



STATIONS
OF THE
CROSS

INTRODUCTORY PRAYER

Priest:

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Lord God, look kindly upon us as we prepare to contemplate the mysteries of his Passion. As Christ surrendered to your will and took up his cross, may we be faithful disciples and follow close behind, accepting our own crosses, embracing them with love. Through Christ our Lord.

Prayer to the Most Holy Redeemer (ANIMA CHRISTI)

People:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Never permit me to be parted from you.

From the evil Enemy defend me.

**At the hour of my death call me and bid me come to you, that
with your Saints I may praise you for age upon age. Amen.**

I. Jesus is Condemned to Death

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

Then Pilate saw that he was making no impression, that in fact a riot was imminent. So he took some water, washed his hands in front of the crowd and said 'I am innocent of this man's blood. It is your concern.' And the people shouted back, 'His blood be on us and on our children!' Then he released Barabbas for them. He ordered Jesus first scourged and then handed over to be crucified.

(Matthew 27: 24-26)

People:

**Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take refuge,
until the destroying storms pass by.
I cry to God Most High,
to God who fulfills his purpose for me.
He will send from heaven and save me,
he will put to shame those who trample on me.
God will send forth his steadfast love and his faithfulness.**

(Psalm 57: 1-3)

Priest:

Let us pray: Lord God, we ask you to teach us to appreciate all that your Son suffered and underwent out of love for us, giving his life for us on the cross and pouring out all his blood so that we may be saved. Through the same Christ our Lord.

People:

Amen.

**Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.**

II. Jesus Takes up His Cross

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

They dressed him up in purple, twisted some thorns into a crown and put it on him. And they began saluting him, ‘Hail, king of the Jews!’ They struck his head with a reed and spat on him, and they went down on their knees to do him homage. And when they had finished making fun of him they took of the purple and dressed him in his own clothes. They then led him out to crucify him.

(Mark 15: 16-20)

People:

To you, O Lord, I lift up my soul.

O my God, in you I trust;

do not let me be put to shame;

do not let my enemies exult over me.

Do not let those who wait for you be put to shame;

let them be ashamed who are wantonly treacherous. Make me to know your ways, O Lord;

teach me your paths.

(Psalm 25: 1-4)

Priest:

Let us pray: Lord, give us the grace to be faithful to you not only in times when things are easy, but also in the moments of suffering. For it is then that we show our friendship and fidelity. We ask this through the same Christ our Lord.

People:

Amen.

**O, how sad and sore distressed
Was that Mother, highly blest,
Of the sole begotten One!**

III. Jesus Falls for the First Time

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

Come to me, all you who labour and are overburdened and I will give you rest. Yes, my yoke is easy and my burden light.

(Matthew 11: 28-30)

People:

**Let those who desire my vindication
shout for joy and be glad,
and say evermore,
“Great is the Lord,
who delights in the welfare of his servant.”
Then my tongue shall tell of your righteousness
and of your praise all day long.**

(Psalm 35: 27-28)

Priest:

Let us pray: Lord, help us never to long for a life without crosses, especially for those of us who have chosen to follow Christ along the way of Calvary. We ask this through the same Christ our Lord.

People:

Amen.

**Christ above in torment hands:
She beneath beholds the pangs
Of her dying glorious Son.**

IV. Jesus Meets His Mother

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

They were overcome when they saw him, and his mother said to him ‘My child, why have you done this to us? See how worried your father and I have been looking for you.’ ‘Why were you looking for me?’ he replied. ‘Did you not know that I must be busy with my Father’s affairs?’

(Luke 2: 48-49)

People:

O Lord, I am your servant;

I am your servant, the child of your serving girl.

You have loosed my bonds.

**I will offer to you a thanksgiving sacrifice
and call on the name of the Lord.**

**I will pay my vows to the Lord
in the presence of all his people,**

(Psalm 116: 16-18)

Priest:

Let us pray: Lord, we thank you for the example of faith that you have given us in Mary. Like her, may we ponder these things in our hearts and find meaning in the redemptive value of suffering. Through Christ our Lord.

People:

Amen.

**Is there one who would not weep,
Whelmed in miseries so deep,
Christ’s dear Mother to behold?**

V. Simon of Cyrene Helps Jesus to Carry His Cross

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

They led him out to crucify him. They enlisted a passer-by, Simon of Cyrene, father of Alexander and Rufus, who was coming in from the country, to carry his cross.

(Mark 15: 20-21)

People:

**For you have delivered my soul from death,
my eyes from tears,
my feet from stumbling.**

**I walk before the Lord
in the land of the living.**

**I kept my faith, even when I said,
“I am greatly afflicted”**

(Psalm 116: 8-10)

Priest:

Let us pray: Lord, give us the grace to carry the cross, accompanying you on the road to Calvary, out of love for souls who have strayed far from you. You who live and reign forever and ever.

People:

Amen.

