

Station 1: The Last Supper

A common meal;
a time to celebrate with
friends.

A betrayal of trust;
a friend turning against his
friend.

A time of confusion;
how do I cope with strong
conflicts?



Loving Jesus, help me to better
deal with times of conflict.
Teach me to develop effective
skills to do what I need to cope.
Remind me to allow others into
my life at these times to help
me reason out my options.

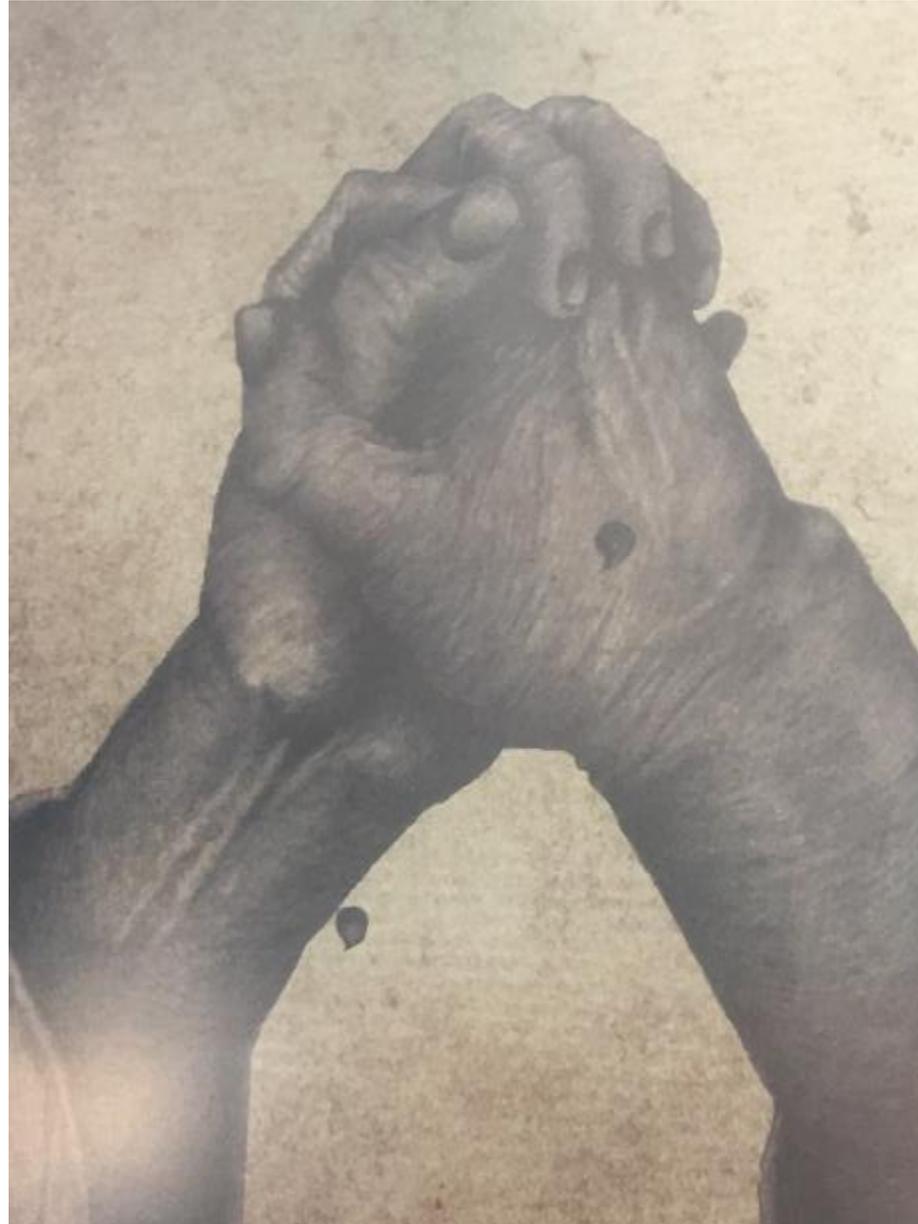
Let me do the same for others.
Help me develop my skills to
recognise when another needs
my support. Give me the
courage to become involved, if
allowed.

