

Growing Spiritually as an Elder

Stations of the Cross



This prayer tradition is better known in Roman Catholic, Episcopal, and Lutheran congregations. The story of Jesus' walk to the cross is told as participants walk past 15 "stations" — each one representing a part of Christ's journey to the cross. Participants move along a path or around a church building which has places with a picture or prayer printed at each spot to represent that place along the way. Below is a summary of the stations and the prayers you might find to focus in those places. You can make your own stations around your sanctuary, or you might visit a local congregation or Catholic, Episcopal or Lutheran retreat center that has the stations on the grounds.

The Stations of the Cross

- ✦ Jesus is Condemned — Prayers for the times we have not lived out our faith
- ✦ Jesus Carries His Cross — Prayers when we have not taken responsibility
- ✦ Jesus Falls for the First Time — When have we seen the pain of the world?
- ✦ Jesus meeting His Mother — Prayers for all mothers who suffer loss of children
- ✦ Simon Helps Jesus Carry the Cross — When do we help Jesus carry his cross?
- ✦ Jesus Meets Veronica — She uses her veil to wipe his brow. When have we loved Jesus with our service and our lives? His face leaves an impression or imprint on veil.
- ✦ Jesus Falls for the Second Time — When have we let Jesus down the same way multiple times?
- ✦ Jesus Meets the Women of Jerusalem — When have we told others about Jesus?
- ✦ Jesus Falls for the Third Time — What about the death of Jesus haunts you most?
- ✦ Jesus is Stripped — What do you have to release to be faithful? How must you become vulnerable to give witness to Christ in this world?
- ✦ Jesus is Nailed to the Cross — What pain has Jesus borne for you?
- ✦ Jesus Dies on the Cross — What does Jesus' death mean to you?
- ✦ Jesus is Taken off the Cross — When have you felt the emptiness of tragedy?
- ✦ Jesus is Laid in the Grave — What parts of your soul feel dead? What hopes have you buried inside your spirit?
- ✦ Jesus Rises from the Dead — What difference is there in your life because he is risen? — risen indeed!!!

