



# STATIONS OF THE CROSS

*everyone's way  
of the cross*





## OVERVIEW

### *everyone's way of the cross*

Pilgrims for centuries have journeyed to Jerusalem to walk in the final footsteps of Jesus along the Via Delorosa, the Way of the Cross. During the Crusades, it was not safe to go to Jerusalem so villages in Europe began to create 14 Stations to tell the story of Jesus' last journey, from his meeting with Pilate to his burial in the tomb. Almost every Catholic Church in the world has the Stations of the Cross displayed. These traditional stations have been adapted for the St. Luke's community and a 15th Station celebrating the Resurrection has been added.

Go through at your own pace. Not everything will hold the same meaning for everyone. Allow God to use these experiences to speak to you uniquely.

In this guide, you will find the same rhythm and practices for each station. When you are ready, Station 1 is to the left of the Office door.



- 1. Scripture**
- 2. Reflective practice**
- 3. Breath prayer**



# PREPARE

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To set your posture and mindset for this experience, we invite you to read these words from Everyone's Way of the Cross, by Clarence Enzler.

These fifteen steps  
that you are now about to walk  
you do not take alone.

I walk with you.

Though you are you,  
and I am I,  
yes we are truly one -  
one Christ.

And therefore  
My way of the cross  
two thousand years ago  
and your "way" now  
are also one.

But note this difference.  
My life was incomplete until I crowned it  
by my death.  
Your fifteen steps  
will only be complete when you have crowned them  
by your life.

Adapted from Everyone's Way of the Cross

Everyone's Way of the Cross by Clarence Enzler was the inspiration for this year's St. Luke's Stations of the Cross. You can pick up a copy of this booklet at the Welcome Station.

# BREATH PRAYERS

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Minister Adele Ahlberg Calhoun suggests a form of breath prayer that allows us to bring our heart's deepest longing into our intimate relationship with God.

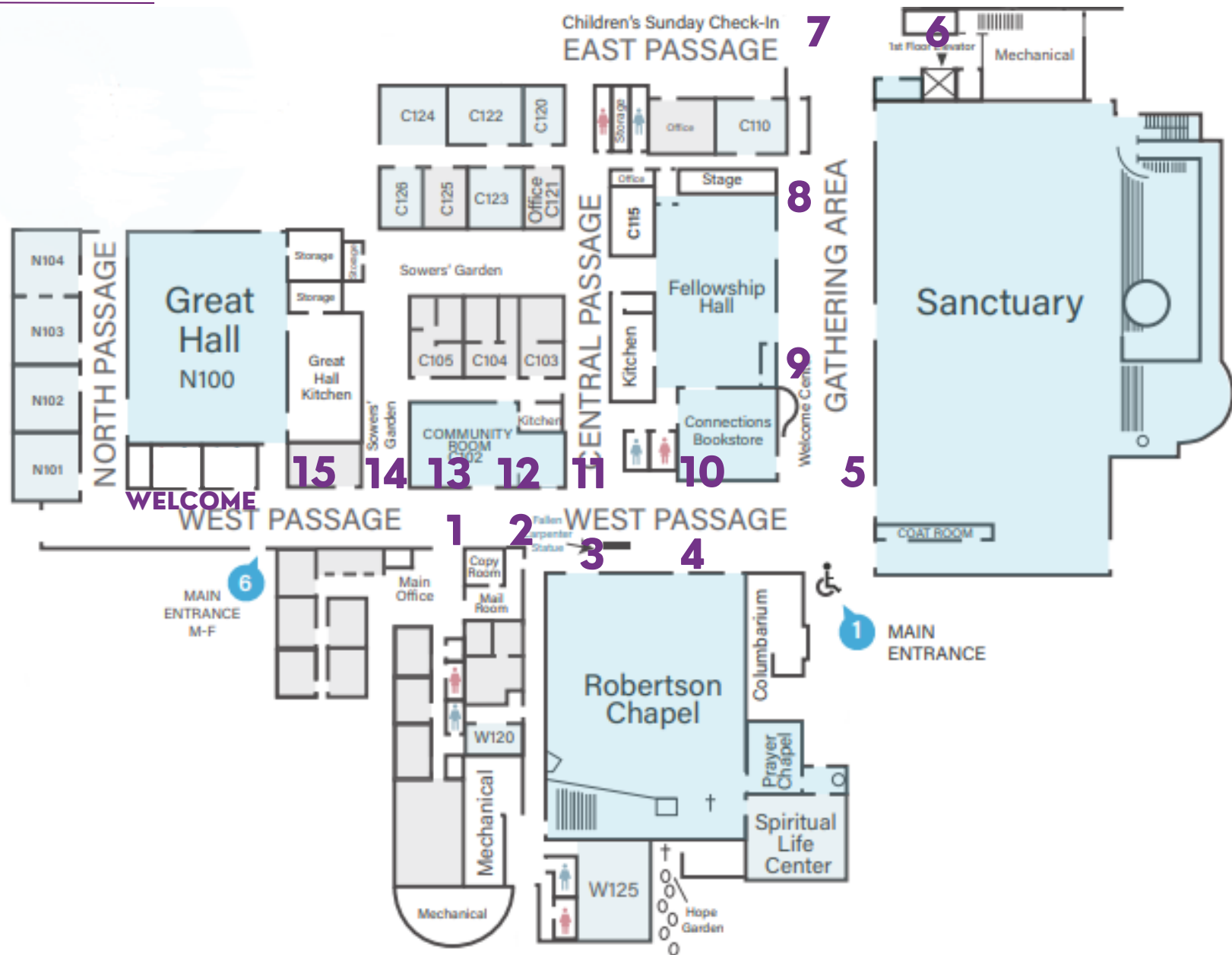
Breath prayer reminds us that just as we can't live on one breath of air, we can't live on one breath of God. God is the oxygen of our soul, and we need to breathe [God] in all day long. After all, it is in [God] that "we live and move and have our being" (Acts 17:28). Breath prayer reminds us that each breath we are given is God's gift and that God's Spirit is nearer to us than our own breath.

