

10 Jesus is stripped of his garments (clothes)

With no respect for his dignity Jesus is stripped of his clothes by now torn and stained with sweat, blood, and dirt. Later, "they took his clothes and divided them into four shares, a share for each soldier."

Lord, help me to be more respectful of life and nature in the world today. To respect each other's need for dignity.



11 Jesus is nailed to the cross

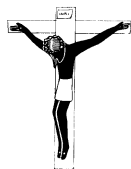
Jesus is nailed to the rough wooden cross; raised upright. His body weight hangs on 3 nails. "It was 9 in the morning when they crucified him."

Lord, you forgave people even in your dying moments. Help me to be generous to others. and forgive them.



12 Jesus dies on the cross

On the cross, Jesus' dying is agonisingly slow, every breath painful. Seeing his Mother and the disciple John, Jesus thinks of them and their needs. "Father, into your hands I commend my spirit".



Lord, I am sorry that this happened this way. Let reconciliation be true. I thank you for giving your life for me and saving me.

13 Jesus is taken down from the cross

Two disciples, Joseph and Nicodemus, help bring down the dead Jesus from the cross. They place Jesus' cold body in his mother Mary's arms.

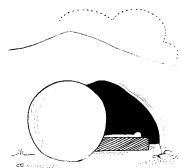
Lord, you were born into our world naked and weak, and you died naked and weak, mocked by all. With your grace, may I accept my weaknesses and overcome them for the greater glory of God.



14 Jesus is buried in the tomb

Joseph wraps Jesus' dead body in clean linen and laid it in a new tomb cut into the rock. Then he rolled a huge stone across the tomb entrance and went away.

Lord, you were buried quickly, why? To fulfil religious duty. Help me to make time for you always and to treasure (value) the peace you give your followers.



Lent Stations of the Cross



At each station start by saying -

We adore you, O Christ and we praise you. **[Response] Because by your holy cross you redeemed (saved) the world.**

Then read the reflection and prayer

1 Jesus is condemned to death

Pilate is scared (afraid). He gives the crowd what they want. Pilate condemns Jesus to death. Washing his hands Pilate said: "I am innocent of this man's blood...."

Lord, grant (give) me the grace to become calm when I feel pressure.

Give me grace to respond to you, remaining true to myself, true to you Jesus, and true to our loving God.



Finish each station by saying -

I love you Jesus, my love above all things; I repent with my whole heart for offending (trouble) you. Never let me separate myself from you again. Grant that I may love you always; and then do with me what you will.

By St Alphonsus Ligouri

2 Jesus carries the cross

Receiving the cross, Jesus accepts our worries and problems. Jesus understands this is very difficult – “carrying the cross he went out to Golgotha”.

Lord, may (let me) I carry my cross in life and bear hardships (suffering), as bravely as you, Jesus, did for me.



3 Jesus falls the first time

That first fall – what a shock to the body and mind. In full view of people there, Jesus experienced real humiliation. Exhausted he fell, then got up and struggled on.

Lord, many times I stumble and fall, making mistakes in my daily life. Grant (give) me the humility to know my faults and to correct (make right) myself and to ask for help when I need it.



4 Jesus meets his mother Mary

Think about the awful feeling, the discomfort, this meeting meant for Jesus and his mother Mary. The embarrassment, pain, loss of power and so much not said, so many things not finished...



Lord, may I never be ashamed of my elders. Make me free to share with them as you did with your Mother.

5 Simon of Cyrene helps carry the cross

The soldiers lead Jesus away. They took Simon of Cyrene and made him carry the cross with Jesus.

Lord, may I always be willing to help others and accept help from other people. Let me not worry about who they are or where they are from. May I trust others as you did.



6 Veronica wipes the face of Jesus

Veronica wipes Jesus' face, relieves him of some discomfort; sweat and blood. That left a lasting picture of the face of Jesus on her cloth.

Lord, may I be willing to help others in their time of need and comfort them. May I give and not think of myself, work and not seek reward (profit).



7 Jesus falls a second time

Jesus falls again. The burden and struggle seem too big. Jesus collapses

under it, but he rises to continue again.

Lord, may I be brave enough to continue against all problems, trusting in your goodness and mercy, and strengthened by your courage when tempted or in difficult times.



8 Jesus speaks to the women of Jerusalem

Seeing the women crying, Jesus turns telling them: “Daughters of Jerusalem, do not cry for me, but cry for yourselves and your children.”

Lord, help me to accept, trust other people and not be suspicious. May I be kind to people that mean well even if they upset me.



9 Jesus falls the third time

Continuing the difficult walk up to Golgotha, Jesus exhausted falls again. With no energy left, Jesus is pulled up onto his feet by the soldiers and forced to struggle on.

Lord, the world around us waits for no-one. Give me the grace to continue living with true faith in you.

