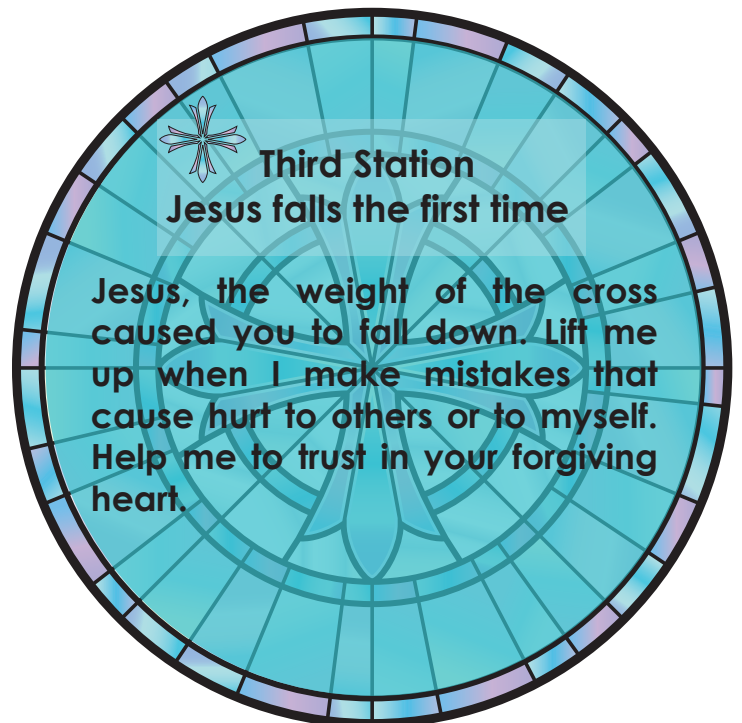
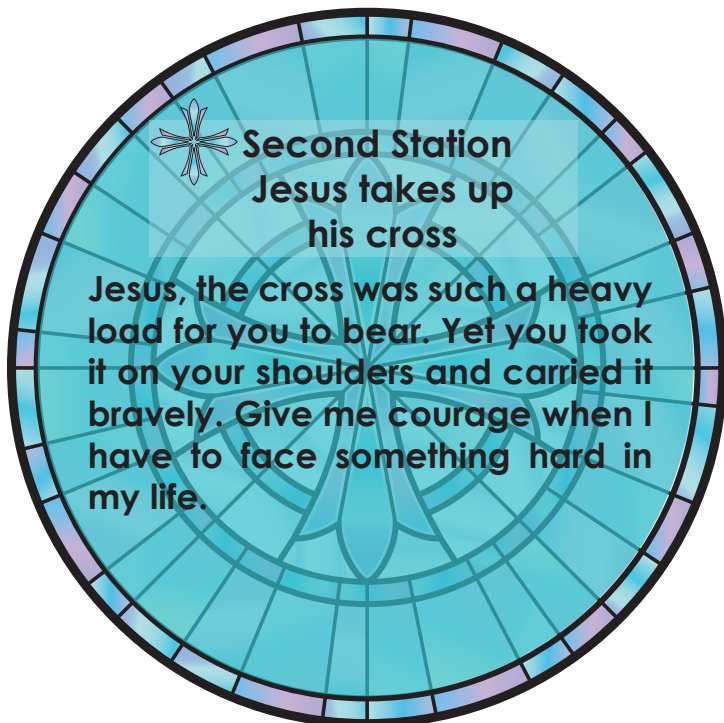


Part 1: Stations of the Cross Meditations

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.