

MY REFLECTIONS ON THE JOURNEY FROM THE STATIONS OF THE CROSS

- 1 Christ before he went on this journey of the cross, spent quality time in prayer with His father. The strength he showed in this journey came from the power of prayer, therefore, those who find time to kneel before God do not struggle to stand before great events of their life, kneel before God and He will take you beyond your dreams. Just do the possible and He will do the impossible.
- 2 In the journey of life, you must encounter failure, disappointment, frustrations and depression. Know that it is part of life. Christ in his journey fell three times but the good news was that He reached his destination and won the glory. Never say never, and never lose hope, at the end of any tunnel is light. Never get discouraged when things go beyond your expectation. Always remember that the greatest glory in life is not winning but rising every time you fall.

When your life is messed up, and you want to turn around for good, you need only four people in your life.

- a. Jesus Christ, He is the way to every situation. Meet Him in the Blessed Sacrament and in the sacrament of reconciliation
- b. Holy Spirit, He is the power of God. Meet Him in prayer
- c. Blessed Virgin Mary, She is the mediatrix of all graces and our great intercessor. Meet her in the Holy Rosary.
- d. A friend, a tested, trusted one, who will not pity you but will sympathize with you and walk hand in hand with you out of the mess. The person must be the veronica and Simeon of your life.

The journey out of mess can be a painful, tough and long but with perseverance and endurance, it will end in glory. May your past be your lesson and not your depression, for the Lord says I am doing something new in your life. Never give up your spirit, take actions and find meaning in suffering.

3 The crosses of life could be a moment for us to sit down and re-order our life.

- * you may have been living for people's approval – pleasing others and displeasing yourself
- * you may have lost your bearing in life
- * may be God wants us to come back

Every cross has a lesson, do not miss the point, get the lesson. Everything that had happened in our lives even the ones that broke us to pieces had to happen to make us who we are, stronger and wiser, they help us to grow up in life. Our mistakes can be painful but could be the surest way of learning what not to do again in life, and the best means of being a better person

4 Never forget the sacrifices of your parents, for they are part of what are today. In your luxury, remember them, in their old age and in moment of sickness, please take care of them.

5 What you will be tomorrow starts from what you are today, make good use of your childhood, adolescent and youthful age. Don't blame anyone, if you don't heed to this advice.

6 Encourage someone today, be an Angel to someone today, Be a Blessing to those who deserve it and those who dont, because you may never know whose life you are turning around. Kindness is the language, which the deaf can hear and the blind can see. When you help someone up the mountain, you will find yourself close to the summit. Veronica and Simeon's names are written in history because they helped Jesus.

7 Christ died not for Himself but for us, think of the pains and the sacrifices He endured for us. Everyone knows about Alexander Graham Bell who invented phones, but never made a call to his family because his wife and the only daughter were deaf. Let us learn to do things for others without taking praises or tying the person with our help.

- 8 Everyone in your life has a purpose, some to test you, some to use you and some to teach you, but the most important ones are those who bring out the best in you. Bear in mind that such people are there to lead you to your destination, they did not come to stay, they came to leave and you have to love them when they come and love them when they leave.
- 9 When you suffer for a righteous cause, you can accept the inconveniences of your suffering with a sense of calm and inner sense of peace. Therefore, work for a cause, not for an applause, live life to express and not to impress, do not work to make your presence noticed but work to make your absence felt
- 10 Christ in the presence of Pilate was patient, therefore the virtue of patience is not about how long we can wait but how we behave while waiting.
- 11 On Christ's journey to Calvary, who were with Him?, where were the apostles, remember only those who stand and storm with you in your darkest moment are your friends. Hold them with two hands.
- 12 Don't mess your body in the name of pleasure. Your body is the greatest treasure you have. Without it you cannot work, you cannot take care of your activities, take care of it, eat well, rest well, relax well, pray well and get rid of worries for it destroys the body and soul. Remember when things seem lost and worst, that is when God's miracles begin, for those who trust in Him.
- 13 Never create bitterness in people's life, their tears can break the doors of heaven.
- 14 The greatest love consists in sacrifice while the most meaningful life consists in service. The strongest force in life is love and the most powerful weapon is forgiveness, it belongs to people with noble and big hearts; - forgive them for they know not what they are doing. Small minds cling to grudges and revenge.
- 15 Finally, be proud of who you are, love yourself, always improve on your life, look after yourself, because, no one will love you more than you