

## 9th Station

# Jesus falls to the ground a third time

**Focus:** Life's burden can seem unbearable at times

**Action:** Ask forgiveness when we fall, remain faithful and charitable, but know your limits



### Leader

We adore you O Christ  
and we praise you.

### People

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

### Reflection

Regardless of our chosen state in life, a Christian's primary duty is to carry out the great commission Jesus gave us before ascending to his Father: "*to make disciples of all nations*" (Matt 28:19). To be effective in this, we must exemplify what being a true disciple is all about, which is not an easy task, nor is it a part-time job. Being a follower of Christ is a lifetime commitment. In laying out the conditions of discipleship, Jesus said: "*If anyone wishes to come after me, he must deny himself, take up his cross daily and follow me*" (Luke 9:23). A subtle, yet important point to keep in mind here is this: everyone will have his or her own share of crosses to bear in life, and we need to realize that although it's a disciple's duty to help people in need, we can't help everyone! If we take on crosses that are not meant for us, we not only run the risk of burning out, but we might end up preventing others from bearing the crosses meant for their salvation.

When we're worn out, sin can appear a harmless means of relief, and we may at times be tempted to give into this illusion and fall from grace. In those moments of weakness, recall this 9th station, and how Jesus after falling a third time, managed to pull himself up and continued on, not toward relief, but rather to his execution. He understands what it is to suffer, and will not abandon his faithful ones who need his help.

### Prayer

Almighty Father, we recognize that being faithful Christians can be very challenging at times. Help us therefore to know our limits, and do what we can to help those in need, but not to the point of burning ourselves out. We recognize Lord, that society and cultural values constantly compete for our allegiance, and sometimes win out. So when we struggle, give us strength, and if we fall from grace, let us not give into despair, but rather seek your forgiveness and the help we need to rise up and carry on with our lives as you would have us do. We ask this in Jesus' name. Amen.