

## STATIONS OF THE CROSS

*N.* Almighty and eternal Father, accept our prayer of thanksgiving for your Beloved Son, our Lord and Saviour. As we recall his Sacred Passion, send his Spirit into our hearts, we beg you, so that whether we pray or work, we might do all in union with Christ our Redeemer. Amen. ➔ Station: (*n*)

### 1st Station: JESUS IS CONDEMNED TO DEATH

*N.* We adore You, O Christ, and we praise You.

*R.* Because by your holy cross You have redeemed the world.

*N.* Jesus came with his disciples to a country place called Gethsemane, and he said to them "Sit down here, while I go over yonder and pray." Then he took with him Peter and the two sons of Zebedee, and he began to be saddened and exceedingly troubled. He said to them, "My soul is sad, even unto death. Wait here and watch with me." He went forward a little, and falling prostrate he prayed, saying, "Father, if it is possible, let this cup pass away from me; yet not as I will, but as you will." Later, the high priest would ask Jesus, "Are you the Christ, the Son of the Blessed one?" And Jesus said to him, "I am; and you shall see the Son of Man seated at the right hand of the Power and coming with the clouds of heaven." But the high priest tore his garments and said, "What further need have we of witnesses. you have heard the blasphemy. What do you think?" And they all condemned him as liable to death.

*R.* All powerful and eternal God, for proclaiming the truth, your Son Jesus is condemned to death by crucifixion. Stir up your love in our hearts, so that we might be faithful to all that you have told us, and fear nothing more than the loss of your friendship through sin. Amen.

### 2<sup>nd</sup> Station: JESUS CARRIES HIS CROSS.

*N.* We adore You, O Christ, and we praise You.

*R.* Because by your holy cross You have redeemed the world.

*N.* And Pilate said to the Jews, "Behold your king." But they cried out "Away with him. Away with him. Crucify him." Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no King but Caesar." Then he handed him over to be crucified. And so they took Jesus and led him away, bearing the cross for himself.

*R.* Jesus, you willingly accepted your cross. We value power, but you became powerless. We strive for status and control, but you gave yours away. You continued on despite your burden, while we often give up in our daily struggles. Loving Jesus, I often become discouraged in life. I avoid responsibility for my thoughts, feelings, and actions. Teach me to surrender myself, to be generous with my time, talents, and treasures. Amen.

### 3<sup>rd</sup> Station: JESUS FALLS THE FIRST TIME.

*N.* We adore You, O Christ, and we praise You.

*R.* Because by your holy cross You have redeemed the world.

*N.* If the world hates you, know that it has hated me before you. If you were of the world, the world would love what is its own. Because you are not of the world; therefore, the world hates you. Remember the word that I have spoken to you: No servant is greater than his master. If they have persecuted me, they will persecute you also.

*R.* Jesus, the burden of the cross was too great. You fell to the dust but pulled yourself up again. Exhausted and suffering, you shouldered your burden while we sometimes force our crosses on others. You continue to move to your destination while we invent excuses to give up our struggles, to abandon our call to follow you. Your example encourages me to carry my own cross on my journey back to you. Amen.

### 4<sup>th</sup> Station: JESUS MEETS HIS MOTHER

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* Now, there were standing by the cross of Jesus, His mother and His mother's sister, Mary of Cleophas, and Mary Magdalene. When Jesus saw His mother and the disciple whom He loved standing by, He said to his mother, "Woman, behold, your son." Then He said to the disciple, "Behold your mother." And from that hour the disciple took her into his home.

*R.* Jesus, You showed us we can't shield those we love from pain. You experienced your mother's anguish as she watched you. You gazed with compassion on her pain-filled face. Loving Jesus, teach me to be compassionate to others who are hurting. Teach me to be considerate and loving, as you were to your mother, and she to you. Amen.

### 5<sup>th</sup> Station: SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS.

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* And when they had mocked Jesus, they took the purple cloak off and put his own clothes on him, and they led him out to be crucified. Then they forced a certain passer-by, Simon of Cyrene, coming from the country, to take up His cross. They brought Jesus to the place called Golgotha, a name meaning 'The Skull.'

*R.* Lord Jesus, help us to see the sufferings and shortcomings of our lives, as a share in your cross. Strengthen and console us in the belief that we bear all things in union with you, who have taken upon yourself, even our guilt. Inspire me to come forward, step out of the crowd, and acknowledge you. Help me say 'yes' to helping others, and to letting others help me, too. Amen.

### 6<sup>th</sup> Station: VERONICA WIPES THE FACE OF JESUS.

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* Lord, when did we see you hungry, and feed you; or thirsty, and give you drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when did we see you sick, or in prison, and come to you? And answering, the king will say to them "Amen, I say to you, as long as you did it for one of these, the least of my brethren, you did it for me."

*R.* Almighty and ever-loving God, we feel your love and understanding in the consolation and support we receive from one another. Give us the courage and dedication to sacrifice and suffer with those who are in need, the least of your people. Amen.