Station 2: The agony of our Lord in the garden of Gethsemani

It is a terrible feeling to be abandoned. To have my friends betray me. To be isolated from support.

To be trapped by circumstances when I have little to no control. Where the future seems bleak and options are not promising.

It is at these times where I need support, but too often, afraid to let others in out of embarrassment and shame.



Jesus, help me become aware of my needs. When I am down, give me the strength to deal with my needs the best I can, but be open to the help others share with me.

Jesus, I know I can be blind to the needs of others. In fact, there are times I deliberately avoid people going through a difficult time, because I am afraid of what to say. Help me develop better coping skills to be there for my friends when they need me.

Station 3: Jesus before the Sanhedrin

It is rare for me to be judged by large groups, but I feel disapproval at times. Often, it is from my family or others close to me. It's a hurtful feeling.

At the same time, too often, I engaged in hurtful conversations against vulnerable others. I know what I am doing is wrong.

Sometimes, I do come to the defence of the victim, but too often I am too scared to do so.



Jesus, help me to work toward being a positive force in conversations. So often, people are unfairly judged by words and opinions. Once the attack starts, it is easier to add damage than it is to defend.

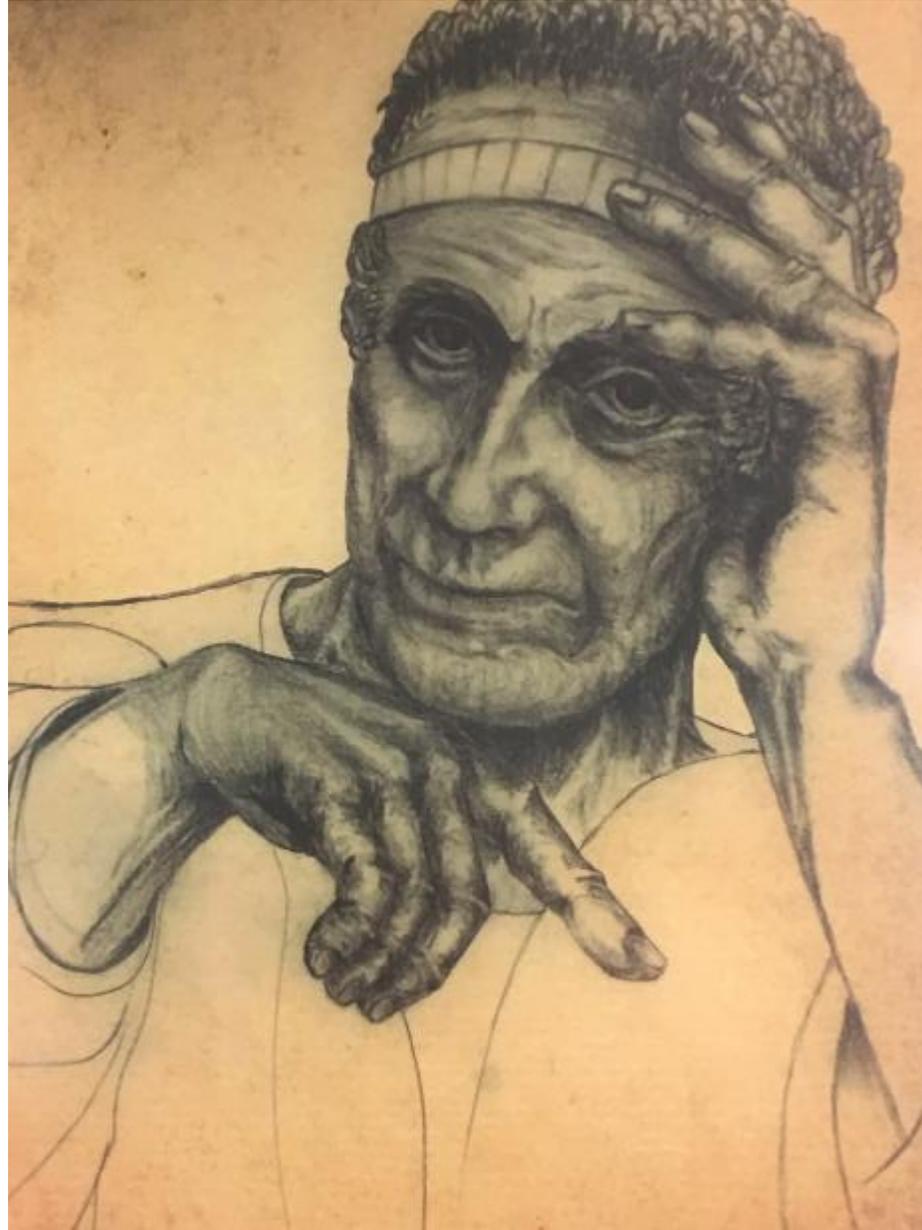
I know what it is like to be on the receiving end of other's criticism. Help me to become braver and to challenge others in their negative attacks on victims.

