

The Fifth Station
**Simon of Cyrene helps Jesus to
carry his Cross**



**We adore you O Christ and we praise you, Because by your holy cross you
have redeemed the world.**

What sort of man was Simon?.....what did he do for a living?..... why was he in
Jerusalem?.....why was he watching this sordid procession?

He was probably a very ordinary person like you or me... .. just in from the country for a
day or two.....eager to see the city sights.....inquisitive for cheap entertainment.

Then he was hauled out from the crowd and forced to take part in it all.

How did he react? Surely he was first of all angry and afraid.

This is so often my reaction when I'm ridiculed in any way — anger and fear.

Angry that someone has doubted my word..... afraid that perhaps I'm not right after all.

Angry because my little pedestal has been upset..... afraid that I won't be able to get
back on it again.

Angry with the foolishness of others who don't or won't hold the same view as me
..... afraid that I may be made to look more foolish than them.

Help me, Lord Jesus, to master my fear and anger, which so often stems from pride and
self-love.

Help me to be at peace with myself, following in your footsteps.

**I love you, Jesus, my love above all things; I repent with my whole heart for
having offended you. Never permit me to separate myself from you again.**

Grant that I may love you always; and then do with me what you will.