



CATHOLICYOUTH
PARRAMATTA

Reflections

ON THE STATIONS OF THE CROSS



STATIONS OF THE CROSS

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- 2ND STATION:** JESUS TAKES UP HIS CROSS
- 3RD STATION:** JESUS FALLS FOR THE FIRST TIME
- 4TH STATION:** JESUS MEETS HIS MOTHER
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- 6TH STATION:** VERONICA WIPES THE FACE OF JESUS
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The following reflections on the Stations of the Cross are used with permission of the authors.

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1ST STATION

Jesus is condemned to death

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

How could Pilate condemn to death a man he knew was completely innocent? Pilate, the provincial governor, faced with a hostile situation simply washed his hands of the problem. For the sake of political expediency, he took the easy way out and went with the crowd.

But really, it's not so hard to imagine. It happens every day on a smaller scale. We find it easier to play office politics than to speak plainly for the truth. Or we find ourselves more concerned about getting accepted by the right group at school than sticking up for a classmate who really needs someone there for them.

How often do we condemn others, rather than standing up for what is right?

PRAYER:

Jesus, I know that there have been times when I have condemned my friends, my work colleagues, and even my own family: not just through things I have said, but also when I have just stood by instead of standing up for them. I know that what I have done is cowardly – please forgive me.

Help me Jesus to follow your way.



2ND STATION Jesus takes up His Cross

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

Jesus took up his cross. *His* cross? Jesus took up the cross for *us*, because of *our* selfishness; *our* sins; *our* unwillingness to take up our own cross.

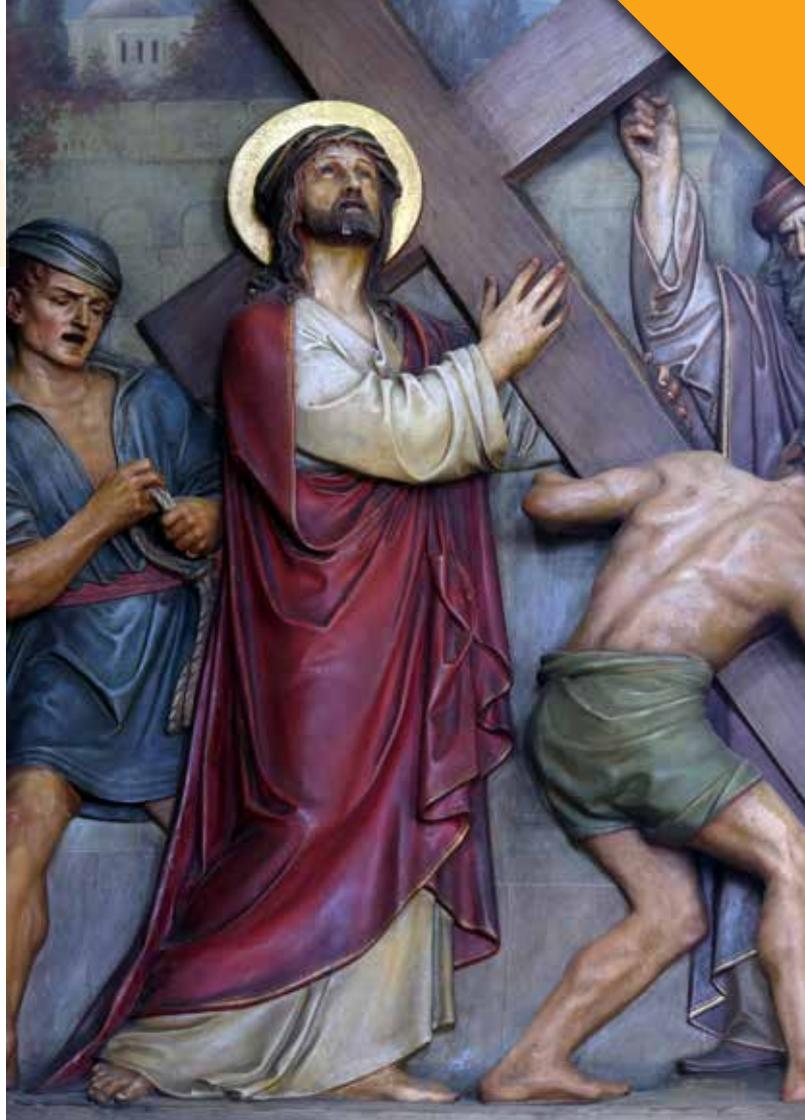
In life we frequently fail to face up to our responsibilities, our faults, or our struggles. We instead deflect our limitations onto others, for example another family member or a junior at work. We are quick to blame, but how often are we willing to admit when we are at fault?

PRAYER:

Jesus, forgive me for the times I have failed to bear my own cross.

Help me to acknowledge where I have made mistakes, and forgive me for the times I have tried to get out of taking responsibility for them.

Help me Jesus to follow your way.



3RD STATION

Jesus falls for the first time

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

As Jesus lay in the dust, he was surrounded by the taunts of people in the crowd simply consumed by anger.

When we let anger direct our thoughts, we easily lose perspective. We lash out and hurt friends over minor disagreements, even though they have always been there for us. Or, over time, we can let anger turn into a cold passive-aggression disconnected from the original problem, the cause of many long-term family disputes.

