

Lesson 22: Stations of the Cross

Please click twice to watch the video <https://www.youtube.com/watch?v=IKDXjOJ4SFQ>

The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 stations focus on specific events of his last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's passion. Specific prayers are recited, then the individual moves to the next station until all 14 are complete.

Stations of the Cross

- 1. Jesus Is Condemned to Death:** Pontius Pilate condemns Jesus to death.
- 2. Jesus Takes Up His Cross:** Jesus willingly accepts and patiently bears his cross.
- 3. Jesus Falls the First Time:** Weakened by torments and by loss of blood, Jesus falls beneath his cross.
- 4. Jesus Meets His Sorrowful Mother:** Jesus meets his mother, Mary, who is filled with grief.
- 5. Simon of Cyrene Helps Jesus Carry the Cross:** Soldiers force Simon of Cyrene to carry the cross.
- 6. Veronica Wipes the Face of Jesus:** Veronica steps through the crowd to wipe the face of Jesus.
- 7. Jesus Falls a Second Time:** Jesus falls beneath the weight of the cross a second time.
- 8. Jesus Meets the Women of Jerusalem:** Jesus tells the women to weep not for him but for themselves and for their children.
- 9. Jesus Falls the Third Time:** Weakened almost to the point of death, Jesus falls a third time.
- 10. Jesus Is Stripped of His Garments:** The soldiers strip Jesus of his garments, treating him as a common criminal.
- 11. Jesus Is Nailed to the Cross:** Jesus' hands and feet are nailed to the cross.
- 12. Jesus Dies on the Cross:** After suffering greatly on the cross, Jesus bows his head and dies.
- 13. Jesus Is Taken Down from the Cross:** The lifeless body of Jesus is tenderly placed in the arms of Mary, his mother.
- 14. Jesus Is Laid in the Tomb:** Jesus' disciples place his body in the tomb.