Station 4: Jesus before Pilate

Pilate was trapped between what his conscience knew was the truth versus the negative prejudices of others.

Like Pilate, when I am in this dilemma, I find it risky to go against the majority. I'm afraid others will turn against me.

In my heart, and mind, I favour the underdog. I want them to defeat the injustice that is being done to them.



Jesus, help me to develop my courage to stand up for what I believe to be just, regardless of its popularity. I know I will set myself up for criticism.

Jesus, throughout your life, you were able to challenge injustice. You lived what you believed and did not just repeat the acceptable statements.

By living a life based on your message of love and truth, I make myself a better person.

Station 5: Jesus is scourged and crowned with thorns

What happens when I face pain? Especially, when it seems to be unfair. Granted it isn't being scourged or crowned with thorns, but issues such as poverty, disease and death can leave deep scars as well.

How do I support others who are in pain? Do I fall into avoidance mode? Do I reach out to give my support? Do I take on their pain so deeply that it becomes my pain as well?



Jesus, I can't imagine what it is like to be tortured as punishment. To have others inflict cruel acts to de-human me.

At the same time, I do know when I encounter undesirables, such as the homeless on our streets, I am uncomfortable and afraid they might approach me. I might not know their story, but I make judgements about them anyway.

Help me to develop ways to positively work toward making others feel accepted.

Station 6: Jesus takes up his cross

When I am faced with burdens in my life, often they become my focus and I let go of almost everything else. This includes relationships with family and friends.

Often, I go inward and become lonely and isolated. I expect others to recognise my pain and to feel my hurt. I want them to treat me with patience as I try to cope.

When it is others going through difficulties, too often, I feel little sympathy for their situation. I find myself getting frustrated with their sulking and inability to cope with the problem.



Jesus, I know that tough times happen to each of us. These obstacles throw everything else into chaos. The 'cross' becomes the focal point of everything. There is little energy for anything else.

At these times, help me to better learn coping skills which allows me to deal with the crisis and yet be aware of my ability to cooperate with others.

When I encounter others going through these difficult times, let me reach out with caring and kindness so they do not feel as isolated and overwhelmed.

Station 7: Simon of Cyrene helps Jesus to carry his cross

There are times when I feel like Simon. I am living my life and suddenly, others expect me to drop everything to help them.

Depending on the demand, the request can make me resentful and irritable. My attitude lets the other know I am not happy in assisting.

At a time of real need, the victim has few favourable options. The burden is so weighing, that it drains hope of a positive solution.



Jesus, at your time of need, you were open to help. You were vulnerable and realised the task at hand was too difficult for you to do on your own.

Help me to overcome my own pride, so that when I am in need, I am able to accept the generosity of others. To recognise that I do have limitations and to receive assistance is not a reflection on me, but a reality of being human.

When I can help another, let me act with respect for that person and share a willingness to support.

Station 8: Jesus speaks to the women of Jerusalem

The social norms of the day meant that men and women did not interact. These women were so concerned for the wellbeing of Jesus that they abandoned cultural norms.

When I am going through a difficult time, who are the people who show their concern for me? How do I respond to their concern?

When I see someone in need, what is my usual response? Do I try to solve the problem for them? Do I tend to dismiss the problem as no big deal? Do I get drawn into the problem so that it suddenly becomes my problem as well?



