

### 3rd Station

## Jesus falls under the crushing weight of his cross

**Focus:** Jesus knows what it feels like to be exhausted from life's burdens.

**Action:** Ask the Lord for the grace to remain faithful and focused.



#### Leader

We adore you O Christ  
and we praise you.

#### People

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

#### Reflection

The notion: 'only the strong survive,' was a concept derived from naturalist Charles Darwin's theory of evolution. Looking back at the development of the human race, it seems his theory has merit. People, tribes, clans, and countries have long competed for dominance, and the strongest have indeed survived. In modern times, competition for dominance has become a way of life the world over. We see it in people, sports, education, in politics and business, and even in religion. Our culture is obsessed with 'winning,' of doing whatever it takes to be better than the other.

In this third station, we see Jesus, the Son of God, exhausted to the point of collapsing under the weight of the cross. To his followers, those who invested their time and their future in him, Jesus seemed an utter failure, while those who sought to crush him and the message he proclaimed, gloated in their success. It is important to recall, however, that although Jesus was the Son of God, he was also a man, subject to the same limitations as ours. He suffered terribly in the end, and at this point along the way, it sapped what little strength he had, causing him to collapse under the weight of the cross. But we know that this was not the end, not yet. Jesus had a mission to accomplish, and nothing was going to prevent him from finishing what he came to do.

#### Prayer

Almighty Father, in times of weakness, especially when the weight of our suffering is so great that we feel we can't go on, remind us that Jesus understands our feelings intimately, having experienced them himself. As he overcame his exhaustion, rose up and continued the way of the cross, help us to look to Jesus for strength, so that we too will rise from our weaknesses and carry on as your faithful disciples. We ask this in Jesus' name. Amen.