

Introduction to *Station to Stations: An Ignatian Journey through the Stations of the Cross*

- Squeezing an orange (pp. 10-13)
 - How do you respond under pressure?
 - How does Jesus respond when faced with the agony of the cross?
 - What can we learn from Jesus' experience?
- *The Stations of the Cross is ultimately a journey of self-emptying.* What does the author mean by this? (p. 27)
- The stations and social justice (pp. 31-33).
 - How did Jesus react in each scene depicted in the Stations?
 - *Jesus' responses through the journey of the Stations show us how to respond to trouble, pain, and others' sins and needs.*
- Ignatian Spirituality (pp. 39-43)
 - Seeking God in all things.
 - Imagination, prayer, and Scripture reading (exercise on p. 40).
- Tools for the journey (p. 45-50)
 - Reverse breathing (p. 46).
 - Questions to prime our imaginations (p. 47).
 - Surrendering to grace (p. 48).
 - An allegory for the spiritual life (p. 49).

The First Station: Jesus Prays in the Garden of Gethsemane (Matthew 26:36-39)

- Let's try it!

Traditional Stations of the Cross

1. Jesus is condemned to death.
2. Jesus is made to carry the cross.
3. Jesus falls for the first time.
4. Jesus meets his mother.*
5. Simon helps Jesus carry the cross.
6. Veronica wipes Jesus' face.*
7. Jesus falls the second time.
8. Jesus speaks to the mourning women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. The body of Jesus is taken down from the cross.
14. The body of Jesus is laid in the tomb.

*Extra-biblical stories.

The Scriptural Stations of the Cross

1. Jesus prays in the Garden of Gethsemane.
2. Jesus, betrayed by Judas, is arrested.
3. Jesus is condemned by the Sanhedrin.
4. Jesus is denied by Peter.
5. Jesus is judged by Pilate.
6. Jesus is scourged and crowned with thorns.
7. Jesus bears the cross.
8. Jesus is helped by Simon of Cyrene to carry the cross.
9. Jesus meets the women of Jerusalem.
10. Jesus is crucified.
11. Jesus promises his kingdom to the good thief.
12. Jesus speaks to his mother and the disciple.
13. Jesus dies on the cross.
14. Jesus is placed in the tomb.