**Can the human heart refrain
From partaking in her pain,
In that Mother’s pain untold?**

VI. Veronica Wipes the Face of Jesus

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

Come, you whom my Father has blessed; take for your heritage the kingdom prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me.

(Matthew 25: 34-36)

People:

**Do not let those who hope in you be put to shame because of me,
O Lord God of hosts;
do not let those who seek you be dishonored because of me,
O God of Israel.
It is for your sake that I have borne reproach,
that shame has covered my face.**

(Psalm 69: 6-7)

Priest:

Let us pray: Lord, by seeing the example of Veronica who reached out in compassion and love, strengthen us to build Your Kingdom through acts of service and mercy. Through Christ our Lord.

People:

Amen.

**Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.**

VII. Jesus Falls for the Second Time

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

I tell you, most solemnly, unless a grain of wheat falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest. Anyone who loves his life loses it; and anyone who hates his life in this world will keep it for the eternal life.

(John 12: 24-25)

People:

**Be gracious to me, O God, for people trample on me;
all day long foes oppress me;
my enemies trample on me all day long,
for many fight against me.
O Most High, when I am afraid,
I put my trust in you.
In God, whose word I praise,
in God I trust; I am not afraid;
what can flesh do to me?**

(Psalm 56: 1-4)

Priest:

Let us pray: Lord, knowing that you suffered for love of each one of us, help us to overcome the difficulties of our own self-love to following you not counting the cost. You who live and reign forever and ever.

People:

Amen.

**For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.**

VIII. Jesus Meets the Holy Women of Jerusalem

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

Anyone who welcomes you welcomes me, and those who welcome me welcome the one who sent me. If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.

(Matthew 10: 40, 42)

People:

**My vows to you I must perform, O God;
I will render thank offerings to you.
For you have delivered my soul from death,
and my feet from falling,
so that I may walk before God
in the light of life.**

(Psalm 56: 12-13)

Priest:

Let us pray: Lord, help us to be inspired by acts of service and love. Let them be rooted in love for you and the grace of your mercy and forgiveness. We ask this through the same Christ our Lord.

People:

Amen.

**O thou Mother: font of love!
Touch my spirit from above,
Make my heart with thine accord.**

IX. Jesus Falls for the Third Time

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

‘You should be awake, and praying not to be put to the test. The spirit is willing, but the flesh is weak.’ Again, a second time, he went away and prayed: ‘My Father,’ he said ‘if this cup cannot pass by without my drinking it, your will be done!’

(Matthew 26: 41-42)

People:

**Even my bosom friend in whom I trusted,
who ate of my bread, has lifted the heel against me.
But you, O Lord, be gracious to me,
and raise me up, that I may repay them.**

(Psalm 41: 9-10)

Priest:

Let us pray: Heavenly Father, give us the strength to strive constantly to do your will, certain that our trust and effort pleases you more than giving into the comforts of our world. We ask this through the same Christ our Lord.

People:

Amen.

**Make me feel as thou has felt;
Make my soul to glow and melt,
With the love of Christ my Lord.**

X. Jesus is Stripped of His Garments

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

When they reached a place called Golgotha, that is, the place of the skull, they gave him wine to drink mixed with gall, which he tasted, but refused to drink. When they had finished crucifying him they shared out his clothing by casting lots, and then sat down and stayed there keeping guard over him.

(Matthew 27:33-36)

People:

**I can count all my bones.
They stare and gloat over me;
they divide my clothes among themselves,
and for my clothing they cast lots.
But you, O Lord, do not be far away!
O my help, come quickly to my aid!**

(Psalm 22: 17-19)

Priest:

Let us pray: Lord, drive deep into our hearts and minds that amidst all temporal things, only the love of Christ remains. May this love be for us the treasure for which we sell everything. Through the same Christ our Lord.

People:

Amen.

**Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.**

XI. Jesus is Nailed to the Cross

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

They crucified him with two others, one on either side with Jesus in the middle. Pilate wrote out a notice and had it fixed to the cross; it ran: 'Jesus, the Nazarene, the King of the Jews.' This notice was read by many of the Jews, because the place where Jesus was crucified was not far from the city, and the writing was in Hebrew, Latin and Greek.

(John 19: 18-20)

People:

**All the ends of the earth shall remember
and turn to the Lord;
and all the families of the nations
shall worship before him.
For dominion belongs to the Lord,
and he rules over the nations.**

(Psalm 22: 27-28)

Priest:

Let us pray: Loving Father, in Christ's cross you have shown us your personal love for all men. Enlighten our hearts so that we will hold no life more fruitful or beautiful than a life spent in living in your love. We ask this through Jesus Christ our Lord.

People:

Amen.