Jesus, help me to develop a healthier way to share my compassion. By going into solution mode, I may not be helping the victim to resolve the issue in a meaningful way. By demonstrating pity, I make this person more of a victim. By making myself the saviour, I am satisfying personal needs, but not helping the situation.

Help me be honest with my motivations and open to the needs of others. Allow me to reach out with genuine concern for others.

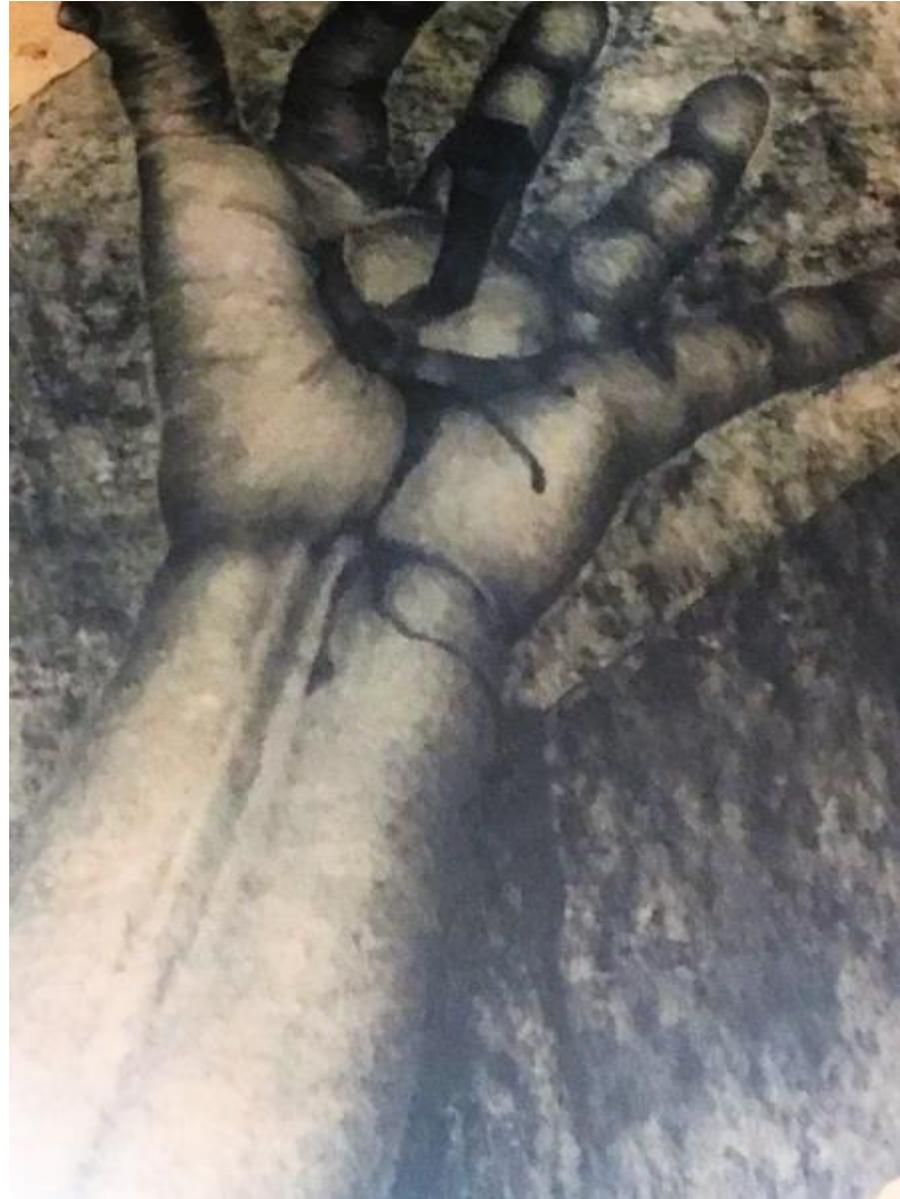
When I am in need, help me to recognise those I can trust and accept their concern for me.

Station 9: Jesus is stripped of his garments and nailed to the cross

What happens when there are no options? Where the reality of all fears come with no ability to negotiate?

Death and serious diseases are realities that happen in each of our lives. When they happen to someone close to us, it, often, catches us unprepared.

