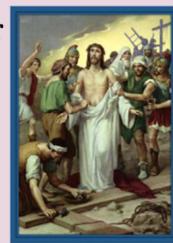


Station 10

Jesus is Stripped of His Garments

When one feels that their dignity or respect is diminished or rejected, it can be an empty space. No garment left to wear, but trust... that Jesus' abiding love is there in the "least" of life.



Station 13

Jesus Is Taken Down from the Cross

Into your hands, I commend my heart-spirit and... "unless a grain of wheat falls into the ground and dies..." (John 12:24). Help me, Lord, to remain faithful and steadfast and never give up Hope in my heart... for you are ever by my side.



Station 11

Jesus is Nailed to the Cross

You showed us, Lord, with your inner spirit of Divine Love, to die to self. May I carry my cross with the spirit of Jesus Crucified for love.

(Pause and Pray)

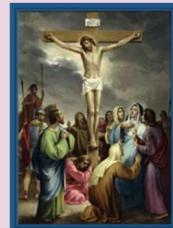
Come, Lord Jesus, into My Heart today.



Station 12

Jesus Dies on the Cross

The sun darkens, and Jesus gives up his life. "Truly, this man was the Son of God". (Mark 15:39). Let me be strong in spirit to empty myself of all that holds me back from giving of my life... so that Jesus' Love is proclaimed in one human heart with the graciousness of dying to self.



Closing Prayer

Lord, at each station, I found you heart to heart calling me forth to carry my cross and shoulder the burdens of others' crosses with a compassion that says "I will always be with you". Let each one of us dare to embrace the love of the cross that leads to the glorious and magnificent light of Resurrection.

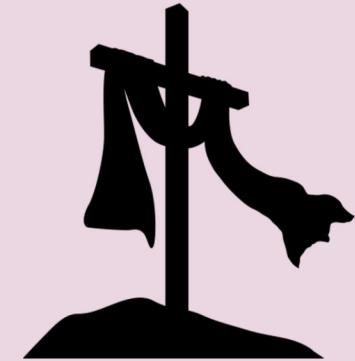


Heart to Heart Ministry
An Extra Tablespoon of Love!

Way of the Cross

Reflections

2026



Opening Prayer

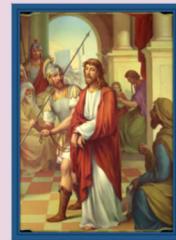
Lord Jesus, as I walk with you on the way to Calvary, I give my heart to you in loving service full of mercy and compassion. Amen.

www.h2h.nyc

Station 1

Jesus is Condemned to Death

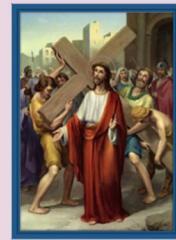
Let me not be a modern-day Pilate closing my mind to the truth. May I never be afraid or too proud to speak the truth by living the Gospel message of love.



Station 2

Jesus Accepts His Cross

Teach me, Lord, to be more accepting and understanding of human suffering... my own and that of others. Help me to believe that your grace is sufficient in all of life's circumstances.



Station 4

Jesus Meets His Mother

Mary had a heart of deep compassion. She embraced the cross of her son with all of her heart and tears. Show me Lord, how to reflect Mary's Yes in all of life's difficult losses.



Station 7

Jesus Falls the Second Time

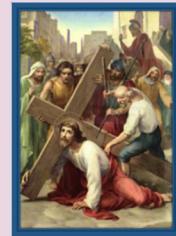
O Lord, give me holy courage and a resilient spirit to get up again and continue on my Calvary journey. I believe, Lord, that you are always with me and make straight the path of life with love.



Station 3

Jesus Falls the First Time

We all fall... to get up is a valiant action of a loving heart. Help me to find mercy in times of letting go... and getting up to live life with deeper meaning.



Station 6

Veronica Wipes the Face of Jesus

Little things done with great love leave an everlasting heart-print. Let me be a "giver" and a "receiver" of small, unassuming kindnesses. Let me see and believe that a gesture of a sincere and kind heart can help to mend the brokenness of spirit in our world.



Station 8

Jesus Meets the Women of Jerusalem

In the midst of your Calvary journey, you stop and comfort the women of tears. Sometimes one might feel hopeless and helpless in certain life situations. Give us each the grace of our tears, Lord, to be transformed by our sufferings to be there for another woman with tears.



Station 9

Jesus Falls the Third Time

Help me, Lord, to accept and embrace my weaknesses, limitations, and flaws. Let me be a humble servant using my own struggles to be a wounded healer. I hear an echo of your love on the road to Calvary... "Be my love..."