To practice breath prayer, ponder the nearness of God. Settle deeply into the truth that God is in you. Deeply breathe in, repeating any name of God that is dear to you. As you exhale, voice a deep desire of your heart. When you exhale, offer up the desire of your heart. The brevity of the prayer allows it to be repeated over and over throughout the day.

**inhale:** *Be still*  
**exhale:** *and know that I am God.*



# THE STATIONS





## STATION 1: JESUS IS CONDEMNED TO DEATH

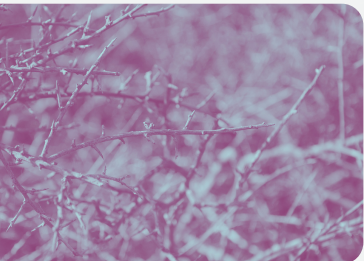
### SCRIPTURE

John 19:1-4

"Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, 'Hail, king of the Jews!' And they slapped him in the face. Once more Pilate came out and said to the Jews gathered there, 'Look, I am bringing him out to you to let you know that I find no basis for a charge against him.'"

### REFLECTIVE PRACTICE

Spend some time entering a space of contemplation at this station. Breathe in and breathe out, giving yourself permission to pause anything going on around you and within you. Take time to be aware of what you are feeling and allow yourself to pray, reflect, and wonder as you enter into this experience. If you are able, take a posture of kneeling, look at the image, close your eyes, and imagine being in the moment with Jesus, bearing witness to His condemnation.



**What sights and sounds catch your attention? Can you imagine what Jesus might have been feeling? Can you empathize, through your own experiences?**

### BREATH PRAYER

**inhale:** Lord, Jesus Christ,  
**exhale:** have mercy on me.

## STATION 2: JESUS CARRIES HIS CROSS

### SCRIPTURE

John 19:17

Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha).

### REFLECTIVE PRACTICE

Jesus begins his journey in the same way we begin our spiritual journey each day, day after day, moment by moment; one step at a time. As we plod along, there are times we feel beaten down, burdened, restless, bored, weary, or doubtful. Look at the bricks, the patterns, the repetition.

**Consider how the Spirit of God joins together the moments, the experiences, the monotony, the light and the dark, the hours, the days, each day to help shape your spiritual life as you stumble along.**



### BREATH PRAYER

**inhale:** I am weary.  
**exhale:** Walk with me.



## STATION 3: JESUS FALLS FOR THE FIRST TIME

### SCRIPTURE

John 19:1-4

But now, this is what the Lord says  
he who created you, Jacob,  
he who formed you, Israel:  
"Do not fear, for I have redeemed you;  
I have summoned you by name;  
you are mine.  
When you pass through the  
waters,  
I will be with you;  
and when you pass through the rivers,  
they will not sweep over you.  
When you walk through the fire,  
you will not be burned;  
the flames will not set you ablaze.  
For I am the Lord your God,  
the Holy One of Israel, your Savior;

### REFLECTIVE PRACTICE

Here we see the image of Jesus falling in pain as He struggles to carry the burden of the cross. We see the anguish of abuse, betrayal, and injustice. And yet, He picked up the cross and continued the journey. Touch the textures of the sculpture. Find the rough places and the smooth. Rest your hand on Jesus' arms, His hands, His feet. Look into His face.

