

The  
Fifth  
Station



Simon  
of Cyrene  
helps  
Jesus  
to carry  
his  
cross

Jesus, I wonder if the man named Simon knew you at all. He wasn't one of the twelve disciples. Maybe he had never even heard of you before that day.

He didn't volunteer to help you, either; he was forced into it by armed soldiers. But despite all that—despite being a stranger pulled in to help against his will, for a moment, a burden on you was lifted.

Every day, my life puts me in the presence of people I've never met before and never will see again—at school, at work, at the mall, at a game. As I see your burden lifted by a stranger, help me remember that every action and word I speak to a stranger can either lighten their daily load or make it heavier. Help me approach them with love. And help me gratefully accept any kindnesses that are offered to me.

*No one has greater love than this, To lay down one's life for one's friends.*  
(John 15:13)

*The cross only gets heavier with every step. The guards pull a man named Simon out of the crowd and put the crushing weight of the cross on his shoulders. Not that they care about Jesus, but they have a job to do. They have to get him to the place of crucifixion.*

### Meditation

## FIFTH STATION Simon Helps Jesus

