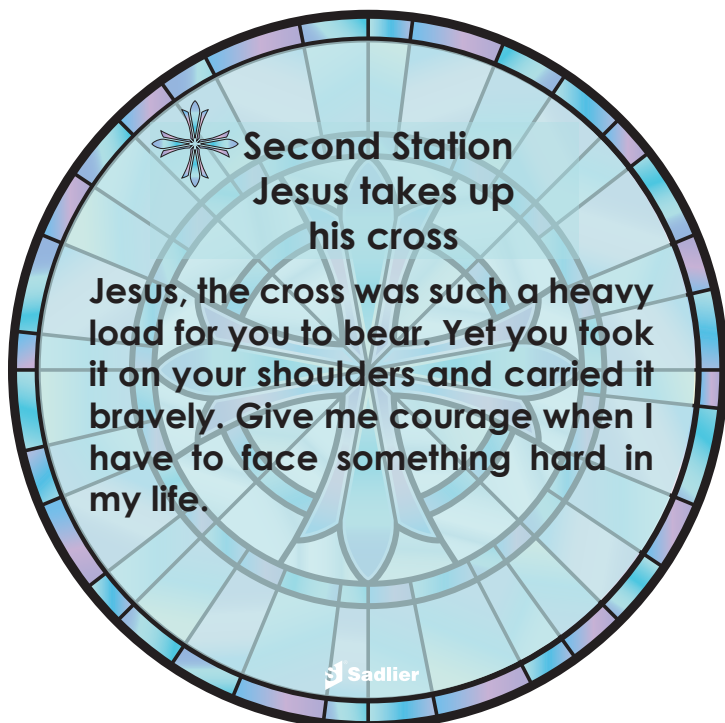


# Part 1: Stations of the Cross Meditations

Use these meditations with your family or class!





#### **Fourth Station** **Jesus meets his mother**

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



#### **Fifth Station** **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 generous when others need my assistance.



#### **Sixth Station** **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.



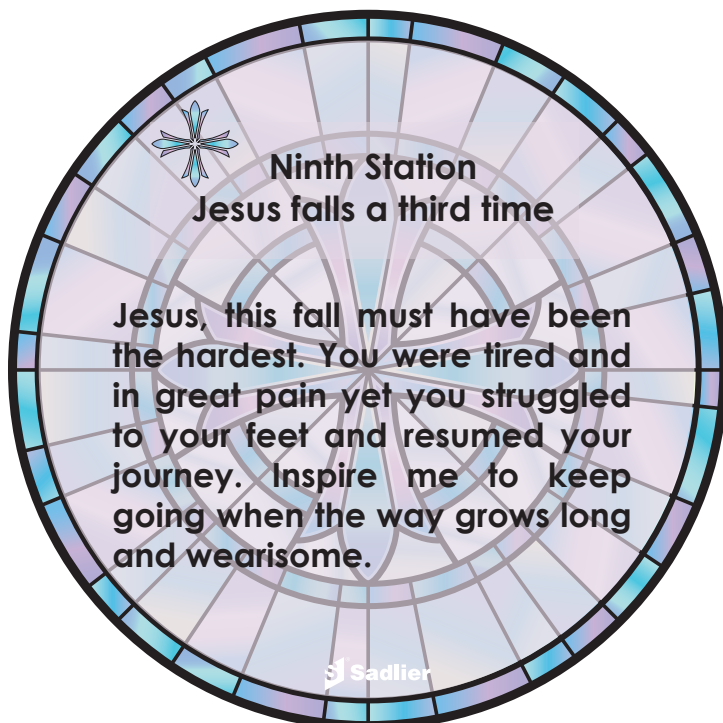
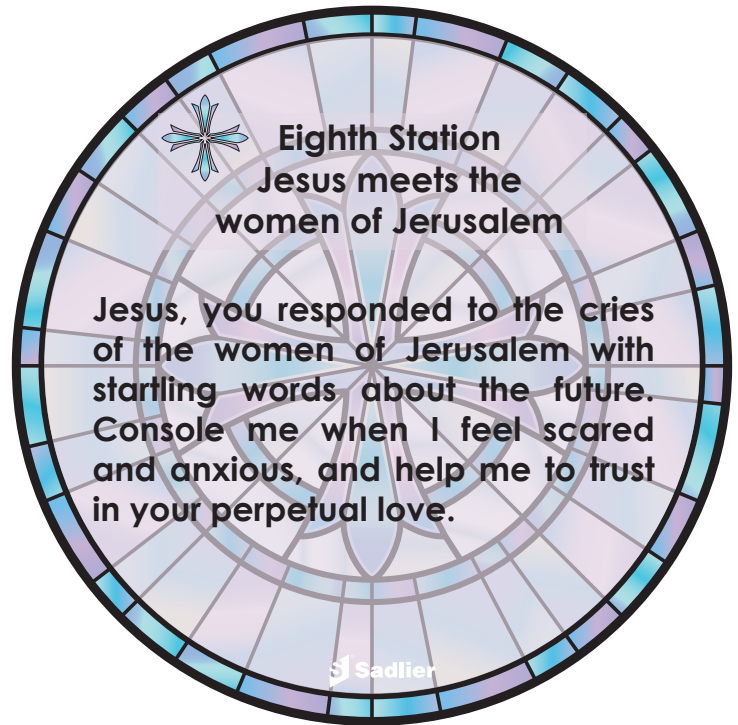
#### **Seventh Station** **Jesus falls a second time**

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.



## Part 2: Stations of the Cross Meditations

Use these meditations with your family or class!







**Eleventh Station**  
**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.



**Twelfth Station**  
**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.



**Thirteenth Station**  
**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.



**Fourteenth Station**  
**Jesus is laid in the tomb**

Jesus, how dark and lonely it must have 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.

