

## 12th Station

### Jesus dies on the cross

**Focus:** The agony of Jesus' crucifixion

**Action:** Ask Jesus to never allow us to forget what he did for love of us, and for the grace to bear our sufferings courageously for love of him



*St. John's drawing of 'Christ, Crucified', preserved in the convent of the Encarnación at Avila*

#### Reflection

Saint John of the Cross sketched an image of Jesus' crucifixion from a vantage point above the cross, looking down at him. The image vividly portrays how the weight of his body hung from the nails that secured him to the cross. It is a disturbing perspective. If you consciously meditate on the image, it will conjure up a sense of just how agonizing the crucifixion must have been. Laying horizontally on the ground with nails hammered through his wrists and feet was bad enough, but think of the awful pain he endured as the cross was violently hoisted upright, intensifying the pain caused by the weight of his body hanging from the nails. Now imagine this agony lasting not just minutes, but hours, the intensity of which was so great that he felt God had abandoned him (Matt 27:46).

#### Leader

We adore you O Christ  
and we praise you.

#### People

Because by your  
holy cross, you have  
redeemed the world.

Medical experts tell us that with every minute Jesus hung on the cross, his breathing would have become increasingly difficult from the accumulation of fluid in his lungs. There was no relief for him whatsoever. The consensus among these experts is that in all likelihood, Jesus died from asphyxiation due to drowning in his own bodily fluids. If you have ever experienced not being able to breathe, and the resultant desperation of futilely trying to take in air, you'll have a sense of just how horrible were the final moments leading up to Jesus' death.

#### Prayer

Almighty Father, the amount of pain and suffering Jesus endured throughout his passion and crucifixion is incomprehensible. As we reflect on this sorrowful 12th station, help us to appreciate that it was his commitment to you and his love for us that enabled him to endure such horrific suffering. When we are called on to suffer, grant us the help of your grace so that we may do so willingly and without complaining, all for love of you. We ask this in Jesus' name. Amen.

