

STATIONS of the Cross



Many Christians include a Stations of the Cross experience during Lent, the forty days—minus Sundays—leading to Easter. The Catholic tradition involves fourteen stations, each depicting an event in the final hours before Jesus' crucifixion. Other Christians often include only the eight events found in the Bible.

This Lent, the United Methodist Higher Education Foundation invites you to pray the Stations of the Cross, beginning March 5th (Ash Wednesday). On the suggested days, use the images, scriptures, and questions as tools to pray and reflect. Then on Easter, we shift our attention from the cross to the empty tomb, when we celebrate and shout, "Christ is Risen!" Check off each day to track your progress. Visit UMHEF.org/lent-2025 for a digital version.

¹All scripture is from the NIV version of the Bible.

STATION 1: PILATE CONDEMNNS JESUS TO DIE

So they bound Jesus, led him away and handed him over to Pilate. "Are you the king of the Jews?" asked Pilate. "You have said so," Jesus replied. The chief priests accused him of many things... Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified. (Mark 15:1-4, 15)¹

Where and when have you faced false condemnation? Are there people who you may have condemned who may need your forgiveness?

- March 5
- March 6
- March 7
- March 8

STATION 2: JESUS ACCEPTS HIS CROSS

Finally Pilate handed him over to them to be crucified. So the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the Skull. (John 19:16-17a)

No doubt the cross is forced upon Jesus. At the same time, he accepts it. Was there a time in your life when a burden was forced upon you but you were still able to see God's hand in it?

- March 10
- March 11
- March 12
- March 13
- March 14
- March 15

STATION 3: SIMON HELPS CARRY THE CROSS

Then they led him out to crucify him. A certain man from Cyrene, Simon, the father of Alexander and Rufus, was passing by on his way in from the country, and they forced him to carry the cross. They brought Jesus to the place called Golgotha (which means "the place of the skull"). (Mark 15:20-22)

Simon participates in the atoning work of Christ. When have you felt that your kind actions or words were a participation in God's universal love?

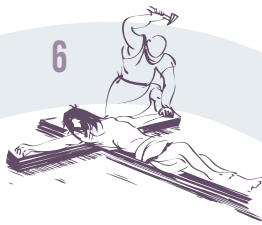
- March 17
- March 18
- March 19
- March 20
- March 21
- March 22

STATION 4: JESUS SPEAKS TO THE WOMEN

A large number of people followed him, including women who mourned and wept for him. Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children." (Luke 23:27-28)

Even in the midst of his suffering Jesus speaks to those who grieve. Do you recall a time when you engaged the pain of others while in the midst of your own?

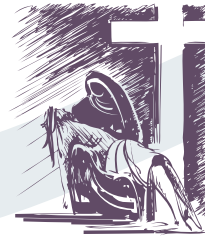
- March 24
- March 25
- March 26
- March 27
- March 28
- March 29



7



8



STATION 5:
JESUS IS STRIPPED OF HIS GARMENTS

Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, "Hail, king of the Jews!" And they slapped him in the face. (John 19:1-3)

Jesus is stripped to be shamed. In doing so, he not only heals our guilt but also our shame. Do you have shame that you need to allow our Lord to heal?

- March 31
- April 1
- April 2
- April 3
- April 4
- April 5

STATION 6:
JESUS IS NAILED TO THE CROSS

Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there... Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots. (Luke 23:32-34)

The first word from the cross is one of forgiveness. Jesus does not ask who would like forgiveness, he simply forgives. Is there someone that you need to forgive who has not asked for it?

- April 7
- April 8
- April 9
- April 10
- April 11
- April 12

STATION 7:
JESUS CARES FOR HIS MOTHER

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home. (John 19:25-27)

When Jesus hands the care of Mary to John, he makes a new family, of which we are a part. For those who do not feel included, how can you tell them of the new family created at the foot of the cross?

- Holy Week**
- April 14
 - April 15
 - April 16
 - April 17

STATION 8:
JESUS DIES ON THE CROSS

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. 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 23:44-46)

The curtain is torn in two. Jesus removes all barriers between his Father and us. Do you know anyone who needs to hear that good news? Do you need to hear it as well?

- Good Friday**
- April 18
- Holy Saturday**
- April 19

But wait, it doesn't end there!



On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright, the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen!" (Luke 24:1-6a)

CHRIST IS RISEN, RISEN INDEED!

- Easter Sunday!**
- April 20