

STATIONS OF THE CROSS



+ OPENING PRAYER:

Lord Jesus Christ, take me along that holy way you once took to your death, take my mind, my memory, above all my reluctant heart, and let me see what once you did for love of me and all the world. 🎵 *“Jesus, remember me when you come into your Kingdom.”*

1st Station: Jesus is Condemned to Death

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *The innocent Jesus accepts for the glory of God and peace to humanity, the unjust sentence of death pronounced against him by Pilate.*

All: Most loving Jesus, for your love and in penance for my sins, I accept my death with all the pain and sorrow that will accompany it. May your will and not mine be done, O Lord.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

2nd Station: Jesus Carries the Cross

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *Jesus takes the cross upon his shoulders. Jesus Master invites us: “If anyone wishes to come after me, let him deny himself, take up his cross and follow me.”*

All: I want to follow you, O Divine Master, by denying myself and accepting my daily cross. Draw me to yourself, O Lord. The road is narrow, but it leads to heaven. Jesus be my guide and my comfort on my journey through life.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

3rd Station: Jesus Falls the First Time

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *Wearied by the agony of Gethsemane, tortured by the scourging and the crowning with thorns, exhausted by fasting, Jesus falls for the first time beneath the enormous weight of the cross.*

All: Jesus fell to sustain those who fall. Lead us not into temptation, O Lord, but deliver us from all evil.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

4th Station: Jesus Meets His Mother

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *Carrying the cross, Jesus meets his Mother, whose soul is pierced by a sword of sorrow. The hearts of Jesus and Mary are united in the same suffering. Behold the two hearts that have so greatly loved all people.*

All: O Most Sacred Hearts of Jesus and Mary, I offer you my whole heart that it may always be yours.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

5th Station: Simon of Cyrene Helps Jesus to Carry His Cross

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *With false compassion, the soldiers forced a certain passer-by, Simon of Cyrene, to take up the cross of Jesus.*

All: I too am called to cooperate in the redemption of the world, completing with my sufferings the passion of Jesus Christ. Accept my small offerings, O good Master, and purify them in your love.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

6th Station: Veronica Wipes the Face of Jesus

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *With heartfelt compassion, Veronica wipes the face of Jesus, and he rewards her by leaving the impression of his face on the towel.*

All: I see in this devout disciple the model of those who offer atonement for sins. I ask you, O Lord, for a spirit of penance in order to make reparation for my sins and for the sins of others. O Jesus, grant me a share in the virtues you practiced while you lived on earth.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

7th Station: Jesus Falls for the Second Time

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *A second time, Jesus’s strength fails him and he who was “a man of suffering” falls a second time beneath the cross.*

All: O good Master, thus do you atone for our repeated sins, committed either deliberately or out of weakness. Lord, I repent of my sins. Help me to avoid all sin in the future.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

8th Station: Jesus Meets the Women of Jerusalem

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *A large crowd and many women who were weeping for him, followed Jesus. He said to them, "Daughters of Jerusalem, weep not for me but for yourselves and for your children." (Luke 23:28)*

All: I humble myself for my many sins and for those which others have committed because of my bad example and negligence. My Jesus, grant me the grace to help others avoid sin, through my actions, example, word, and prayer.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

9th Station: Jesus Falls the Third Time

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *Jesus falls the third time beneath the cross. The weight crushes him and he can hardly get up.*

All: When I keep falling into the same sin, Lord, give me the strength to break away from it. Help me to avoid sin in the future and to be faithful to the grace you offer me to follow in all things.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

10th Station: Jesus is Stripped of His Clothes

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *Having reached Calvary, Jesus is stripped of his garments and given a bitter mixture of gall and myrrh to drink.*

All: Jesus, you suffered so much for us! Keep my heart free of anything that would lead me away from you. Grant me the grace to seek you only, my supreme and eternal happiness.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

11th Station: Jesus is Nailed to the Cross

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *The executioners nail Jesus to the cross beneath the gaze of his most sorrowful Mother, causing him unspeakable agony.*

All: Jesus, thank you for giving your life for us. I want to be your disciple always. O Jesus, do not let me separate myself from you.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

12th Station: Jesus Dies on the Cross

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *Jesus suffers indescribable pains for three hours and then dies on the cross for our sins. The death of Jesus is made present every day on our altars in holy Mass.*

All: Most loving Jesus, grant me devotion to holy Mass. May I participate in it often and with the disposition that your Holy Mother had at the foot of the cross.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

13th Station: The Body of Jesus is Taken Down from the Cross

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *The sorrowful Mary receives her Son into her arms, after he was taken down from the cross. Mary contemplates the wounds of Jesus with immense sorrow and love, and offers her suffering in union with his.*

All: O Mother, accept me as your child. Accompany me throughout my life. Assist me daily and especially in the hour of my death.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

14th Station: Jesus is Laid in the Tomb

Leader: *We adore you, O Christ, and we praise you, All:* because by your holy cross, you have redeemed the world.

Leader: *The body of Jesus, anointed with spices, is brought to the sepulcher. With strong faith, Mary awaited the resurrection of her Son, as he had foretold.*

All: I firmly believe, my God, in the resurrection of Jesus Christ, as I believe in the resurrection of the dead. Every day I want to arise to a new life so as to merit to arise in the glory of the last day.

(Moment of silence for reflection & personal prayer)

Leader: *For the sake of His sorrowful passion, All:* have mercy on us and on the whole world. 🎵

CLOSING PRAYER:

Lord Jesus Christ, your passion and death is the sacrifice that unites earth and heaven and reconciles all people to you. May we who have faithfully reflected on these mysteries follow in your steps and so come to share your glory in heaven where you live and reign with the Father and the Holy Spirit one God, forever and ever. Amen.

For the intention of our Holy Father: Our Father, Hail Mary, Glory Be... **"Jesus, I Trust in You."** 3x