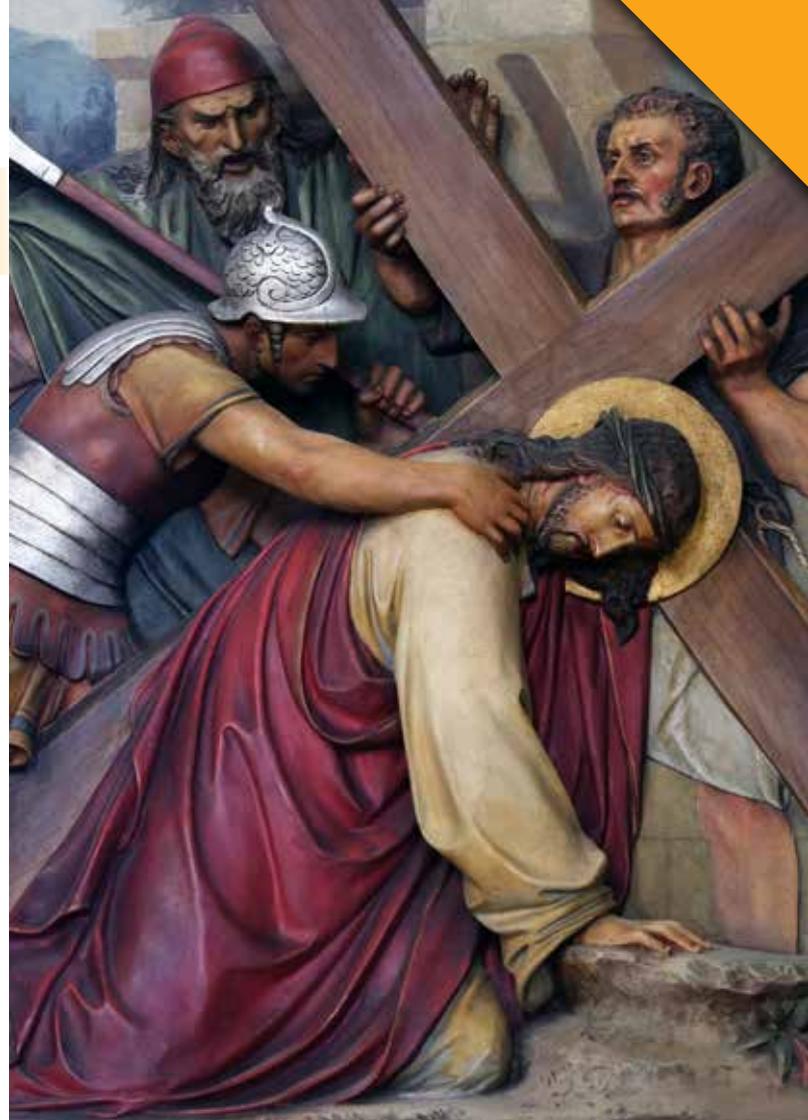
Are anger and grudge holding problems in our lives?

PRAYER:

Jesus, too often I let myself get overwhelmed by my anger, and before I know it I do something that just hurts other people, without really dealing with the original problem.

Thank you for showing me how turning the other cheek can break the vicious cycle of blame and revenge. Please teach me patience and tolerance in difficult situations.

Help me Jesus to follow your way.



4TH STATION

Jesus meets His mother

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

The thought of a mother watching her son being led to his execution is simply heartbreaking, but Mary gave what support she could to Jesus, right to the end.

Do we forget the sacrifices our parents have made to bring us to where we are today?

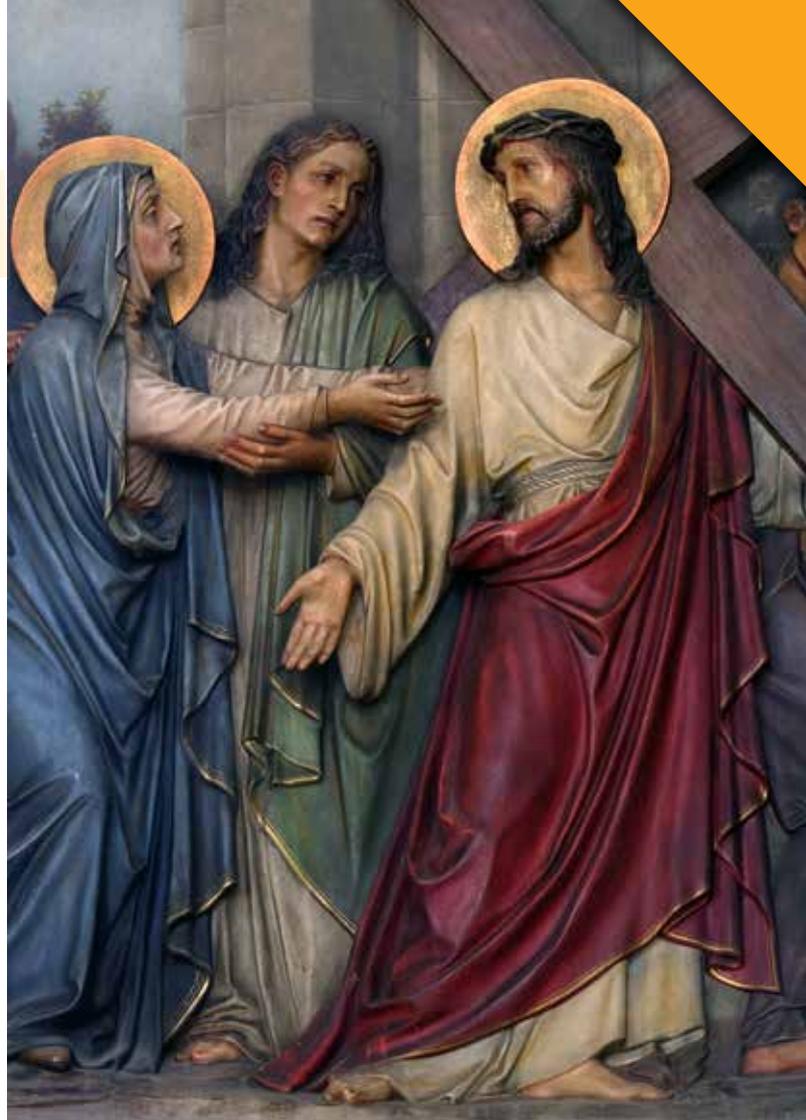
And, as we grow up and have our own families, do we continue to respect our parents and remain attentive to their changing needs?

