

## **First Station: Jesus is condemned to death**

Jesus, stands all alone before Pilate. Nobody speaks up for him. Nobody helps defend him. Even though he devoted his life to helping others, he was condemned to death.

While standing at the Station there is a formal prayer which many of you will know better than I ... but what should we be thinking, what should we be reflecting upon.

Do you feel alone. Do you sometimes feel that no one will defend you. Do things happen in your life that ... well its just not fair. Despite doing your best, are you still criticized by others at home or at work.

Reflect on these feelings. Know that Jesus suffered these and even greater torment. Be grateful for Jesus who died to save you. He learned to accept criticism and unfairness without complaint. How can we learn to accept and even pray for those who may have hurt us?

At this station, recall the times when you have been unfairly condemned. Know your feelings Know that in your condemnations of others they may be equally hurt. Imagine then the strength of Jesus to endure the supreme condemnation, without complaint. At any time should you need strength, visit this the first station of the cross.