

Walking the Way of the Cross

Although the Stations of the Cross is a popular devotion, and while you may pray it with your parish every Lent, it's helpful to understand how praying the Stations of the Cross can affect not just your own faith, but your daily life.

Praying the Stations of the Cross reminds us that we are not alone in our suffering: Jesus suffers with us. He chose to embrace every aspect of human life, including suffering and death.

We see in the Stations of the Cross how some people mocked Jesus, revealing the worst reactions to the suffering of others. Yet we also have the example of Mary, who stayed close to her Son throughout. In the Stations of the Cross, we are gifted with the ability to see Jesus in those who suffer and therefore to treat the suffering with compassion.

Seeing the horror of Jesus' suffering reminds us of something wonderful: how much He loves us. Jesus endured His Passion because of the love He had for each individual person that would ever live, and so the Stations of the Cross remind us of how much we are loved.

We know why Jesus suffered and we know what happened afterwards. His suffering and death was not the end of the story. He came back in glory. This is a powerful reminder that for us too, suffering and death are not where it ends. There is so much more.

For our faith to grow, we need to be able to empathise with Jesus suffering on the cross and feel His pain as though it were happening to ourselves or someone we care deeply about.

The Stations of the Cross help us do this by giving us fourteen focal points to meditate on.

Walking the Way of the Cross is a book taking its inspiration offering scripture-based devotions, offering a reflective and prayerful space to walk the traditional way the cross.

[You can buy your own copy of Walking the Way of the Cross here.](#)

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