PRAYER:

Jesus, I am sorry for the times I have been disrespectful to my parents.

Help me to forgive my parents when they seem to overlook my good efforts or lose patience with me. Help me to love them as you loved your mother Mary.

Help me Jesus to follow your way.



5TH STATION

Simon of Cyrene helps Jesus to carry the cross

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

Although Jesus was the Son of God he was also fully human, and he felt the agony of carrying the cross. Jesus accepted Simon's help: likewise, we must be willing to accept help from time-to-time.

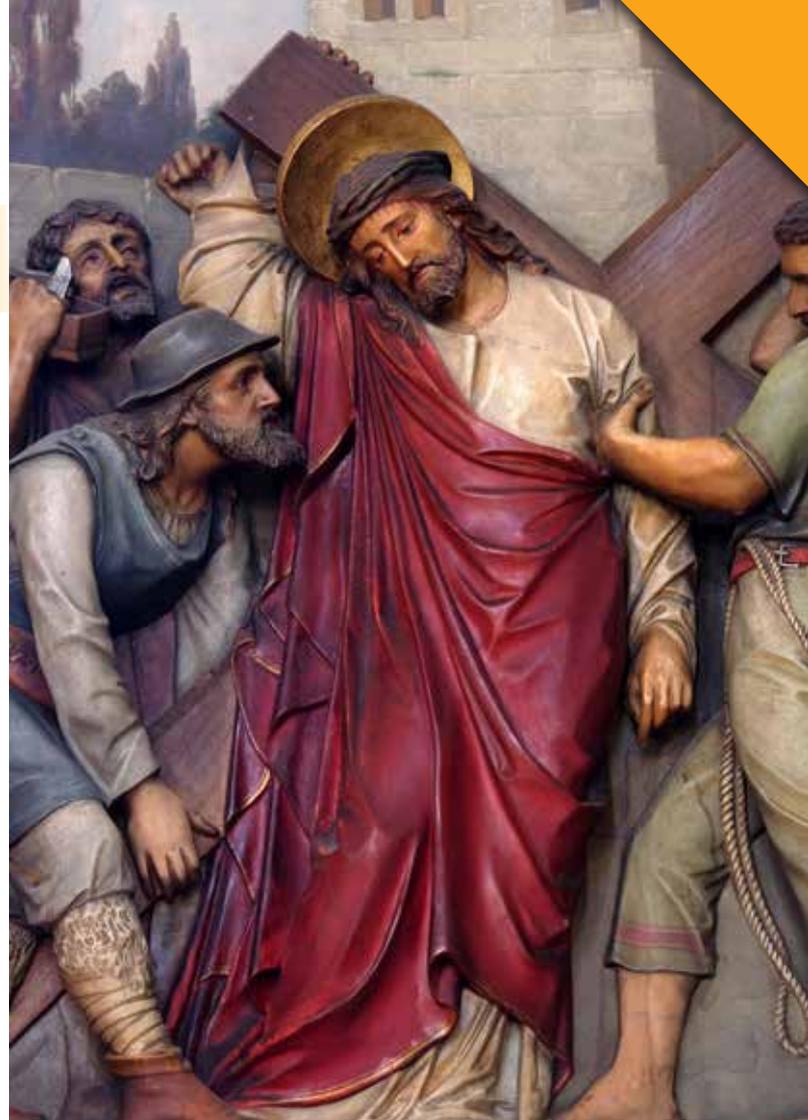
But why do we find it so difficult to accept help from the right people? Why is it that we search for help from strangers on the internet, rather than seeking help from those who genuinely have our best interests at heart, such as our parents, teachers and church ministers?

PRAYER:

Jesus, you have shown that there is grace in accepting help as well as giving it.

Lead me to recognise when I need help, and forgive me the times I have been too proud to accept the help of others. Forgive me also for the times I have misjudged my parents or people in authority by believing that they won't listen or don't understand. Help me to keep an open mind about their advice.