Death and serious disease is not a moment in time, but a process of integrating all it means. The emotions are all over the place and logic seems to take a back seat to confusion, hurt, anger, emptiness and a need to find stability.



Jesus, as a human you experienced the whole range of emotions each of us do at times of death. Since your death was conducted in a violent way, even more emotions were evident.

Since death was not immediate for you, you took the time to prioritise what was important to you. You expressed a sense of despair, but moved quickly into forgiveness.

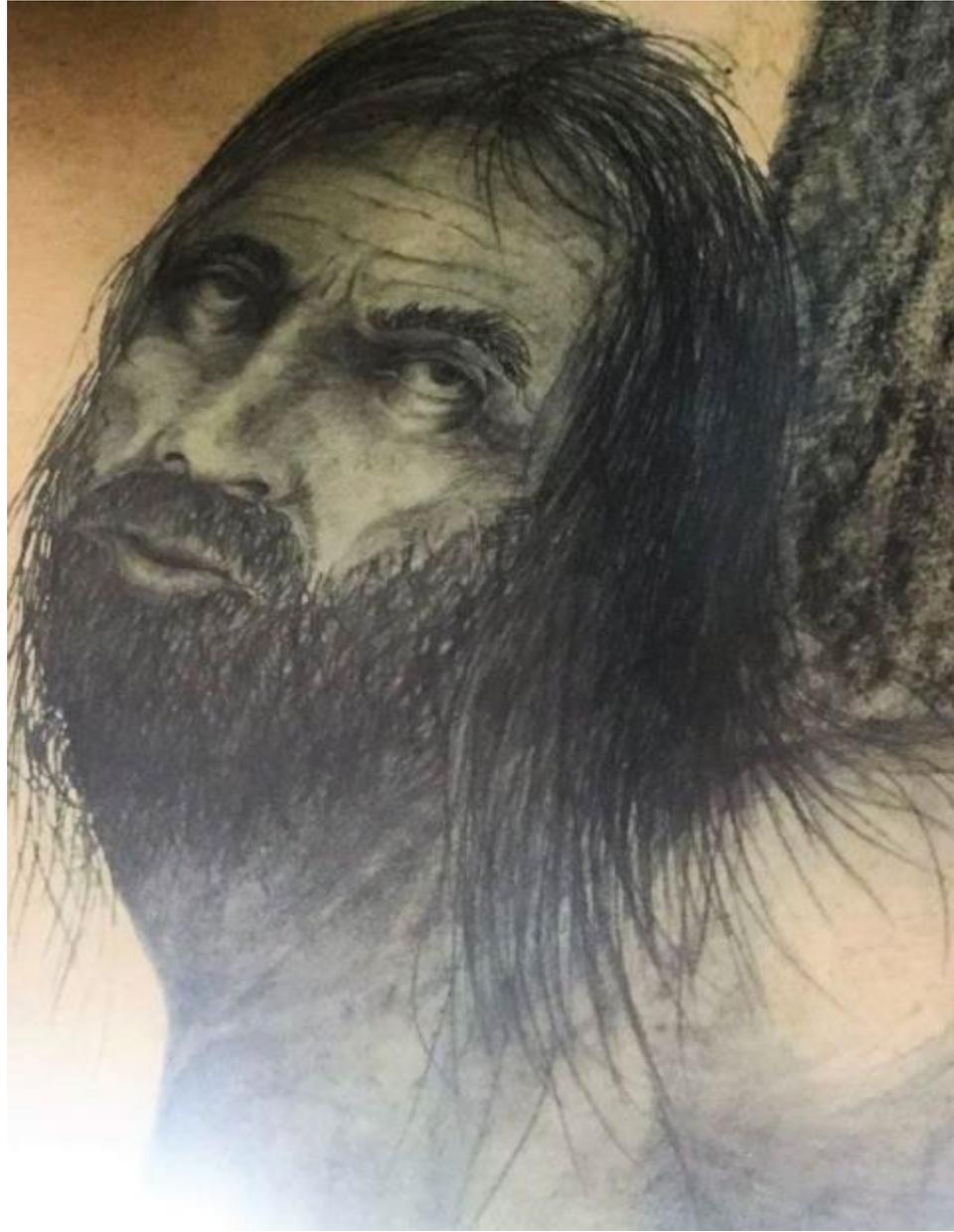
At extreme times in my life, help me to focus on what I have control over; to listen to those with wise advice; and to remain as positive as I can so that my decisions are forward thinking.

