

The Way of the Cross, also known as the Stations of the Cross, are a way to pray and meditate on Christ's sacrifice for us. It is divided into fourteen stations; from the time Jesus was condemned to his burial and resurrection. This has been long encouraged by the Church and is especially useful during Lent and Good Friday.

The objective of the stations is to help the Christian faithful to make a spiritual pilgrimage through contemplation of the Passion of Christ. It has become one of the most popular devotions and can be found in many Western Christian churches, including the Anglican, Lutheran, Methodist, and Roman Catholic.

This devotion, highly recommended by the Church, was developed during the Crusades when the knights and pilgrims began to follow the route of Christ's way to Calvary. This devotion spread throughout Europe and was promulgated by the Franciscan friars in the 14th and 15th centuries.

Eventually, the Stations of the Cross became an important catechetical tool, and the popularity of this devotion inspired some of the greatest examples of medieval Christian art. Some scholars believe that medieval miracle plays, which were essentially tableaux of Christ's life, developed from the sculptured representations of the Stations of the Cross in the great Churches. These scenes from the Way of the Cross have provided inspiration for many of the world's greatest works of visual art.

During Lent or Holy Week Catholic parish churches schedule a service for Stations of the Cross every Friday or at least once for the faithful to participate.

The Fourteen Stations:

- First Station** - Jesus is condemned to Death
- Second Station** - Jesus is made to bear His Cross
- Third Station** - Jesus falls the first time under His Cross
- Fourth Station** - Jesus meets His Mother
- Fifth Station** - Simon the Cyrene helps Jesus carry His Cross
- Sixth Station** - Veronica wipes the face of Jesus
- Seventh Station** - Jesus falls the second time
- Eighth Station** - Jesus speaks to the daughters of Jerusalem
- Ninth Station** - Jesus falls the third time
- Tenth Station** - Jesus is stripped of His garments
- Eleventh Station** - Jesus is nailed to the Cross
- Twelfth Station** - Jesus dies on the Cross
- Thirteenth Station** - Jesus is taken down from the Cross
- Fourteenth Station** - Jesus is buried in the tomb

After announcing each station, genuflect and say:

Guide: We adore you O Christ and we praise you.

All: Because by your holy Cross you have redeemed the world.

Following a scriptural narrative for each station, then all recite an Our Father, Hail Mary, and a Glory be to the Father.