Help me Jesus to follow your way.



6TH STATION Veronica wipes the face of Jesus

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

Jesus was mocked and rejected by some of the 'in crowd' of his day. Veronica didn't care what they said; she went against the trend, even though it was a risk to her own reputation, and even safety.

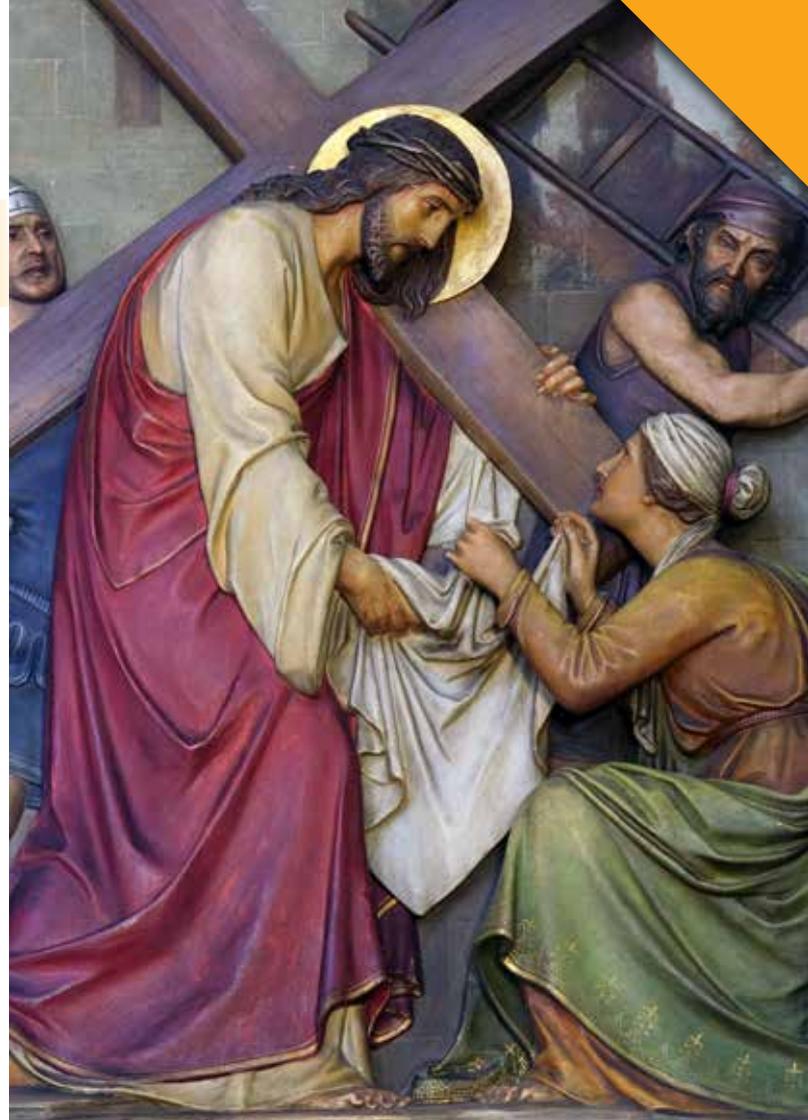
The media give us false images of how people should look and act. We strive to achieve this look so we feel part of the 'in crowd', but very often at the expense of those who don't fit the so-called 'perfect image'.

When have we avoided the company of others, simply because we're worried they might take the gloss off our own image?

PRAYER:

Jesus, heal those who suffer the pain of rejection, and forgive me for the times I have added to their loneliness because of my own selfish desire to be more popular.

Help me Jesus to follow your way.



7TH STATION Jesus falls for the second time

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

Another humiliating fall for Jesus, but he did not give in. Instead, he chose to follow the Father's plan and give his life completely so that he, and all of us, could be raised to new life.

So often our pride blocks us from seeing the bigger picture that is God's plan for us. It stops us from acknowledging when we are in the wrong, or when we should just let go of an argument and move forward.

Is our pride getting in the way of humbly following God's call?

PRAYER:

Jesus, time and time again I find myself unable to admit that I have made a mistake, or that someone else might be in a better position to make an important decision than me. My pride is a real stumbling block to making improvements in my life.

Please grant me a humble heart, which will help me to live out the kind of life that you call me to lead.

Help me Jesus to follow your way.



8TH STATION Jesus consoles the women of Jerusalem

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

Many of these women were sincere in their sorrow for Jesus: they knew Jesus and truly loved him. However, many others that day were simply going along with the crowd, or just caught up in the emotion of the day.

