

STATIONS OF THE CROSS

REFRAIN: LORD JESUS, HELP US

WALK IN YOUR STEPS



1. JESUS IS CONDEMNED TO DIE

Jesus, it is hard to imagine how you stayed quiet when so many people wanted to hurt you. Be with me when I feel afraid. Remind me to trust in God's love for me.

2. JESUS TAKES UP HIS CROSS

Jesus, the cross was such a heavy load for you to bear. Yet you took it on your shoulders and carried it bravely. Give me courage when I have to face something difficult in my life.



3. JESUS FALLS THE FIRST TIME

Jesus, the weight of the cross caused you to fall down. Lift me up when I make mistakes that cause hurt to others or to myself. Help me to trust in your forgiving heart.



4. JESUS MEETS HIS MOTHER

Jesus, you saw the sadness in Mary's face when you met her on the road. How painful it was for her to see you suffering. Fill my heart with kindness when I meet someone who is sad.



5. SIMON HELPS JESUS CARRY HIS CROSS

Jesus, Simon's help in carrying the cross must have been such a relief. Remind me how important it is to be helpful when others need my assistance.



6. VERONICA WIPES THE FACE OF JESUS

Jesus, did you expect a strange woman to come forward to wipe your bleeding face? It was a simple thing to do and yet it provided so much comfort. Show me small ways I can soothe the pain of others.



7. JESUS FALLS A SECOND TIME

Jesus, once again you fell to the ground. Even with Simon's help, it was a struggle to get up and continue your journey. Strengthen me when I am tempted to give up and remind me to rely on your love when I need to keep going.



8. JESUS MEETS THE WOMEN OF JERUSALEM

Jesus, even in your anguish you stopped to offer encouragement to the grieving woman. Help me to be a comfort to others.

9. JESUS FALLS THE THIRD TIME

Jesus, this fall must have been the hardest. You were tired and in great pain yet you struggled to your feet and resumed your journey. Inspire me to keep going when the way grows long and weary.



10. JESUS IS STRIPPED OF HIS GARMENTS

Jesus, how humiliating it was to be stripped of your clothes in front of a large crowd. Remind me to show respect to others and to do nothing that robs them of their dignity.

11. JESUS IS NAILED TO THE CROSS

Jesus, I can't imagine the agony of having nails driven through my hands and feet. Yet, in the midst of your pain you forgave those who did this terrible deed. Grant me the courage to forgive when I am wounded by others.



12. JESUS DIES ON THE CROSS

Jesus, with a great sigh you gave up your spirit. Show me how to surrender in small ways so that each day I make an offering of my life to you.

13. JESUS IS TAKEN DOWN FROM THE CROSS

Jesus, it was heartbreaking for Mary to hold your lifeless body in her arms. Comfort me when I grieve over the loss of someone I love.



14. JESUS IS LAID IN THE TOMB

Jesus, how dark and lonely it must have been to walk away from the tomb and yet your friends would know great hope in the days ahead. Remind me of the light that emerges from darkness because of your great love. May my faith in you grow stronger each day.