of others, and then hearts to respond. For we in giving, receive. May we faithfully carry Your cross and help bear the weight. Amen.**



*6<sup>th</sup> Station*

*A Woman Wipes the Face of Jesus*

An act of compassion. A woman called Veronica places a cool cloth upon His hot and tired face. He feels the coolness of the cloth, and the love with which it is offered. And through His pain He smiles - a smile never to be lost, never to be extinguished. She reaches out to touch His face and He leans His head into her hands, within her reach.

*Isaiah 25: 7,8,9*

*He will remove the cloud of gloom, He will swallow up death forever! The Sovereign Lord will wipe away all tears. In that day the people will proclaim, "This is our God! We trusted in him, and he saved us! This is the Lord, in whom we trusted. Let us rejoice.*

*Let us pray:*

**Let us like Veronica reach out to touch You. Show us Your lovey face.  
Teach us always to be Your witness, that other may gaze into Your  
Loving eyes and know Your smile. Amen.**

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*7<sup>th</sup> Station*

*Jesus Falls a Second Time*

The pain, the exhaustion, the love that drives Him on but the cross is so heavy. Again He falls beneath the weight; and in bitter resolution - Thy will be done - and in fatigue, Jesus again drives Himself up against the cross, and carries it on towards the fateful Hill of Death.

*Isaiah 53:12*

*I will give him the honors of a victorious soldier, because he exposed himself to death. He was counted among the rebels. He bore the sins of many and interceded for rebels.*

*Let us pray:*

**The grief we feel is hard to bear. The image all too vivid of how You bore the pain for us. Often I fall too and the temptation is not to rise again. But I feel Your strength and know I can carry on with You next to me, ever so close. Amen.**

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*8<sup>th</sup> Station*

*Jesus Meets the Women of Jerusalem*

As Jesus continued, painfully stumbling along the road to Calvary, a group of women joined themselves to the procession, wailing in the manner normally considered appropriate for a funeral procession. But Jesus told them instead to cry out to God for themselves and their own children.

*Luke 27-31*

*A large crowd trailed behind, including many grief-stricken women. But Jesus turned and said to them, "Daughters of Jerusalem, don't weep for me, but weep for yourselves and for your children."*

*Let us pray:*

**Lord, some of us are never far from tears, and some of us have forced ourselves not to cry. Better, we bring our tears to You Lord, that our sadness may respond to Your comforting and strengthening voice. Help us to learn from You about living through the darkness to find new light, new life. Amen.**



*9<sup>th</sup> Station*

*Jesus Falls a Third Time*

Jesus fell again. "Oh God, how many times must I fall and pick up that cross again? As many as seven times? Or seventy times seven times? For ever; until this never-ending road is ended; until the impossible is completed, the unbearable borne through all eternity. For the sake of My children, My sons, My loved ones, My people, I must go on. I will not, I must not, give up now. The way of sorrows, the way of pain, the way of self-renunciation, the way of My cross."

*Isaiah 53:7*

*He was oppressed and treated harshly, yet he never said a word. He was led like a lamb to the slaughter. And as a sheep is silent before the shearers, he did not open his mouth.*

*Let us pray:*

**How long the road You came for us, Lord, with your smarting burden.  
We watch. We realize O Lord, Your love has no limits. You know us in  
our greatest weakness. Your love for all human kind has no limits.  
Amen.**

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*10<sup>th</sup> Station*

*Jesus Is Stripped of His Garments*

At the time of death the King of life is stripped of His clothes. Naked, He came into the world; naked, He is taken from the world. He was a crying, helpless, dependent baby. Now, vulnerable, exposed, His heart, His life, His body all bared before the world, He will be hung up to be mocked. But God is not mocked - His very nakedness is a parable, a sacrament, a picture of the Father's hurting heart exposed in love to us.