**Pray this prayer: "Make me content with all my discontents, and give me strength to struggle as you did."**



### BREATH PRAYER

**inhale:** *I give you my pain,*  
**exhale:** *heal my wounds.*

## STATION 4: JESUS MEETS HIS MOTHER

### SCRIPTURE

Luke 2:34-35, 51

Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel and to be a sign that will be spoken against so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

### REFLECTIVE PRACTICE

Mary knew from the beginning; to love Jesus would be to let go of him. She shared in His victories. She shared in His pain. She held Him. She released Him.

To share in the suffering of others, to allow them to share in ours, is to experience part of Jesus' journey and the journey of love.

**As you reflect on the images in the video, consider how your journey of love, in its beauty and pain, has shaped you and made you the person you are today. Thank God for the gift of loving and letting go.**

### BREATH PRAYER

**inhale:** *Perfect love.*  
**exhale:** *Teach me how to love.*





## STATION 5: SIMON HELPS JESUS

SCRIPTURE  
Mark 15:21

A certain man from Cyrene, Simon, the father of Alexander and Rufus, was passing by on his way in from the country, and they forced him to carry the cross.

### REFLECTIVE PRACTICE

These frames hold the names of the people we at St. Luke's are praying for as part of our 5-3-1 pledge. Each week in Lent we will pray for 5 people or circumstances and write those on a ribbon. There are many ways to be like Simon. You can extend a hand, smile at a clerk, write a note to a prisoner, contact a legislator, put cans in the food pantry bin. Each time you are like Simon, your action is a prayer.



**Pick up a ribbon and add the name of a person you are praying for. Pin the ribbon on a string. Carry that person in your heart as you proceed on your journey.**

### BREATH PRAYER

**inhale:** *Caring God*  
**exhale:** *Move through me to others.*

## STATION 6: VERONICA COMFORTS JESUS



SCRIPTURE  
John 13: 33 - 35

My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come. "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

### REFLECTIVE PRACTICE

Find a comfortable place to sit. Allow yourself to take in the smells, sounds, sights, and textures that surround you. Give yourself permission to become aware of the moment and pay attention to your breathing. Make no effort to control or change it. Sink into the present moment and reflect on this prayer:

"Lord, what you ask is hard. It calls for courage, vulnerability, and self-sacrifice. Give us individual and collective strength. Don't let us run away because of fear or apathy. Lord, we feel your love and understanding in the compassion and support we receive from one another. Give us the courage and dedication to be in kinship with others and show up with radical empathy with all."

While Veronica, specifically, does not appear in the gospels, we can focus on her gesture instead of her identity. In wiping Jesus' face of His sweat and blood, she helps reveal again the face of God.

**Do we see beyond the scars, the tears, the wounds of our neighbors? Where does Veronica get the courage to comfort and care even at personal risk? How can we be courageous?**

### BREATH PRAYER

**inhale:** *God of courage.*  
**exhale:** *Strengthen me.*





## STATION 7: JESUS FALLS FOR THE SECOND TIME

### SCRIPTURE

Psalms 28:7

The LORD is my strength and my shield; my heart trusts in Him, and He helps me. My heart leaps for joy, and with my song I praise Him.



### REFLECTIVE PRACTICE

At this station, you will find the labyrinth. A labyrinth is a geometrical path, a tool, and a reflection practice used for many different reasons - to find peace, to pray and reflect, and to let go of worries and walk as a kind of moving meditation.

Enter the labyrinth and follow the single path as it winds its way toward the center. Pause in the center for as long as you need, then turn and exit the labyrinth on the same path you came in. It is fine to walk it alone and fine to walk with others. People walk at different paces. If you encounter someone going in the opposite direction, simply step off the path momentarily to allow the other to pass.

As you walk, use the breath prayer, practice gratitude, and give yourself space to release worries or burdens. Reflect on how you are like Jesus - you fall again & again. You trust in loving arms, you get up and you carry on. You learn to persevere.

**Did any words emerge on your journey?**

### BREATH PRAYER

**inhale:** *I let go.*  
**exhale:** *I trust You.*

## STATION 8: JESUS AND THE WOMEN OF JERUSALEM

### SCRIPTURE

Luke 23: 27 - 28

A large number of people followed him, including women who mourned and weiled for him. Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children."