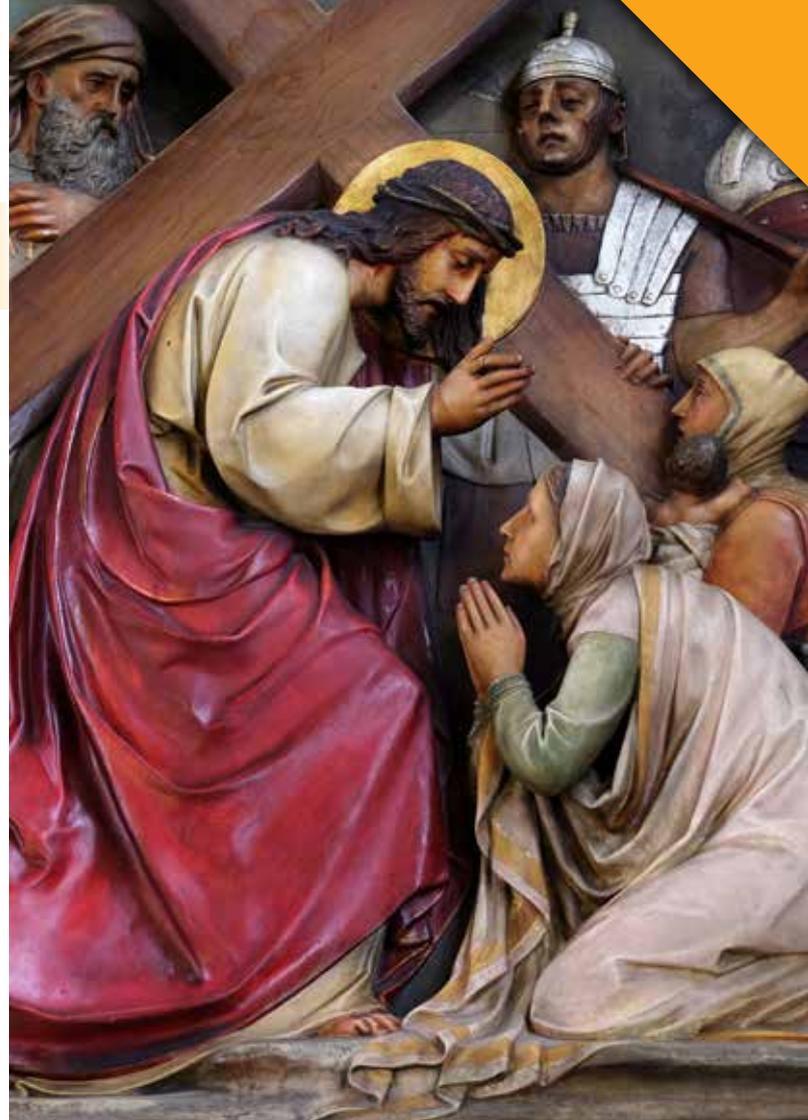
Likewise, for many of us today our relationship with Jesus is based only on the big events of the year, or a “cultural Christianity” related more to family and tradition, rather than a genuine relationship with Jesus.

Are we willing to genuinely hand ourselves over to God? Or do we just treat Jesus as the “safety net” in our lives, doing what we see as the bare minimum to be a Christian?

PRAYER:

Jesus, following your way can be so difficult, even though I know you came to give life and give it to the full. May I come to you with a sincere heart, to bring about a true conversion to living the Christian life 24-7.

Help me Jesus to follow your way.



9TH STATION

Jesus falls for the third time

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

No matter how hard the soldiers whipped him, or how much the crowd jeered him, Jesus kept getting up. He knew what he had to do, and he would do it no matter what pressure people put on him.

Failure is rarely easy to accept, but when it happens time after time giving in can begin looking like an attractive option. This is even more so when those around us seem unsupportive – or even hostile – to important decisions we know we need to make, like a decision to overcome an addiction, or a decision to really reconnect with God and his Church.

Are we prepared to make the tough decisions needed to get our lives in order?

PRAYER:

Jesus, there are some big changes I need to make to my life, even though things may seem OK on the outside. Please give me the courage to move beyond the past failures playing on my mind, and to turn away from everything distracting me from you.

Help me Jesus to follow your way.



10TH STATION

Jesus is stripped of His garments

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

What a humiliation for Jesus: to be stripped before the crowd.

Imagine if this happened to us! As it is, we're already extremely self-conscious about the changes our bodies go through and how we appear to others.

