

# **Stations of the Cross & Human Suffering**

**Jesus is condemned to death**  
**Remember that suffering cannot extinguish happiness**

**Jesus receives the Cross**  
**Accept your crosses with love**

**Jesus falls the first time**  
**Learn from Christ to turn your failures into victories**

**Jesus meets His Mother**  
**Alleviate others' suffering by imitating Mary's compassion . . . .**

**Simon helps Jesus to carry the Cross**  
**Learn how your crosses can become sweet and light**

**Veronica wipes the face of Jesus**  
**Cooperate with God's grace in ministering to others in their sufferings**

**Jesus falls the second time**  
**Do not give in to discouragement**

**The women of Jerusalem weep for Jesus**  
**Bear all your sufferings for the love of God and neighbor**

**Jesus falls the third time**  
**Do not be disheartened by your failures**

**Jesus is stripped of His garments**  
**Let God strip away all your undue attachments**

**Jesus is nailed to the Cross**  
**See your crosses for what they are, and bear them with perseverance**

**Jesus dies on the Cross**  
**Remember that suffering has a purpose**

**Jesus is taken down from the Cross**  
**Be prepared to die to yourself daily**

**Jesus is placed in the tomb**  
**Wait patiently in times of darkness**

**Let Christ's Passion sharpen your vision of life's meaning**