**7<sup>th</sup> Station: JESUS FALLS THE SECOND TIME.**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* It was our weakness that He carried, our sufferings that He endured, while we thought of him as stricken, as one struck by God and afflicted. But He was pierced for our offenses, crushed for our sins. Upon him was the punishment that makes us whole. By his stripes we were healed. We had all gone astray like sheep, each following his own way; but the Lord laid upon him the guilt of us all.

*R.* Lord Jesus, you shared in our weaknesses and accepted our guilt. Grant us the favor of rejoicing over our human weaknesses, so that in all we do, your strength dwelling in us may be shown to all others. Help us to stretch out a hand to those who fall, and help them up as we journey together in faith, hope, and love, Amen.

**8<sup>th</sup> Station: JESUS MEETS THE WOMEN OF JERUSALEM**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* There was, following Jesus, a great crowd of people. Among them were some women who were bewailing and lamenting him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children."

*R.* Beloved Jesus, with tears of pity these women responded to You, broken bruised, and beaten on the road to Calvary. Deepen our faith, so that we may see You in our brothers and sisters, bruised by our envy, beaten down by injustice, and broken by our greed and our indifference. Help us to appreciate all who touch our lives and to bring healing to areas of brokenness wherever we encounter it. Amen.

**9<sup>th</sup> Station: JESUS FALLS A THIRD TIME.**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* I lie prostrate in the dust; give me life according to your word. I declared my ways, and you answered me; teach me your commands. Make me understand the way of your precepts, and I will meditate on your wonderful deeds. My soul weeps for sorrow; strengthen me with your words.

*R.* Almighty and eternal God, you permitted your Son to be weakened, crushed, and profaned so that He might rise from the dead, freed from the ravages of sin. Help us to accept our weaknesses and failings as forerunners of our glorious resurrection in union with Your Son. Teach us that it doesn't matter how often we fall along our journey. What counts is that we get up and start again. Amen

**10<sup>th</sup> Station: JESUS IS STRIPPED OF HIS GARMENTS.**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* They gave Jesus wine to drink mixed with gall; but when he had tasted it, he would not drink. Then, after they had crucified him, they divided his clothes, casting lots to fulfill what was spoke through the prophet, "They divided my clothes among them, and upon my garments they cast lots."

*R.* Lord Jesus, stripped of everything, you stood exposed to the jeers and contempt of the people whom you loved. Clothe us with genuine love of others, so that nothing we suffer may ever fill our hearts with hatred or bitterness, Amen.

**11<sup>th</sup> Station: JESUS IS NAILED TO THE CROSS**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* When they came to Golgotha, the place called "The Skull" they crucified Jesus and the robbers, one on his right, and the other on his left. And Jesus said, "Father, forgive them, for they do not know what they are doing."

*R.* Lord, You have told us that we too must accept crucifixion if we are to accept resurrection with You. Help us to rejoice in the sufferings that come with the fulfillment of our daily duties, seeing in them the royal road of the cross to the resurrection. Help me to not crucify others by my words, acts, or omissions. Amen

**12<sup>th</sup> Station: JESUS DIES ON THE CROSS**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* It was now about the sixth hour, and there was darkness over the whole land until the ninth hour. And the sun was darkened, and the curtain of the temple was torn in the middle. Jesus cried out with a loud voice and said, "It is finished Father, into your hands I commend my spirit."

Then, bowing his head, he died. ... **PAUSE** ...

*R.* Loving Jesus, you gave everything for me, and I withhold so much. Show me how to live the demands of love more fully so that I might become a true disciple. Help me to understand that by your death you show me how to die and rise each day. Amen.

**13<sup>th</sup> Station: THE BODY OF JESUS IS TAKEN DOWN FROM THE CROSS**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* When the soldiers came to Jesus, they saw that he was already dead so that they did not break his legs; but one of them opened his side with a lance and immediately there came out blood and water. Joseph of Arimathea, because he was a disciple of Jesus, although a secret one for fear of the Jews, besought Pilate that he might take away the body of Jesus. And Pilate gave permission.

*R.* Beloved saviour, You returned to the Father all that He had given you, so that He might restore all to you a hundred-fold in the glorious resurrection. Help us to give generously of ourselves in all that we do for You, so that like You we might be made perfect in a new resurrection. Teach us that loss and grief can be vehicles of redemption and growth. Amen.

**14<sup>th</sup> Station: JESUS IS LAID IN THE TOMB.**

*N.* We adore You, O Christ, and we praise You.

*R.* Because by Your holy cross You have redeemed the world.

*N.* Joseph of Arimathea took the body of Jesus, and wrapping it in a clean linen cloth, he laid it in his new tomb which he had hewn out of rock. Then he rolled a large stone against the entrance of the tomb and departed.

*R.* Almighty and eternal God, on the edge of sadness when all seemed lost, You restored to us the saviour we thought defeated and conquered. Help us, we beg you, to empty ourselves of self concern, that we might see your hand in every failure, and your victory in every defeat. These things we ask in the name of your Son, Jesus Christ, who lives and reigns forever with You in the unity of the Holy Spirit. Amen.