### REFLECTIVE PRACTICE

In Jerusalem, there is a Wailing Wall. It is the remains of an ancient limestone wall in the Old City of Jerusalem and now it is a place Jews come to pray each day. Their prayers are written on little pieces of paper and stuffed in the spaces between the rocks. Pick up a piece of paper, think about the suffering of the women of the world and write a prayer. Fold your paper and prayerfully place it in the space between the rocks.

**Imagine the cries of these women. Women all over the world are crying the same tears today. Children are starving. War is raging. Homes are being destroyed.**



### BREATH PRAYER

**inhale:** *Merciful O He.*  
**exhale:** *Listen to your children praying.*



## STATION 9: JESUS FALLS FOR THE THIRD TIME

### SCRIPTURE

Matthew 23:11-12

The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

### REFLECTIVE PRACTICE

Welcome to the human condition.

Check in with your body.

Where is there pain, tightness?

What is the feeling? Fear, anger, tiredness, sadness

Look at it and welcome it.

Welcome\_\_\_\_(name the feeling).

Now, let that feeling go. Stretch and move your body as you can. Relax and breathe.

Love moved Jesus forward, step after step.  
Loved pulled Jesus upward, fall after fall.  
His love would not be stopped, not even by death. And so it cannot be stopped now.  
Your sin, your failures, your humanity:  
They will not hold Love back.



### BREATH PRAYER

**step 1:** *I let go of my need to hoard what I have.*

**step 2:** *I let go of my need to always be right.*

**step 3:** *I let go of my need for control.*

## STATION 10: JESUS IS STRIPPED OF HIS GARMENTS

### SCRIPTURE

John 19: 23 - 24

When the soldiers crucified Jesus, they took his clothes, dividing them into four shares, one for each of them, with the undergarment remaining. This garment was seamless, woven in one piece from top to bottom. "Let's not tear it," they said to one another. "Let's decide by lot who will get it." This happened that the scripture might be fulfilled that said, "They divided my clothes among them and cast lots for my garment." So this is what the soldiers did.



### REFLECTIVE PRACTICE

Jesus was stripped of everything, and yet, possessing nothing, he was filled with the Father's love.

As you reflect on this moment of Jesus' journey, offer God this prayer:

**Lord, I offer you my all— whatever I possess, and more, my self.**

**Detach me from the craving for prestige, position, wealth.**

**Root out of me  
all trace of envy of my neighbor  
who has more than I have.  
Release me from the vice of pride,  
my longing to exalt myself,  
and lead me to the lowest place.**

### BREATH PRAYER

**inhale:** *May pride in self disappear.*

**exhale:** *So that I may be filled with You.*



## STATION 11: JESUS IS NAILED TO THE CROSS

### SCRIPTURE

Luke 23:33

When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left.

### REFLECTIVE PRACTICE

There were others crucified alongside Jesus. One on either side of Him. They are described as criminals. In some way they did not fit in and were paying a price. Jesus has compassion for them. He invites them to share with him in the redemptive suffering that gives life to the world. One of them is open to the invitation.



**Can you see yourself next to Jesus, receiving His invitation to participate with him in God's loving, compassionate healing of the world? Write on a sticky note one way you can answer the invitation to ease the pain of your brothers and sisters.**

### BREATH PRAYER

**inhale:** Here I am, Lord.  
**exhale:** send me.



## STATION 12: JESUS DIED ON THE CROSS



### SCRIPTURE

John 13: 33 - 35

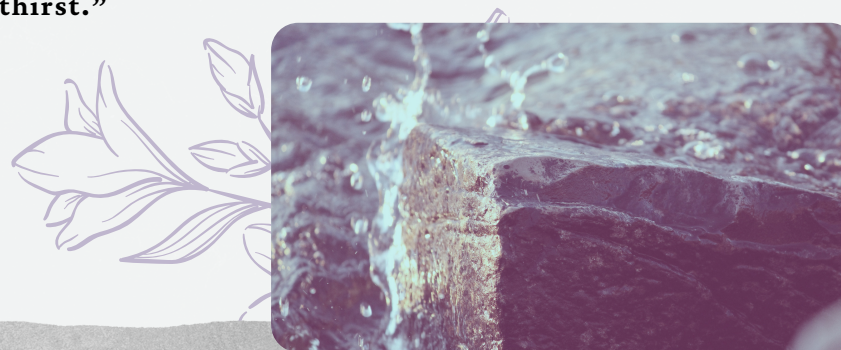
Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "I am thirsty." A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

### REFLECTIVE PRACTICE

As Jesus was dying, He cried out, "I thirst." Do you hear the cries of people around the world who desperately need clean water to drink - not the wine vinegar Jesus was given, but clean water.