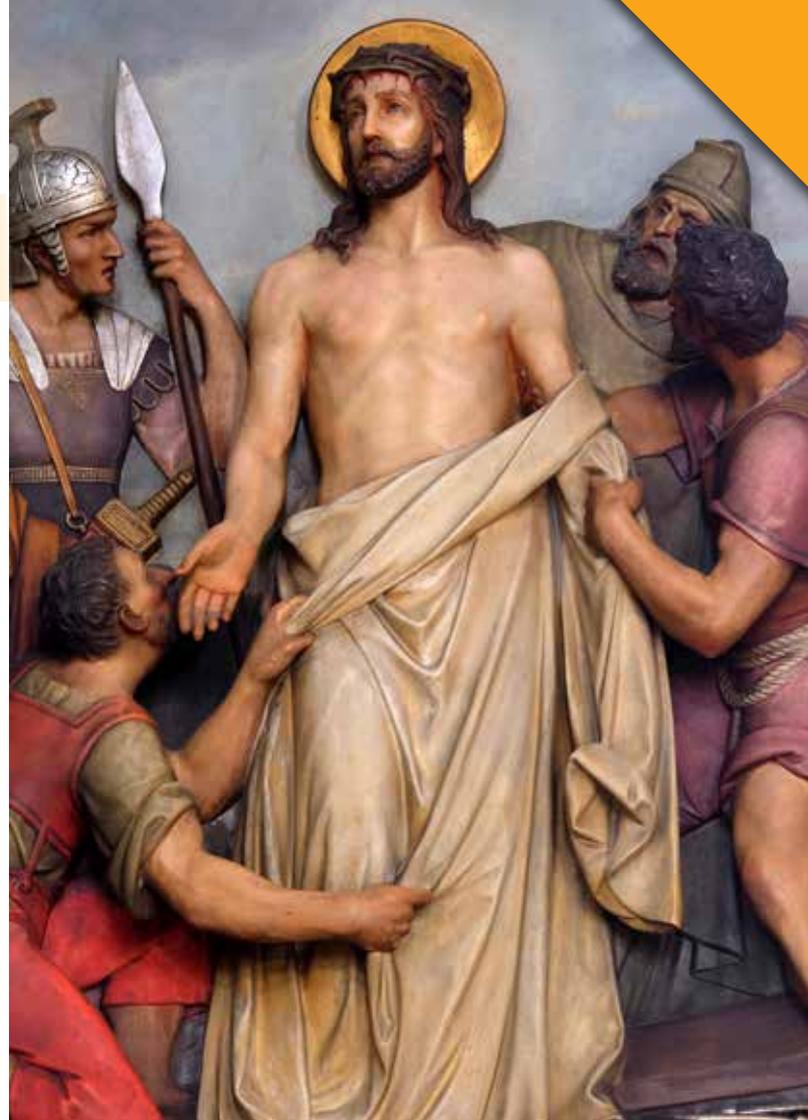
Yet, somehow, we think nothing of watching other people exposed and their dignity violated when we access inappropriate material on the net.

Are we willing to respect and treat our bodies – and other people's bodies – as sacred gifts from God?

PRAYER:

Jesus, I get so worked up over how I look and what others think of me that I lose sight of the 'me' inside. My need to fit in is so strong sometimes that I lower my standards in what I wear and how I let others treat my body. Please help me to be true to myself.

Help me Jesus to follow your way.



11TH STATION

Jesus is nailed to the cross

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

As Jesus' bones gave way to the piercing nails, the agony must have been simply unbearable. However, Jesus was willing to go through suffering and death, rather than risk us spending eternity without him.

Jesus' ultimate sacrifice is more than just a historical reality; it is a call to live our lives in service to God and one another. But doing so means making sacrifices in our own lives: not just changes in what we do, but a change of heart and mind.

Have we reflected on how we live our lives? Have we acknowledged where we have failed to love God and our neighbour?

Have we sought forgiveness for our sins through the sacrament of reconciliation?

PRAYER:

Jesus, thank you for the cross. Thank you for giving up everything to gain for me the offer of eternal life. Help me appreciate what you have done for me, and forgive me for the times I have taken it for granted.

Help me Jesus to follow your way.



12TH STATION Jesus dies upon the cross

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

Jesus called on people to turn to God and live a life of righteousness and compassion, and for this he was brutally tortured then executed, the victim of anger and jealousy.

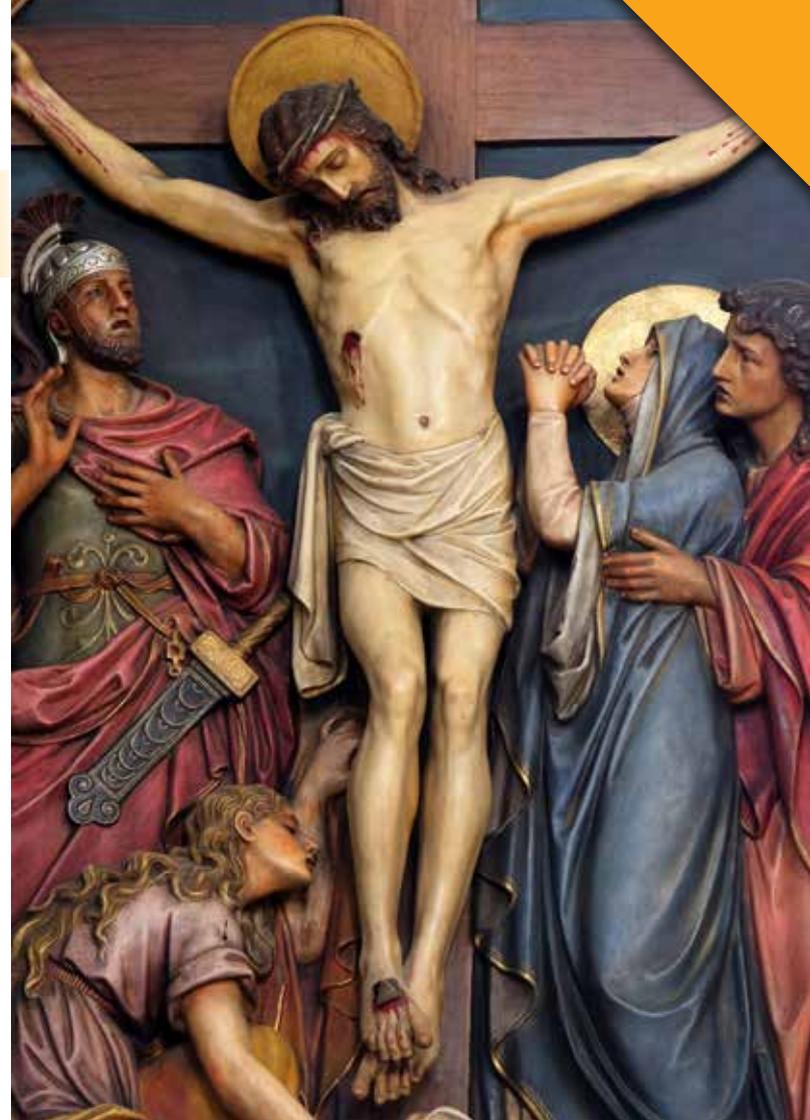
Today, parts of our media and society are becoming increasingly hostile towards Christian faith and values. In the face of this, we can find it easier to minimise our faith or treat it only as a purely private matter, rather than speaking out boldly for what is right.

