

REFLECTING WITH THE STATIONS

by SR. VIRGINIA MARIE PERKINS

Editor's Note: If you're planning a Lenten Penance Service, here's a unique way to combine the Stations of the Cross with an examination of conscience in preparation for the Sacrament. Since the questions here are geared toward older students you may want to change or adapt them for younger children.

Jesus is condemned to death

Do I condemn Jesus through my failures?

Have I condemned others because of my prejudice?

Jesus accepts his cross

How do I accept sickness in my own life?

How do I treat sick members of my family?

Jesus falls the first time

Do I lift the burden from my neighbor's shoulders by showing that I care for him/her?

How do I pick up the pieces of my own broken life?

Jesus meets his mother

Do I listen to my parents' words of advice?

Am I respectful of my parents' wishes?

Simon helps Jesus carry the cross

Am I generous in giving what I can to help feed the hungry, clothe the naked, and give drink to the thirsty?

Do I try to lift burdens from others or do I cause others to be burdened?

Veronica wipes the face of Jesus

Do I see Jesus in other persons?

Do I reach out and touch someone through kindness, love?

Jesus falls the second time

Do I get up and start over again

Do I pray that I will not be led into temptation?

Jesus meets the women

Is my life an example of the good news of Jesus?

Am I afraid to show that I am a Catholic Christian?

Jesus falls the third time

Do I forgive others easily or do I hold grudges?

Do I take reasonable care of my life and the lives of others?

Jesus is stripped of his clothes

What acts of self denial do I try to practice?

Do I appreciate all the gifts God has bestowed upon me in mind, body, and spirit?

Jesus is nailed to the cross

How often do I inflict suffering on others?

Do I offer comfort to the suffering and the lonely?

Jesus dies on the cross

What is my attitude toward the daily suffering all around me?

Do I show respect for life in all its stages?

Jesus is taken down from the cross

Do I comfort the sorrowing at the time of the loss of a loved one?

What is my attitude toward my own death?

Jesus is buried

Do I bury old hurts and wrongs?

Do I recall God's presence throughout the day?

The Resurrection

Jesus lives! Am I happy to be alive?

Do I act and live as if I believe in the Resurrection? □

This examination of conscience was composed by Sr. Virginia Marie Perkins, OSM who lives and works in Frontenac, Michigan.