

2026 Good Friday Reflection: Stations of the Cross

(At the beginning of each station:)

Pray: We adore you, O Christ, and we bless you because by your holy cross you have redeemed the world.

(Pause for a moment of silent reflection after each Station)

The First Station: Jesus is condemned to death

Scripture: "Then he released Barabbas to them. But he had Jesus flogged, and handed him over to be crucified." (**Matthew 27:26, NIV**)

- **Reflection:** Jesus was unjustly condemned. He accepted this out of love for us.
- **Prayer:** Help us, Lord, to accept what we find hard in life, and to place our trust in your promise that we will never be without your presence.

The Second Station: Jesus takes up his cross

Scripture: "Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha)." (**John 19:17, NIV**)

- **Reflection:** With great courage Jesus took up his cross.
- **Prayer:** Help us, Lord, to follow your example and walk with you through life.

The Third Station: Jesus falls the first time

Scripture: "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." (**Isaiah 53:5, NIV**)

- **Reflection:** Jesus became like us in human weakness and frailty.
- **Prayer:** Support us, Lord, when we stumble and fall.

The Fourth Station: Jesus meets his mother

Scripture: "Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene." (John 19:25, NIV)

- **Reflection:** Mary your mother was always there for you.
- **Prayer:** Help us to be there for our families and friends in all difficult times, and to show them your compassion.

The Fifth Station: Simon of Cyrene helps carry the cross

Scripture: "As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus." (Luke 23:26, NIV)

- **Reflection:** Simon shared the weight of your cross as you went forward to lay down your life for us all.
- **Prayer:** Be with us as we strive to reach out to those in need in our world today.

The Sixth Station: Veronica wipes the face of Jesus

Scripture: "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" (Matthew 25:40, NIV)

- **Reflection:** The compassion of Veronica for you in your hour of need is a pale reflection of your great compassion for all of us.
- **Prayer:** Help us to show your love in deeds of kindness to all we meet.

The Seventh Station: Jesus falls the second time

Scripture: "I am bowed down and brought very low; all day long I go about mourning." (Psalm 38:6, NIV)

- **Reflection:** With great courage you continued and went forward on the road to Calvary.
- **Prayer:** Help us to be strong and to draw courage from you when we meet life's problems.

The Eighth Station: Jesus speaks to the women of Jerusalem

Scripture: "Jesus turned and said to them, 'Daughters of Jerusalem, do not weep for me; weep for

yourselves and for your children." (Luke 23:28, NIV)

- **Reflection:** Jesus was aware of the depth of grief these women showed for him, and he in turn showed great concern for their future and the future of their children.
- **Prayer:** When we are in pain, help us not to become so inward looking that we forget to look outward and be open to the pain of others.

The Ninth Station: Jesus falls the third time

Scripture: "It is good for a man to bear the yoke while he is young. Let him sit alone in silence, for the Lord has laid it on him. Let him bury his face in the dust—there may yet be hope." (Lamentations 3:27-29, NIV)

- **Reflection:** When all seemed lost, Jesus persevered in doing the will of the Father, and drew strength from his Father.
- **Prayer:** Teach us how to draw strength from you when life and all the problems of our world seem too much for us.

The Tenth Station: Jesus is stripped of his garments

Scripture: "When they had crucified him, they divided up his clothes by casting lots." (Matthew 27:35, NIV)

- **Reflection:** Every possession was taken from Jesus, and his great heart of love was revealed to us.
 - **Prayer:** Help us to have poverty of spirit that we may see your love everywhere.

The Eleventh Station: Jesus is nailed to the cross

Scripture: "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." (Luke 23:33, NIV)

- **Reflection:** Nailed to the cross, Jesus freely offered his life for us and for the whole human race.
- **Prayer:** When we feel constrained and trapped by fears in life, give us the grace of inner freedom which sees your hand at work in all the circumstances in which we find ourselves.

The Twelfth Station: Jesus dies on the cross

Scripture: "Jesus called out with a loud voice, 'Father, into your hands I commit my spirit.' When he had said this, he breathed his last." (Luke 23:46, NIV)

- **Reflection:** With a loud cry, Jesus breathed his last and sent forth the Spirit.
- **Prayer:** Give us great hope and trust that nothing can separate us from your love, not even death itself.

The Thirteenth Station: Jesus is taken down from the cross

Scripture: "Later, Joseph of Arimathea asked Pilate for the body of Jesus... With Pilate's permission, he came and took the body away." (John 19:38, NIV)

- **Reflection:** The small group of followers gave you in death to Mary, your Mother.
- **Prayer:** May she gather us and form us into your faithful disciples, ready to witness to your goodness and love.

The Fourteenth Station: Jesus is laid in the tomb

Scripture: "Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut out of the rock." (Matthew 27:59-60, NIV)

- **Reflection:** In the stillness of the tomb, we keep watch for signs of your presence.
- **Prayer:** In the noise and distraction of our daily lives, help us make time and space to recognise you.

