

Stations of the Cross - Examination of Conscience

(Adapted from Thomas A. Stobie, S.F.O).

The First Station: Jesus is Condemned to Death

Every time I choose to sin, I choose death instead of life. Whenever I bear false witness in any form, I lie against you and deny you, who is Truth Incarnate. Help me to accept and proclaim the Truth wherever I might be.

The Second Station: Jesus Carries His Cross

You take my sins upon Your shoulders. My sins weigh down the cross, making Your burden worse. You accept the cross and my sins without complaint so that I might live. Do I accept and offer up my sufferings in love? Do I humbly accept your Will or do I rebel against it? Help me to humbly carry my cross in loving service of you.

The Third Station: Jesus Falls the First Time

When I chose my own path, I often stumble and fall. How foolish I am to think that I know better than You what is good for me. Help me to trust in Your ways and lead me, oh Lord.

The Fourth Station: Jesus Meets His Sorrowful Mother

You console Your mother who suffers along with you. How often do I fail to properly respect those You have put in authority over me? My parents, my employer, my Bishop, my Priest? How often do I mock and even disobey them or Your laws and Your truth? Help me to respect lawful authority and value obedience to those You put above me.

The Fifth Station: Simon Helps Jesus Carry His Cross

Simon is forced to help You. How often do I avoid my duties of loving service? Failing to offer help to those in need? Do I remain silent, ignoring my neighbor's need for help? Help me to reach out to those in need, in whatever way I can.

The Sixth Station: Veronica Wipes the Face of Jesus

You are shown mercy by someone who suffers with You. Do I show mercy to those who suffer? Do I make others suffer, just because I am suffering? In my pain and suffering, do I choose to strike out in rudeness and irritability? Help me to share in the sufferings of others with love, extending mercy and kindness to provide them some comfort and compassion.

The Seventh Station: Jesus Falls for a Second Time

Do I put others down through my words or actions? Do I rejoice when others stumble and fall? Am I cruel? Inconsiderate? Thoughtless? Vindictive? Resentful? Hateful? Help me Lord to lift others up and carry them in their need.

The Eighth Station: The Women weep over Jesus

You comfort Lord the people I hurt in my selfishness and ignorance. Sometimes I let living in this world lead me to become selfish, putting myself above You and not caring for those You love. Help me to see others through Your eyes and love them with Your love.

The Ninth Station: Jesus Falls the Third Time

How often do I hurt others in what I say and do? In my insensitivity and rudeness? In anger? Acting in violence? In my indifference? In my fears? In my gossip? In my laziness? Help me Lord not to hurt others, deliberately or incidentally, but rather act always in love.

The Tenth Station: Jesus is Stripped of His Garments

Do I strip others of their dignity and worth? Do I take something that is not mine? Do I long to indulge in luxuries far beyond my needs? Do I envy those who have more than I? Help me Lord to be satisfied with little and use what I have been given for the good of others.

The Eleventh Station: Jesus is Nailed to the Cross

Do I enjoy hurting someone else in body, mind or soul? Through my temper? My lack of concern? Or in calculated coldness? Do I think about how my actions and words affect others? Help me Lord to never intentionally hurt others.

The Twelfth Station: Jesus Dies on the Cross

Transform my heart to love as You do. You died for Me. Am I willing to live for you? Help me to die to self and live always in You.

The Thirteenth Station: Jesus is Taken Down from the Cross

You have been abandoned by most of your followers who ran away in fear. I too abandon you when I give in to fears, anxieties, and worries instead of facing the truth and trusting Your infinite love. Help me to TRUST You always, with every aspect of my life.

The Fourteenth Station: Jesus is Laid in the Tomb

How often do I hide you from others? And hide myself from your Presence? In what areas do I not let You in to my life? Open my heart and allow me to love You all the time and allow You to be ever present in my heart, in my thoughts, in my words, and in my deeds.