Are we prepared stand up for Christian values with our school-friends, at work, and at the ballot box?

PRAYER:

Jesus, through your life and your death on the cross, you have shown me the way of justice and compassion. I want to follow your way, but I admit I get worried about being criticised for it or being labelled as somehow “out of touch”. Please give me the courage to not just do what seems “nice” or socially acceptable, but to really stand up for what is right.

Help me Jesus to follow your way.



13TH STATION

Jesus is taken down from the cross

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

How hard it must have been for Mary to accept the death of her son. But Mary, like her son, was willing to accept the Father's will.

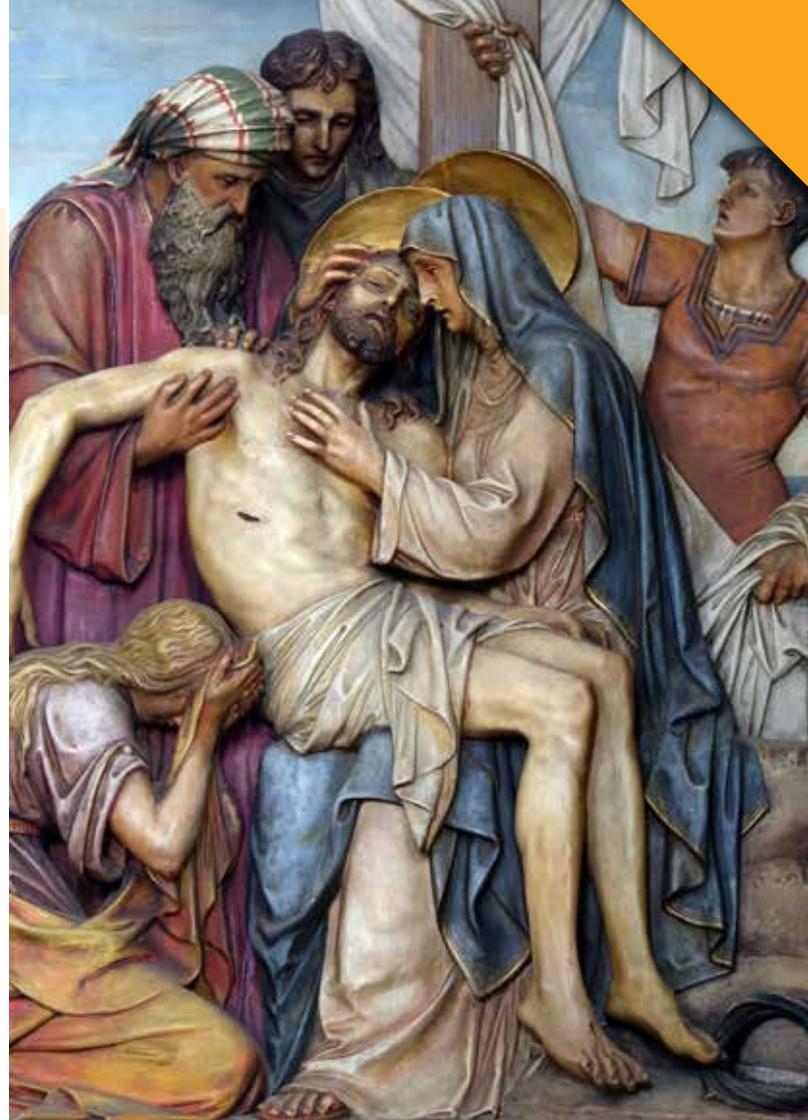
God's ways are above our ways, but when we experience major personal disappointments, such as the death of a friend, being made redundant, or missing out on a university course, we so easily fall into despair. However, like Mary, we need to place our hope and our trust in God and His eternal plan for us.

Have we spent enough time in prayer discerning God's plan for us?

PRAYER:

Jesus, I have had some big knocks in my life that have really shaken me up. I get worried about the future, and my faith has been rocked. But I know you are good, and I know your plan is bigger than I can ever even imagine. Please help me to let go of my doubts and fears, and just trust you.

Help me Jesus to follow your way.



14TH STATION Jesus is laid in the tomb

WE ADORE YOU O CHRIST AND WE BLESS YOU
BECAUSE BY YOUR HOLY CROSS YOU
HAVE REDEEMED THE WORLD.

