

Stations of the Cross

Saint Paul Seminary and
University of St. Thomas Office for Mission

I. Jesus is Condemned to Death (Jn. 19:16)

Then he handed him over to them to be crucified.

II. Jesus Takes Up His Cross (Jn. 19:17)

So they took Jesus and, carrying the cross himself, he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

III. Jesus Falls the First Time (cf. Is. 53:6)

We had all gone astray like sheep, all following our own way; but the LORD laid upon him the guilt of us all.

IV. Jesus Meets His Mother (cf. Lam. 1:12)

Come, all who pass by the way, pay attention and see: Is there any pain like my pain, which has been ruthlessly inflicted upon me, with which the LORD has tormented me on the day of his blazing wrath?

V. Simon of Cyrene Helps Jesus Carry the Cross (Mt. 27:32)

As they were going out, they met a Cyrenian named Simon; this man they pressed into service to carry his cross.

VI. Veronica Wipes the Face of Jesus (cf. Phil 2:7)

Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance.

VII. Jesus Fall the Second Time (cf. 2 Cor. 12:9)

But he said to me, "My grace is sufficient for you, for power is made perfect in weakness." I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me.

VIII. Jesus Meets the Women of Jerusalem (Lk. 23:27-31)

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?

IX. Jesus Falls the Third Time (cf. Phil. 2:6-7)

Who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance.

X. Jesus is Stripped of His Garments (Mark 15:24)

Then they crucified him and divided his garments by casting lots for them to see what each should take.

XI. Jesus is Nailed to the Cross (Lk. 23:33)

When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left.

XII. Jesus Dies on the Cross (Jn. 19:30)

When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.

XIII. Jesus is Taken Down from the Cross (Jn. 19:38)

After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body.

XIV. Jesus is Laid in the Tomb (Mk. 15:46-47)

Having bought a linen cloth, he took him down, wrapped him in the linen cloth and laid him in a tomb that had been hewn out of the rock. Then he rolled a stone against the entrance to the tomb. Mary Magdalene and Mary the mother of Joseph watched where he was laid.