

Reflections on the Stations of the Cross



Reflections written by ACE Advocates for Catholic Schools. Edited and compiled by Ann Berends



The First Station

Jesus is Condemned to Death

Jesus, help us to see your acceptance of blame not as weakness or resignation, but as the ultimate example of self-sacrificing trust in God. Give us that same trust so that, when we see wrongs we step in to offer your healing, comfort, and hope.



The Second Station

Jesus Receives the Cross

Jesus, we avoid adversity. We fear humiliation and run from suffering. But you chose to take up the cross, a symbol of humiliation and suffering, and did so with steadfast acceptance. Teach us to carry our burdens with the same grace, remembering that you will never leave or forsake us.



The Third Station

Jesus Falls the First Time

Jesus, teach us your humility today. Fill us with your Spirit so that we become conduits of your self-giving love. Through your example, may our weaknesses make us stronger, more accepting of the weaknesses of others, and increasingly humble.



The Fourth Station

Jesus Meets His Blessed Mother

Jesus, thank you for the gift of Mary, who models perfect love for us. In our love for you, make us fiercely protective of you. And help us remember that when we are present to those who are hungry, tired, and sad, those who are difficult, stubborn, and forgetful, we are loving you.

The Fifth Station

Simon Helps

Carry the Cross



Jesus, thank you for this tiny glimpse of Simon from Cyrene, who shows us the cosmic impact of service. Please give us the eyes to see when, where, and who we can serve, and the strength to step into that call even when it causes a detour. Show us, too, how to let others help us. By your Spirit, help us to share our service generously and accept it from others graciously.



The Sixth Station

Veronica Wipes the Face of Jesus

Jesus, through the example of Veronica, open our eyes to the suffering that many endure. By your Spirit, help us comfort them in your name, reminding us that in every such action, you are with us.



The Seventh Station

Jesus Falls

the Second Time

Jesus, give us the grace to identify with those who are rejected. Inspire in us compassion for those who are cast aside and marginalized.

May our love of you become a force that heals and unifies. Are we sapping Jesus' strength and causing Him to falter? Or, will we be there to pick Him up and help?



The Eighth Station

The Women of Jerusalem Weep for Jesus

Jesus, God of both justice and mercy, thank you for the hope you embodied and shared with your heartbroken followers, even on the way to the cross.

Keep us mindful—and ready communicators—of your promises.



The Ninth Station

Jesus Falls the Third Time

Jesus, give us eyes of faith. Allow us to see light where there appears only darkness, and life where we can only sense death. When our energy flags, inspire in us the confidence to get up, and continue our journey toward home.



The Tenth Station

Jesus is Stripped of His Garments

Jesus our Wounded Healer, thank you for so fully embracing the human experience. May we ever be grateful for all you endured on our behalf. And may we pay it forward, dedicating our energy no matter the cost to protecting the dignity of others.



The Eleventh Station

Jesus is Nailed to the Cross

Jesus, on the cross you embraced the pain of generations of sinful men and women. We pray that you will guide us by your example of profound empathy.

Teach us to share the pain of others, and to be for them signs of your love in their lives.



The Twelfth Station

Jesus Dies upon the Cross

Jesus, we cannot reason our way into understanding that which is by definition unreasonable— death, cruelty, injustice happen in our communities and across the world. Guard us from confusion, doubt and fear, we pray, and give us the faith we need to accept your mystery.



The Thirteenth Station

Jesus is Taken Down from the Cross

Jesus, we sometimes face challenges that leave us at a loss. We worry that it's beyond our power to make a difference. Show us the example of your Blessed Mother, and teach us that when we can think of nothing else to do, we can hold fast to you, and you will always lead us forward.



The Fourteenth Station

Jesus is Laid in the Tomb

Jesus, by your Spirit may we, like Joseph, show our devotion to you through courage, respect and tenderness. Kindle in our hearts fervent devotion to you.

Reflection & Prayer



Jesus, teach us to celebrate your resurrection in all that we do. Thank you for bearing the weight of the world on your body and being, and for teaching us by example that in all things we will overcome – even in death.