We take water for granted. We turn on the faucet and there it is - hot, cold, clean, drinkable and in abundance.

**Think about what it would be like if you had to carry an old plastic container to the river each morning, stand in line with the women and children to dip your container in the muddy water. Contemplate drinking that water because it's the only water you have. How do you feel? Now, do you hear the cries of all those who cry out like Jesus, "I thirst."**



### BREATH PRAYER

**inhale:** Let justice roll down.  
**exhale:** Like waters of a stream.



## STATION 13: JESUS IS TAKEN DOWN FROM THE CROSS

SCRIPTURE  
John 19:31

Now it was the day of Preparation, and the next day was to be a special Sabbath. Because the Jewish leaders did not want the bodies left on the crosses during the Sabbath, they asked Pilate to have the legs broken and the bodies taken down.



### REFLECTIVE PRACTICE

Jesus was already dead, so instead of breaking His legs, the soldiers thrust a spear into His side. In some way, this seemed more respectful to those who loved Jesus and were there with Him as he died. Sometimes in the midst of suffering, tragedy, heartbreak, disappointment, loss, death, the best we have to offer is care and respect. We want to show honor. It is the beginning of healing.

**Pick up a stone. Think about a loss you have experienced. Prayerfully honor that loss as you carry the stone through the archway into the possibility of new life.**

### BREATH PRAYER

**inhale:** *Be still my soul*  
**exhale:** *The Lord is on my side.*

## STATION 14: JESUS IS BURIED

SCRIPTURE  
John 19:38-42

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.

### REFLECTIVE PRACTICE

In the Jewish tradition, people place stones on the graves of their loved ones. Prayerfully place your stone as you look out into the garden. Remember that when the stone was rolled across the entrance to Jesus' tomb, it appeared that all was lost. The hope of the world was gone. But the tomb was not the end of the story. Jesus' time in the tomb is a time of silence, where we await His resurrection with hopefulness.



### BREATH PRAYER

**inhale:** *I wait*  
**exhale:** *for the risen Christ.*



## STATION 15: JESUS HAS RISEN

### SCRIPTURE

Matthew 28: 5-7

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."



### REFLECTIVE PRACTICE

Take a moment to absorb the presence of God in your life and in this moment.

Read the passage on the wall slowly, paying attention to words or phrases that stand out to you.

**Meditate on that word or phrase. Let it interact with all you bring to this moment: your life, worries, joys, etc. What do you want to say to God in response to these words? What do you sense God may be telling you? How might God be inviting you to be transformed through this passage and the journey with Jesus?**

### BREATH PRAYER

**inhale:** *I breathe in the Divine.*

**exhale:** *So that I can be rich in You.*

**Go now and serve God's world, sharing the truth you've been given - that Love is truly the greatest gift of all.**

## ADDITIONAL RESOURCES: REFERENCED OUTREACH MINISTRIES

### ZANMI FONDWA WATER CISTERN PROJECT

Zanmi Fondwa works to improve and transform the future of Haitian families, one house at a time. We build high-quality homes with indoor bathrooms, concrete kitchens, secure doors and 2000 gallon water cisterns. Homeowners are educated on how to maintain the water cistern and treat their water for drinking. The water cistern gives the gift of time to women and children who typically are responsible for walking 30 to 60 minutes to retrieve water. Zanmi Fondwa believes the water cistern benefits the family's neighbors who have easier access to water and promote better health habits for the community. Each water cistern costs \$1800 and provides 3 jobs for people in the community.



Give today and help provide water for a family!

### DOVE RECOVERY HOUSE

Dove Recovery House is committed to empowering women to become substance free, self-sufficient, and healthy, by providing safe housing, quality programming and above all hope for their future.

#### Dove House Needs:

- Paper products (toilet paper, paper plates, paper towels, napkins)
- Cleaning supplies
- Office supplies
- Canned/boxed food
- Twin size sheets, blankets, pillows & pillow cases
- Seasoning for food
- Funding for these items

### FAMILY PROMISE OF GREATER INDIANAPOLIS

Family Promise of Greater Indianapolis is a partnership of congregations and community organizations responding to the crisis of children and their families who are homeless. They are working to eliminate homelessness in Greater Indianapolis by partnering with other organizations and addressing their immediate and long term needs.