



## A DAILY LENTEN JOURNEY WITH JESUS

using the Stations of the Cross, Starting Ash Wednesday, focussing on our faith and goodwill, living it daily.

With good spirit, we pray, we fast,  
we meditate on all Christ did for us,  
out of his infinite love for us  
and we change ourselves for the better  
for his sake.

“Holy Spirit, live in me, lead me.  
Be the flame that lights up my life.”

	Event/theme/meditation	Prayer	Action
1.	Jesus is condemned to death by crucifixion, despite Pilate knowing he was innocent, and all the good that He did.	Lord Jesus, Son of God, fill our hearts with your Holy Spirit, that we may daily treasure you as our Lord and Saviour, and always stand by love, truth and justice.	We have ash marked on our foreheads. We fast and abstain. We commit to pray daily, follow Christ, and stand by love, truth and justice.
2.	Jesus takes up the cross, humbly and willingly, accepting it all, out of his infinite love for us.	Jesus, we love you, praise you, and we thank you for redeeming the world through your Holy Cross. Thank you.	We encourage others to pray daily, take up our cross, walk with Christ, and do our part in the work of salvation.
3	Jesus Falls the first time, in pain and exhaustion, but gets up and goes on, with love and purpose.	Lord Jesus, give us courage to carry our cross, and to persevere in our faith journey.	We resolutely carry our cross towards final victory in heaven, and we help others to do so, in love and faith.
4	Jesus meets his mother, Mary, who is heartbroken from seeing all the suffering of Jesus.	Holy Spirit, help us to be drawn to and committed to God's will, rather than to the goods and the ways of the world.	We carry an awareness of Christ in our hearts when we relate to people, and we take responsibility for doing good and right.
5	Simon helps Jesus carry his cross, thereby taking part in the work of salvation.	Jesus, give us the grace and courage we need to fully participate in your work of salvation, and to help others to do so.	We find ways to participate in God's work, and make ourselves available, keen, and committed.
6	Veronica, in kindness and courage, wipes Jesus' face, and Jesus gives her an imprint of his face on her cloth, honouring the love given.	Lord Jesus, help us to see you in people, and to love, respect and help them, whoever they are, with gentleness, kindness, joy, patience and self-control.	We make far more effort to do good and right, and to love and help people, no matter how difficult it is, who they are, or how busy we are.
7	Jesus falls a second time in the dust, but gets up and carries on, with purpose and perseverance in his mission of salvation.	Lord Jesus, forgive us our failings, give us strength in life's challenges, and help us to resist temptations, selfishness, pride, complacency, .....	We focus on correcting our failings, making much effort to live Christ's way, doing good and right, making the Word take root in our everyday lives.
8	Jesus meets the women of Jerusalem. He consoles them and tells them to recognise salvation in these events.	Lord Jesus, help us to keep our faith strong also in wisdom and knowledge, and to daily align all we say and do with our faith.	We ensure we align our words and deeds with our faith, daily, and ask the Holy Spirit to help and guide us.
9	Jesus falls a third time, and gets up to continue, still with purpose, perseverance and love for his people.	Lord Jesus, lead us and help us to follow the way of the Cross, to reach eternal life. Help us to be fully healed and restored to new life in Christ Jesus.	We look ahead, at our life with purpose in Christ's mission. We make specific changes in our life towards this. We continually ask for God's healing and help.
10	Jesus is stripped of his garments, and accepts all suffering, in total sacrifice.	Lord Jesus, help us to be humble and to bear our sufferings alongside your Holy Cross of salvation.	We put hardships in context of the Cross and Salvation, even when it is beyond our understanding.
11	Jesus is brutally nailed to the cross. He gives of love to the end.	Lord Jesus, fill us with gratitude for salvation. Fill us with strength to keep on course, steadfast and faithful.	We believe and treasure Jesus' words "I am the Way, the Truth and the Life." ...especially in life's challenges.
12	Jesus dies on the cross after saying "Father, into your hands I commend my Spirit. All is accomplished. Father, forgive them."	Jesus, thank you for salvation, for teaching us to persevere in love, hope, forgiveness and faith, and for giving us your Holy Spirit ...anywhere we are, and at any time.	We make short term and long term commitments in our mission for Christ. We put Christ and others before our own wants and needs.
13	After 3 hrs on the cross, Jesus' body is given to his mother, Mary, and she puts herself in God's hands.	Jesus, help us to follow your will and ways, and to keep going when times are tough, especially in love, truth, faithfulness and loyalty.	We identify what we need to do, what help we need, to follow Christ fully, and to bring love, joy, peace and goodness to others.
14	Jesus' body is put in the tomb. It lies there for 3 days. Jesus then rises from the dead.	Lord Jesus, give us the grace and courage to stand by love and truth, and to uphold your Holy Cross in your redeeming the world.	With the help of the Holy Spirit, we make great effort to encourage and help others to follow Christ. We do our share to transform the world.

Repeated throughout Lent 3 times.

With thanks to Marguerite Jackson, St Gabriels, Billingham: Women in the Church Committee NBCW