

First Station: Jesus is condemned to die.

As soon as it was morning, the chief priests, with the elders and scribes, and the whole council, held a consultation; and they bound Jesus and led him away and delivered him to Pilate. And they all condemned him and said, “He deserves to die.” When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called the Pavement, but in the Hebrew, Gabbatha. Then he handed Jesus over to them to be crucified.

Reflection Prompt: Close your eyes and imagine yourself as a bystander in the place called “the Pavement,” bearing witness to the condemnation of Jesus. What sights and sounds catch your attention? Why do you think that is?

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. Amen.

Second Station: Jesus carries his cross.

Jesus went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew, Golgotha. Although he was a Son, he learned obedience through what he suffered. Like a lamb he was led to the slaughter; and like a sheep that before its shearers is mute, so he opened not his mouth. Worthy is the Lamb who was slain, to receive power and riches and wisdom and strength and honor and glory and blessing.

Reflection Prompt: How do you imagine “the place of a skull”, Golgotha? What feelings are evoked as you stand on the hill? As Jesus comes into view carrying the cross that will be the method of his capital punishment, what do you want to say?

Almighty God, whose beloved Son willingly endured the agony and shame of the cross for our redemption: Give us courage to take up our cross and follow him; who lives and reigns for ever and ever. Amen.

Third Station: Jesus falls for the first time.

Christ Jesus, though he was in the form of God, did not count equality with God a thing to be grasped; but emptied himself, taking the form of a servant, and was born in human likeness. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him, and bestowed on him the name which is above every name. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker, for he is the Lord our God.

Reflection Prompt: How does the crowd respond when Jesus falls? Is there laughter, or perhaps an audible gasp by some? What is your body doing?

O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: Grant us such strength and protection as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord. Amen.

Fourth Station: Jesus meets his mother.

To what can I liken you, to what can I compare you, O daughter of Jerusalem? What likeness can I use to comfort you, O virgin daughter of Zion? For vast as the sea is your ruin. Blessed are those who mourn, for they shall be comfort-ed. The Lord will be your everlasting light, and your days of mourning shall be ended.

Reflection Prompt: Imagine Jesus' mother as she sees him. What is her affect? What are your own emotions in seeing them together? Recall a time in your life when you experienced "a sword of grief."

O God, who willed that in the passion of your Son a sword of grief should pierce the soul of the Blessed Virgin Mary his mother: Mercifully grant that your Church, having shared with her in his passion, may be made worthy to share in the joys of his resurrection; who lives and reigns for ever and ever. Amen.

Fifth Station: Simon helps Jesus carry his cross.

As they led Jesus away, they came upon a man of Cyrene, Simon by name, who was coming in from the country, and laid on him the cross to carry it behind Jesus. "If anyone would come after me, let him deny himself and take up his cross and follow me. Take my yoke upon you, and learn from me; for my yoke is easy, and my burden is light."

Reflection Prompt: Imagine yourself in the place of Simon of Cyrene. How heavy is the physical burden of the cross? What other burdens weigh on you?

Heavenly Father, whose blessed Son came not to be served but to serve: Bless all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his Name to the suffering, the friendless, and the needy; for the love of him who laid down his life for us, your Son our Savior Jesus Christ. Amen.

Sixth Station: A Woman wipes the face of Jesus.

We have seen him without beauty or majesty, with no looks to attract our eyes. He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces, he was despised, and we esteemed him not. His appearance was so marred, beyond human semblance, and his form beyond that of the children of men. But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed.

Reflection Prompt: How does Jesus connect with this woman who wipes his face? Do they make eye contact? Do others make eye contact? What words, if any, are exchanged?

O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord. Amen.

Seventh Station: Jesus falls a second time.

Surely he has borne our griefs and carried our sorrows. All we like sheep have gone astray; we have turned everyone to his own way; and the Lord has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth. For the transgression of my people was he stricken.

Reflection Prompt: What is your inward and outward response to Jesus' second fall? Do you feel the pull to avert your eyes from his pain? Recall a time when you felt an inward pull to turn away from suffering.

Almighty and ever-living God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; who lives and reigns for ever and ever. Amen.

Eighth Station: Jesus meets the women of Jerusalem.

