



Stations of the Cross

*We adore You, O Christ, and we praise You.
Because by Your holy cross
You have redeemed the world.*

*During the Stations of the Cross contemplation,
try to pause and reflect on your life.*

***The First Station
Jesus is condemned to death***



***Obedience to the Father's Will
cost Our Lord His life.
He died a shameful death of the Cross.***

***How willing am I to "die to myself"
for the sake of God's Will?
Do I love myself more than God?***

***Lord, help me to be more
open to Your Will.
Give me the strength to obey
You without counting the cost.***

***The Second Station
Jesus takes up His Cross***



***Our Lord had to carry His Cross
even though He was innocent.***

***Some of my crosses too
are not caused by me.
Persevere... Our Lord will never
give me a cross that will crush me.***

***Lord, You bore Your Cross so
courageously and so faithfully.
Help me to bear mine
in the same spirit.***

*The Third Station
Jesus falls the first time*



*Our Lord, fully divine and fully human
felt the full weight of the Cross;
He collapsed under its weight.*

*Do I recognise and accept
my human frailty?*

*Lord, give me the graces to
accept the truth that I am
weak and sinful.*

*Help me to realise how
dependent I am on you.*

*The Fourth Station
Jesus meets His mother*



*When Our Lord met His
Mother at Calvary, both their
hearts must have bled
for they loved each other
so deeply.*

Do I love Our Lord as deeply?

*Lord, to watch our loved ones
suffer is harder to bear
than my own pain.*

*Help me to believe that You
are always there for me.*

*The Fifth Station
Simon helps Jesus to carry the Cross*



*Simon of Cyrene relieved the
burden of the Cross of Our Lord.
This was a welcome relief.*

*Like Simon, do I want to relieve
the burdens of others through
my care and concern for them?*

*Lord, help me to be more willing and
eager to help anyone who is in need.
Help me to have the
courage to serve even though others
may laugh or think I am weird.*

*The Sixth Station
Veronica wipes the face of Jesus*



*Where ever there are tears of pain
and blood from victims of
unjust suffering in slums, jails, homes,
etc. Jesus' blood-stained face
is there staring at us.*

*When I see people suffer, do I
have compassion for them?*

*Lord, help me to see how You too
suffer in those who suffer.
Through my deeds, may I be Your
compassion for them.*

*The Seventh Station
Jesus falls a second time*



*Our Lord truly tried so hard
to complete the torture
of Calvary, yet the pain
overpowered His efforts.*

*How often have I tried
to do God's Will and failed?*

*Lord, help me not to be
discouraged by my failures.
Give me strength to persevere,
for I know that not to try
harder is the worst "failure."*

*The Eighth Station
Jesus consoles the women of Jerusalem*



*In spite of His sufferings
Our Lord never lost His
Compassion for others.*

*How often have I reached
out to others?*

*Is my attention only focused
On my own needs?*

*Lord, it is very difficult to understand
the needs of others
when I myself am hurting.
Help me to be more like You
in my compassion.*

*The Ninth Station
Jesus falls the third time*



*Our Lord drained of
strength, crashed to the ground,
lays there motionless as though
He has died.
But, He struggled on
to complete His Mission.*

*Do I give up so easily as soon
as the going gets tough or
do I fight on?*

*Lord, may Your strength
sustain me and keep me going
especially when I am
down and depressed.*

*The Tenth Station
Jesus is stripped of His garments*



*Our Lord was stripped
of all that He possessed
in this world.
His only consolation was
His Father's Love.*

*Am I attached to anything that is
keeping me from loving
God more?*

*Lord, root out all traces of
envy and pride in me.
May I remain poor in spirit
so that I be rich in You.*

*The Eleventh Station
Jesus is nailed to the Cross*



*Our Lord worked miracles,
walked miles, preached endlessly
about His Father's Will.
And the crowd crucified Him.*

*Should I expect and demand
results and reward for the
good that I do?*

*Lord, as You are nailed
so cruelly on the Cross and
found Yourself so helpless,
give me the wisdom to
see how doing Your
Father's Will is never easy.*

*The Twelve Station
Jesus dies on the Cross*



*Before Jesus died He said,
“Father, forgive them for they
do not know what they are doing.”*

*How often have I sort
revenge for those who have
wronged me? Should I not
learn to forgive like Our Lord?*

*Lord, help me to see how
forgiveness is a virtue that
brings healing and unity.
Help me to be humble so that
I can more willingly forgive.*

***The Thirteenth Station
Jesus is taken down from the Cross***



***The cold and limp body of Jesus
is placed on the lap of
His Mother who weeps
silently in her heart.***

***How selfless am I in
serving God's people?***

***Lord, You have given fully
without counting the cost.
May I too have a heart
that is like Yours.***

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



***The Saviour of the world
who was born without an inn
now dies without a tomb
of His own.***

***Does this total
detachment of Jesus
help me to live my faith
more purely for Him?***

***Lord, may Your Father's Will
always take first place in
everything that I do.***

Lent is a “joyful season of the year” that challenges us to renew our faith, hope and love for Our Lord.

Listen to His voice of compassion, forgiveness and love.

Each day, we have a new Gospel theme (and concrete pointers) to help you live a more meaningful Christian life.

Forward this “good news” to your friends and tell them about our Prayer Ministry that is committed to help you deepen your intimacy with the Lord.

So,

if you send us your e-mail address, name and sex

to: seigneur@starhub.net.sg

we will send you the daily Gospel e-message

(written by Fr Philip Heng,S.J.).