REFLECTION:

It must have been tough for His followers to lay Jesus in the tomb, not yet knowing that He would rise on the third day to be with us always.

But following His resurrection, these followers would go on to spread the good news to the world, though not without sacrifice: all but one of the apostles were killed for their faith. But they knew that faithfully following Christ is the path to deep lasting happiness.

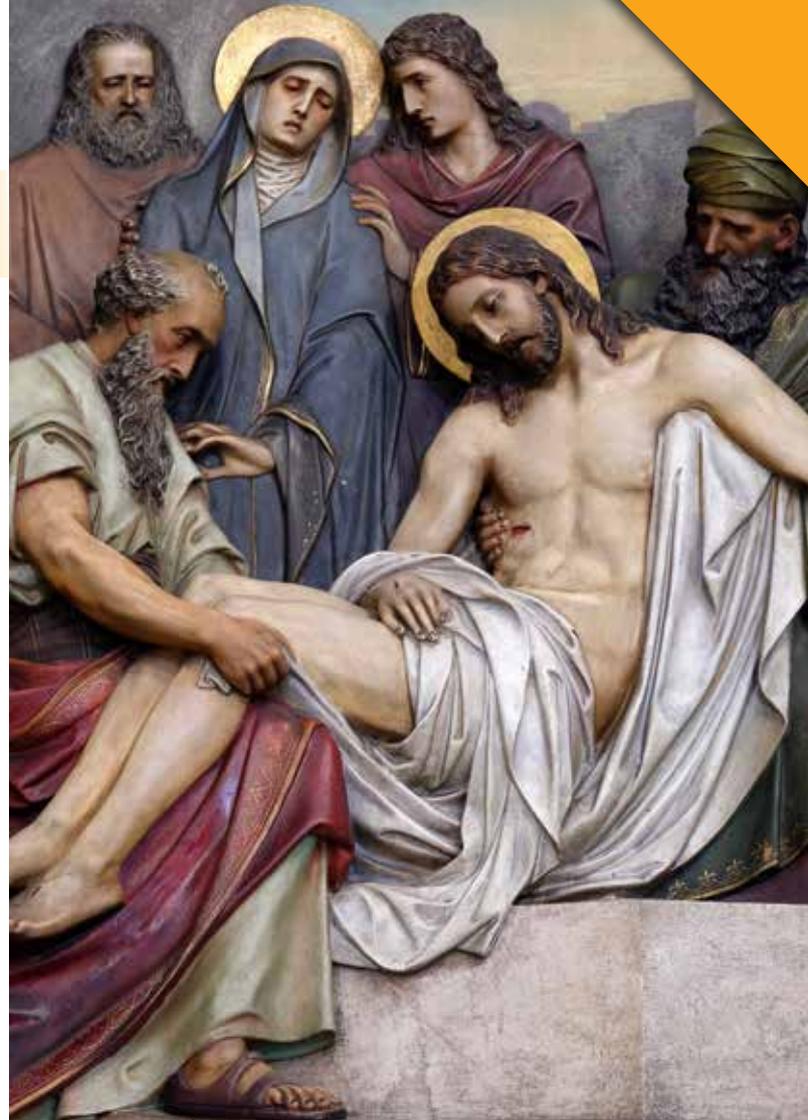
What changes do we need to make in our lives to allow us to follow the way of Jesus?

PRAYER:

Jesus, thank you for the gift of your death and resurrection. Forgive me for the times I have been unwilling to open my heart to your presence.

Strengthen my faith, and lead me to see your life, and your selfless death, as a source of inspiration.

Help me Jesus to follow your way.



TAKE MY LIFE

VERSE

Holiness holiness
Is what I long for
Holiness is what I need
Holiness holiness
Is what You want from me

CHORUS

So take my heart and form it
Take my mind transform it
Take my will conform it
To Yours to Yours oh Lord

*CCLI Song # 1617154
Scott Underwood*

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WHAT A BEAUTIFUL NAME

VERSE 1

You were the Word at the
beginning
One with God the Lord Most High
Your hidden glory in creation
Now revealed in You our Christ

CHORUS 1

What a beautiful Name it is
What a beautiful Name it is
The Name of Jesus Christ my King
What a beautiful Name it is
Nothing compares to this
What a beautiful Name it is
The Name of Jesus

VERSE 2

You didn't want heaven without us
So Jesus You brought heaven down
My sin was great
Your love was greater
What could separate us now

CHORUS 2

What a wonderful Name it is
What a wonderful Name it is
The Name of Jesus Christ my King
What a wonderful Name it is
Nothing compares to this
What a wonderful Name it is
The Name of Jesus

BRIDGE

Death could not hold You
The veil tore before You
You silence the boast of sin and grave
The heavens are roaring
The praise of Your glory
For You are raised to life again

You have no rival
You have no equal
Now and forever God You reign
Yours is the kingdom
Yours is the glory
Yours is the Name above all names

CHORUS 3

What a powerful Name it is
What a powerful Name it is
The Name of Jesus Christ my King
What a powerful Name it is
Nothing can stand against
What a powerful Name it is
The Name of Jesus

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year_{of} youth

OPEN NEW HORIZONS FOR SPREADING JOY