There followed after Jesus a great multitude of the people, and among them were women who bewailed and lamented him. But Jesus turning to them said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children."

Reflection Prompt: Have you heard the cries of women throughout the walk? How have they changed? How do the women respond to Jesus' words, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children"?

Teach your Church, O Lord, to mourn the sins of which it is guilty, and to repent and forsake them; that, by your pardoning grace, the results of our iniquities may not be visited upon our children and our children's children; through Jesus Christ our Lord. Amen

Ninth Station: Jesus falls the third time.

I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light. He has besieged me and enveloped me with bitterness and tribulation; he has made me dwell in darkness like the dead of long ago. Though I call and cry for help, he shuts out my prayer. He has made my teeth grind on gravel, and made me cower in ashes. "Remember, O Lord, my affliction and bitterness, the wormwood and the gall!"

Reflection Prompt: Repeat either to yourself or as a group, "Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ." What would it look like for us to gladly suffer shame and loss for the sake of our Savior, Jesus Christ?

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ. Amen.

Tenth Station: Jesus is stripped.

When they came to a place called Golgotha (which means the place of a skull), they offered him wine to drink, mingled with gall; but when he tasted it, he would not drink it. And they divided his garments among them by casting lots. This was to fulfill the scripture which says, “They divided my garments among them; they cast lots for my clothing.”

Reflection Prompt: How do you feel as Jesus is stripped down in front of the crowd? Describe what arises in you as you watch others divide the clothes off his back amongst themselves. Recall a particularly bitter taste like potent vinegar or bile and the sensation created in your mouth, the desperation for a drink.

Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ our Lord. Amen.

Eleventh Station: Jesus is nailed to the cross.

When they came to the place which is called The Skull, there they crucified him; and with him they crucified two criminals, one on the right, the other on the left, and Jesus between them. And the scripture was fulfilled which says, “He was numbered with the transgressors.”

Reflection Prompt: Wonder for a moment about those on the crosses at Jesus’ left and right. Imagine the interactions the three of them may have had with one another and with the crowd as they experienced this torture.

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. Amen.

Twelfth Station: Jesus dies on the cross.

When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, “Woman, behold your son!” Then he said to the disciple, “Behold your mother!” And when Jesus had received the vinegar, he said, “It is finished!” And then, crying with a loud voice, he said, “Father, into your hands I commend my spirit.” And he bowed his head, and handed over his spirit.

Reflection Prompt: Imagine yourself as either the disciple charged with care of Jesus’ mother or as Jesus’ mother, whichever feels more authentic to you. How do you respond to Jesus’ words to you? What does it look like for you personally to “die daily to sin”?

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; who lives and reigns now and for ever. Amen.

Thirteenth Station: Jesus is taken down from the cross.

All you who pass by, behold and see if there is any sorrow like my sorrow. My eyes are spent with weeping; my soul is in tumult; my heart is poured out in grief because of the downfall of my people. “Do not call me Naomi (which means Pleasant), call me Mara (which means Bitter); for the Almighty has dealt very bitterly with me.”

Reflection Prompt: Imagine Jesus’ mother cradle his body for a moment. What, if any, comfort do you wish to offer to her? If you do offer her comfort, how does she respond?

Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness; for your tender mercies sake. Amen.

Fourteenth Station: Jesus is laid in the tomb.

When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock; and he rolled a great stone to the door of the tomb.

Reflection Prompt: Do you follow those who take Jesus’ body to the tomb, thus associating yourself with his ministry? Or do you watch from a distance? Reflect for a moment on the imagery of being buried in the waters and rising to new life in baptism. How are you experiencing death and resurrection in your own life?

O God, your blessed Son was laid in a tomb in a garden, and rested on the Sabbath day: Grant that we who have been buried with him in the waters of baptism may find our perfect rest in his eternal and glorious kingdom; where he lives and reigns for ever and ever. Amen.

Reflection prompts are from [the guide](#) that accompanies the [Way of the Cross video](#) from The Virginia Theological Seminary’s [Department of Lifelong Learning](#). Through scripture, art, and music, the video invites us to walk with Christians of every generation on a virtual pilgrimage, meditating on our Lord’s passion and death.