



Station to Station

QUESTIONS FOR REFLECTION AND DISCUSSION

- 1.** How have you suffered in your life? What are some of the difficulties that you are facing now?
- 2.** How do you respond to suffering? When you are under pressure what happens to your mind and body?
- 3.** Pick a specific time in your life when you were disappointed, ill, or hurt by someone you love. Now imagine that Jesus is with you and you're sharing this deeply personal story with him. What does Jesus do? How does he respond to your pain?
- 4.** We, like many people before us, live in tumultuous times. Think of how we as a society respond to adversity. Where do we succeed and where do we fail?
- 5.** To be a Christian means to live a life of imitating Christ. How do the Stations of the Cross help us to imitate Christ more fully? Imagine yourself as Jesus standing before his accusers. What do you feel as you stand there? What do the faces of these people look like? What do their eyes say about them?
- 6.** The individual Stations are profiles in character. Pick one Station that demonstrates something about Jesus' character. Take a few moments to imagine how you can incorporate that quality of Jesus in your day-to-day life.
- 7.** When you meditate on the Stations of the Cross, what emotions do you experience? How do they relate to the pain and suffering you've endured in your life or to the challenges faced by those around you?
- 8.** What is your cross to bear? Jesus wants to help you carry that burden. Do you ask for help? How does Jesus respond in your life?
- 9.** What are some of your frustrations when you pray? Talk to Jesus about them. Ask for his insight and assistance in understanding them.

Take an Ignatian journey through the Stations of the Cross with *Station to Station* by Gary Jansen. Learn more at loyolapress.com/jansen.

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