Station 10: Jesus promises paradise to the good thief

How do I react when I encounter someone who has faith in my abilities? Do I dismiss them? Do I trust their judgement?

Each of us influence someone. What we do or say is judged and acted upon. This influence can be either positive or negative. The action by the other is influenced by our example.

When I place my trust in another, how do I show the person that I am genuine? Is my friendship honest or do I have a hidden agenda?



Jesus, help me develop honest relationships. I know I have needs, but let me develop friendships based on mutual respect and not on me looking for acceptance.

I know infatuation can confuse a relationship. My desire to be accepted in the relationship can lead me to acting to please rather than showing my true self.

Help me to become a better friend. Let me be honest in my relationships. To show genuine concern and to treat the other as I want to be treated.

Station 11: Jesus entrusts Mary and John to each other

How do I share those important to me? Do I let them know I hold them close to my heart?

All too often, it is easy to show my worst side to those closest to me. Deep down I know they love me and I love them. But when I am feeling frustrated, they are the ones I unload on. I have probably said the most hurtful words to those who care the most for me.

Because my family members and close friends know me best, they will risk my fury, and challenge me when I am going off the rails. My response is often with anger and I become defensive.



Jesus, as you were dying, you wanted to make sure your Mother was protected. You turned to your friend John and made your Mum and John mutually responsible to each other.

Help me to look out better for those important to me. There will be times where I might not demonstrate my best traits, but let these times be the exception rather than my usual way of treating them.

Also, may I start taking more time to listen to those important to me. It is so easy to be locked into my own concerns that I withdraw from those people who care the most for me.

Station 12: Jesus dies on the cross

How do I learn to let go?
There are times I have little to no control over a situation, but find myself fighting to stay in the driver's seat.

I hate being defeated. I find myself frustrated and angry. I know, deep down, that I am not winning. My fear of losing makes the situation even worse.

How do I treat others who are going through difficulties? Do I avoid them? Do I listen to them? Do I try to solve the problem for them?



Jesus, at the end you gave over your life to your Dad. You realised that you no longer had control.

Help me to develop a stronger faith in others. I do know people who genuinely care about me and who do look out for my best interest, but I let my stubbornness fight against them.

