

# **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**