*John 19: 24*

*This happened that the scripture might be fulfilled that said,  
"They divided my clothes among them and cast lots for my  
garments.*

*Let us pray:*

**Lord, for our sake You came to us from the riches of heaven and  
became poor. You came within our reach then. You are always within  
our reach now. You exposed all for us. In great humility may we find  
our solace in You, being open to You as You are always open to us.  
Amen.**

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## *11<sup>th</sup> Station*

### *Jesus Is Nailed to the Cross*

The journey was at the end. Jesus was quickly thrown backward with His shoulders against the wood. The soldier felt for the depression at the front of the wrist; he drove a heavy, square, wrought iron nail through the wrist and deep into the wood. Quickly, he moved to the other side and repeated the action, being careful not to pull the arms too tightly. The title “Jesus of Nazareth, King of the Jews” was nailed into place, and the crossbar lifted into position. The left foot was pressed backward against the right foot. With both feet extended, toes down, a nail was driven through the arch of each, leaving the knees moderately flexed.

*Luke 23:33*

*When they came to a place called The Skull, they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left.*

*Let us pray:*

**You were lifted high upon that cross, You promised:  
“If I be lifted up from the earth, I will draw all people to Me.” You gave  
Your life for me, Lord. I feel drawn close to You at this very moment.  
Never let this feeling fade. Amen.**

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## *12<sup>th</sup> Station*

### *Jesus Dies on the Cross*

As Jesus slowly sagged down with more weight on the nails in the wrists, excruciating, fiery pain shot along the fingers and up the arm to explode in

the brain. As He pushed Himself upward to avoid this stretching torment, He placed His full weight on the nails through His feet. Again there was searing agony as the nails tore through the nerves. As the arms fatigued, great waves of cramps swept over the muscles, knotting them in deep, relentless, throbbing pain. Jesus fought to raise Himself, in order to get even one short breath. *“Father, forgive them, for they know not what they do.”* To the thief dying at His side: *“Today thou shalt be with Me in Paradise.”* To His mother and His closest friend: *“Woman, behold thy son - Behold thy mother.”* Then He cried: *“My God, why has Thou forsaken Me?”*

*Luke 23:48*

*Then Jesus shouted, “Father, I entrust my spirit into your hands!”  
And with those words he breathed his last.*

*Let us pray:*

**I have no words, Lord...**

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*13<sup>th</sup> Station*

*Jesus' Body Is Laid in the Arms of His Mother*

A while later, the soldier pierced a long spear into His side to His heart. The watery fluid and blood that flowed out show us He had literally died of a broken heart - not the usual crucifixion death of suffocation. The friends of Jesus were allowed to remove His holy body, and for a moment His mother held Him again upon her lap, cradled in her arms. It is finished.

*Luke 2:35*

*“This child is destined to cause many in Israel to fall, and many others to rise. He has been sent as a sign from God, but many will oppose him. As a result, the deepest thoughts of many hearts will be revealed. And a sword will pierce your very soul.”*

*Let us pray:*

See from His head, His hands, His feet, sorrow and love flow mingled down. Did e'er such love and sorrow meet or thorns compose so rich a crown? It was for me. It was all for me. Amen.

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*14<sup>th</sup> Station*

*Jesus Is Laid in the Tomb*

Laid in a borrowed tomb, awaiting the sign of Jonah, the only sign that would be given to His generation, that after three days and nights in the womb of the earth, the belly of the fish, the grace and hell, He would come forth to do His Father's will. Jesus the humble Son of God, the exultant Son of Man, the Eternal Contradiction, the Blessed One. The end is not yet. Weeping endures for a night, but joy comes in the morning. The good news - "He is risen" will burst upon the Son-rise. Therefore with joy shall we draw water out of the wells of salvation.

*Revelation 21: 3-5*

*I heard a loud shout from the throne, saying, "Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them. He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever." And the one sitting on the throne said, "Look, I am making everything new!"*

*Let us pray:*

***When all is dark, and hope is buried, I remember He promised He died that I might live. In His death is my birth. In His life is my life. My Jesus! He died that I might live. Amen!***