**Let me share with Thee His pain,
Who for all my sins was slain,
Who for me in torment died.**

XII. Jesus Dies on the Cross

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

One of the criminals hanging there abused him. ‘Are you not the Christ?’ he said. ‘Save yourself and us as well.’ But the other spoke up and rebuked him. ‘Have you no fear of God at all?’ he said. ‘You got the same sentence as he did, but in our case we deserved it: we are paying for what we did. But, this man has done nothing wrong. ‘Jesus,’ he said ‘remember me when you come into your kingdom.’ ‘Indeed I promise you,’ he replied, ‘today you will be with me in Paradise.’ And when Jesus cried out in a loud voice, he said, ‘Father, into your hands I commit my spirit.’ With these words he breathed his last.

(Luke 23: 39-43, 46)

People:

**To him, indeed, shall all who sleep in the earth bow down;
before him shall bow all who go down to the dust,
and I shall live for him.**

**Posterity will serve him;
future generations will be told about the Lord,
and proclaim his deliverance to a people yet unborn,
saying that he has done it.**

(Psalm 22: 29-31)

Priest:

Let us pray: Lord, by seeing your Son on the cross, scorned by his enemies and rejected by his own friends, suffering silently for love of us, inspire in us the courage to carry our own crosses keeping our eyes fixed on him. We ask this through the same Christ our Lord.

People:

Amen.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

Or

O Sacred Head, surrounded
by crown of piercing thorn!
O bleeding Head, so wounded,
reviled and put to scorn!
Our sins have marred the glory
of Thy most Holy Face,
yet angel hosts adore Thee
and tremble as they gaze

XIII. Jesus is Taken Down from the Cross

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

One of the soldiers pierced his side with a lance; and immediately there came out blood and water. This is the evidence of one who saw it – trustworthy evidence, and he knows he speaks the truth – and he gives it so that you may believe as well. All this happened to fulfill the words of scripture: *Not one bone of his will be broken*; and again in another place scripture says: *they will look on the one whom they have pierced*. After this, Joseph of Arimathea, who was a disciple of Jesus – though a secret one because he was afraid of the Jews – asked Pilate to let him remove the body of Jesus. Pilate gave permission so they came and took it away.

(John 19: 34-38)

People:

**I shall not die, but I shall live,
and recount the deeds of the Lord.
The Lord has punished me severely,
but he did not give me over to death.**

**Open to me the gates of righteousness,
that I may enter through them
and give thanks to the Lord.**

(Psalm 118: 17-19)

Priest:

Let us pray: Lord, never let us doubt that Christ is the Life who has conquered death. May Mary, your Son's gentle, tender mother, be for us our steadfast companion and our own spiritual mother. We ask this through the same Christ our Lord.

People:

Amen.

**By the cross with thee to stay;
There with thee to weep and pray
Is all I ask of thee to give.**

Or

**I see Thy strength and vigor
all fading in the strife,
and death with cruel rigor,
bereaving Thee of life;
O agony and dying!
O love to sinners free!
Jesus, all grace supplying,
O turn Thy face on me.**

XIV. Jesus is Laid in the Tomb

Priest:

We adore you, O Christ, and we praise you.

People:

Because, by your holy cross, you have redeemed the world.

Priest:

He then took him down, wrapped him in a shroud and put him in a tomb which was hewn in stone in which no one had yet been laid. He then rolled a stone against the entrance to the tomb. It was the preparation day and the Sabbath was imminent.

(Luke 23: 53-54)

People:

**I thank you that you have answered me
and have become my salvation.**

**The stone that the builders rejected
has become the chief cornerstone.**

**This is the Lord's doing;
it is marvelous in our eyes.**

(Psalm 118: 21-23)

Priest:

Let us pray: Lord, in our deepest pain, in our greatest loneliness, and in our soul's longings and desires, let us remember that you who went into the darkness and the depths, rises from there to give us new life. Through your Son, Christ our Lord.

People:

Amen.

**Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.**

Or

**In this Thy bitter passion,
Good Shepherd, think of me
with Thy most sweet compassion,
unworthy though I be:
beneath Thy cross abiding
for ever would I rest,
in Thy dear love confiding,
and with Thy presence blest.**

Priest:

We pray for the intentions of our Holy Father:

People:

Our Father, Hail Mary, Glory Be...

Prayer to Jesus Christ Crucified

Behold, O good and loving Jesus, that I cast myself on my knees before you and, with the greatest fervor of spirit, I pray and beseech you to instill into my heart ardent sentiments of faith, hope and charity, with true repentance for my sins and a most firm purpose of amendment. With deep affection and sorrow I ponder intimately and contemplate in my mind your five wounds, having before my eyes what the prophet David had already put in your mouth about yourself, O good Jesus: They have pierced my hands and my feet; they have numbered all my bones (Psalm 22:17-18).

Priest:

Let us pray: Lord, let your blessing descend abundantly on your family as we recalled the death of your Son in the hope of sharing in his Resurrection. Grant us pardon and peace, increase our faith and fortify within us the fruit of your redemption. Through Jesus Christ our Lord.

People:

Amen.

Priest:

And may Almighty God bless you + the Father, and the Son, and the Holy Spirit.

People:

Amen.

Priest:

Go in peace.

People:

Thanks be to God.