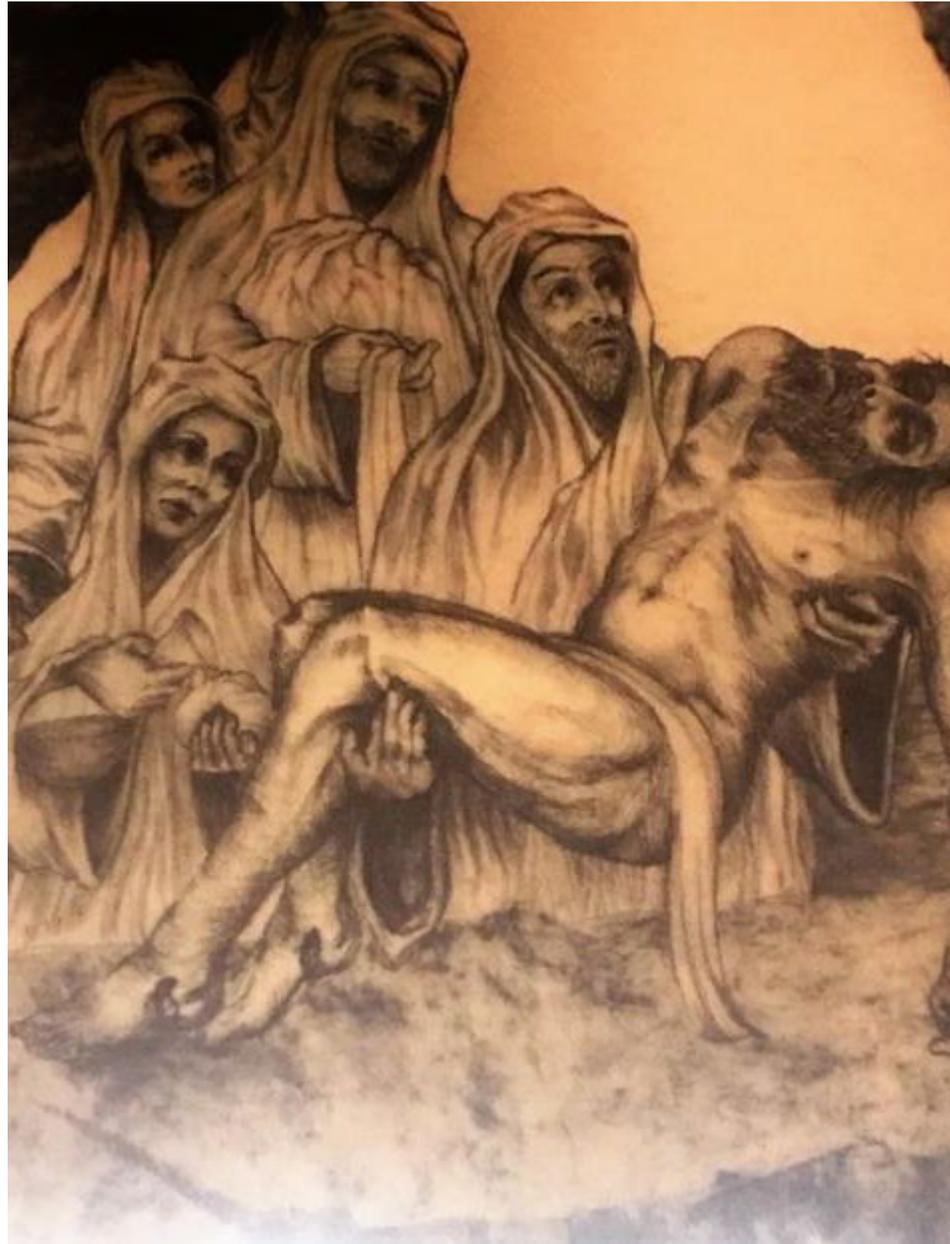
I need to develop better coping skills. To not only listen to good advise, but to trust it. Also, to be willing to be gentle with those going through difficult situations. They are struggling and might not know how to communicate with me. Let my patience allow them to find some needed peace.

Station 13: The body of Jesus is brought down from the cross

How do I deal with grief? Do I try to ignore it and get on with my life? Do I get so trapped by the loss that I feel paralysed? Do I allow myself to be open to any happiness?

Am I able to allow those important to me into my life when I am overwhelmed with emotions? Does my close-mindedness cause unnecessary frustration to those closest to me?

How do I respond to others in grief? Do I try to understand what they are going through? Do I try to cheer them up? Do I find myself uncomfortable with what they are going through and try to avoid them?



Jesus, death scares me. It is something that I find difficult to deal with.

At the death of someone close to me, I find myself out of control. I don't know how to feel. I might feel guilty for not feeling worse. I might be so overcome with a sense of loss, I become an emotional wreck. Help me to come to a better understanding of how to be comfortable with grief.

As I encounter those who have lost someone special to them, help me develop the ability to support them in their grieving process. Allow me to help them heal.

Station 14: Jesus rises from the dead

How do I embrace new opportunities? Far too often, I am so caught up with what I have lost or what has happened to me, that I miss the new doors open to me.

I'm probably better at encouraging others who have gone through a difficult time to move forward than I am to listen to others who encourage me.

Like the crucifixion and resurrection, life is filled with down times which include positives. The problem for me is getting trapped in the negative and therefore unable to see the opportunities.



Dear Jesus, help me to become aware of the balance in my life. I become so fixated on what is going wrong, that I overlook what is going right. I get trapped in my misery, and ignore those people who are reaching out to me.

When I encounter someone going through a difficult time, my usual way of reacting is to try to cheer the person up. I satisfy my need of seeing happy people.

May I better develop a way to allow myself and others to grieve, but gradually move toward accepting what is lost and becoming more aware of other opportunities.