

## St. John's Spiritual group notes 2025-04-15

We started to watch a video of "The stations of the cross" with reflections but the WI-FI keep buffering, and it just wasn't working out well. So, I handed out a sheet with the stations listed on them and with some reflection questions and comments.

This worked out very well as it got us into discussing the stations and our thoughts on the sufferings of Christ. It was noted how the Sorrowful mysteries of the rosary are connected to the stations and how the Sorrowful mysteries are relatable to our own lives. We realized how we can use the struggles of Jesus in his passion to help us through the struggles in our own life. As Jesus fell and was able to get back up, we also need to lift ourselves up when we fall with our struggles in life. And as Jesus asked His Father "Father, if it be possible, let this cup pass from me, nevertheless not as I will, but as You will." Jesus shows us his submission to God's will as we must also do.

A question came up as to the origin of The **Stations of the Cross** and when did they became more formally recognized. In Summary:

- **Roots:** 4th century pilgrimages
- **Popularized:** 13th–15th centuries, mainly by Franciscans
- **Formalized:** 18th century by Popes Clement XII and Benedict XIV

We discussed Christ's suffering as being a Holy Suffering. It was considered holy because:

- It was **self-giving love** in action
- It was **freely chosen**
- It was **in line with God's redemptive plan**
- It **opened a way for salvation and transformation**

Christ suffering with his Human Nature showed us patience, humility and acceptance to God's will.

Would Mary have said "Yes" to Gabriel knowing the suffering Jesus and she would undergo. Probably yes — but it would have been an even more heroic yes.

In Christ's emotional and physical suffering and death, He suffered for all the sins of humans and all our sins, now, yesterday and tomorrow. He accepted this suffering not in a masochistic way but with his free will to atone for all our sins. Even though He died for our sins, we still have "free will" to not choose the correct path in our life. In our suffering, we can learn to become bigger in spirit and closer to Him.

During His life, Jesus was always in communication with His Father, but that did not take away the pain and suffering he encountered. Again, "Thy will be done". We too should be in constant communication with the Father as we previously read from Brother Lawrence's book.

Christ was the scape goat for mankind to atone for our sins. His blood had to be shed to fulfill the prophecies of the Old Testament. Was Satan behind all his suffering, encouraging the crowd to scorn Him and mock Him and later to crucify Him.

The human nature of Christ teaches us how to be perfectly human as He was, but we know we cannot get to that state but must attempt it.

The next meeting will be on Tuesday 6<sup>th</sup> at 5:30 pm.

Hope all had a blessed Easter and happy Patriots Day,

Norbert