

The Way of the Cross: Traditional Stations of the Cross / Biblical Stations of the Cross (STM)

What is a devotion? A devotion is a personal way of expressing our love for God. Devotions take place outside of Mass. Devotions are practices through which Catholics find life in God and expression of that life and love in God. Devotions help us to deepen our faith in addition to participating at Mass. Devotions can be practiced by yourself or with others, at home or wherever and whenever it fits for you (e.g. The Way of the Cross, the Rosary, novenas, pilgrimages, retreats)

The Stations: In a Church the stations are typically arranged in intervals around the walls. They start on the West side and move around to the East side. The East side is the side where the sun (S-U-N) rises and it also symbolizes the rising of the Son (S-O-N) of God.

The Traditional 14 Stations of the Cross: They begin with Jesus being condemned to death and end at the 14th station with Jesus being placed in the tomb. *The traditional Stations of the Cross focus on Jesus' suffering and death.*

The Biblical Stations of the Cross: starts with the Last Supper and carries through to the Resurrection. *This "to emphasize that the sufferings and resurrection of Christ are one redemptive mystery."*

Traditional Stations of the Cross (<i>see L5 Journey of Faith Handout – The Way of the Cross</i>)	Biblical Stations of the Cross—STM
1. Jesus is condemned to Death	1. Last Supper—Jesus institutes the Eucharist
2. Jesus bears his cross	2. Jesus prays in the Garden of Gethsemane
3. Jesus falls for the first time.	3. Before the Sanhedrin
4. Jesus meets his Mother	4. Before Pontius Pilate
5. Simon helps Jesus carry the cross	5. Scourging (Whipping) and Crowning with Thorns
6. Veronica wipes the face of Jesus	6. The Carrying of the Cross
7. Jesus falls a second time	7. Simon of Cyrene (Jesus' fall)
8. Jesus meets the women of Jerusalem	8. Jesus meets the pious women of Jerusalem
9. Jesus fall a third time	9. Stripping of Jesus' Garments and Crucifixion
10. Jesus is stripped of his garments	10. The Good Thief—Jesus promises that the repentant thief will enter the Kingdom
11. Jesus is nailed to the cross	11. Jesus entrusts Mary and John to each other
12. Jesus dies on the cross	12. Death on the Cross (the Spear-Thrust)
13. Jesus is taken down from the cross	13. The New Tomb (Sepulchre)—Jesus is laid in the tomb
14. Jesus is laid in the tomb	14. Resurrection and appearance to Mary of Magdala