

Faith in 5
Lent: Week 4
Adults

1. **What are the Stations of the Cross and why are they important?** The Stations of the Cross (also known as the Way of the Cross) is a holy activity where we meditate and pray about the Lord's last moments on earth. It focuses on His suffering and sacrifice for us. Throughout the 14 stations, we have an opportunity to reflect on the different stages Jesus went through and what He did to gain salvation for us. While they play an important part during Lent and Holy Week, the Stations of the Cross can be done any time of the year especially on Fridays, the day we commemorate the death of our Lord Jesus.
2. **What are the 14 stations?**
 - a. Jesus is condemned to death
 - b. Jesus accepts the cross
 - c. The first fall
 - d. Jesus meets His mother Mary
 - e. Simon of Cyrene helps carry the cross
 - f. Veronica wipes the face of Jesus
 - g. The second fall
 - h. Jesus meets the women
 - i. The third fall
 - j. Jesus' garments are stripped
 - k. Jesus is nailed to the cross
 - l. Jesus dies on the cross
 - m. Jesus is taken down from the cross
 - n. Jesus is laid in the tomb

In 2000, Pope Saint John Paul II added the 15th station, the Resurrection.
3. **How do you participate in the Stations of the Cross?** There are many ways you can do this. In any Catholic church, you may find the Stations of the Cross images inside on the walls of the church; some parishes also have them outside. After an opening prayer, devotees start on the first station, meditate and pray, and move through the rest of the stations until the last station is visited. Some parishioners may use a booklet or guide, others pray silently to themselves. In some parishes, particularly during Lent, there may be services for the faithful to participate in the Stations of the Cross together and in song. These days, there are Stations of the Cross available on apps that are accessible by phone. It is a beautiful practice to understand, reflect and appreciate Jesus' suffering, His great love and sacrifice for us.
4. **What do you do at each station?** Each station is met with genuflecting and reciting, "We adore you O Christ and we praise you, because by your Holy Cross You have redeemed the world". Pause, take a few moments to meditate on the image of the

station you are at. Consider what Jesus must have been thinking or feeling. Put yourself in His place and imagine the hurt and suffering He endured. What is going on in the scene and who else is involved? What are they thinking or feeling? If you are using a booklet or formal guide, recite the prayers. Ask God for His mercy and grace.

This is a free resource! For more information, check out www.acatholicmomslife.com