

12th STATION:  
JESUS DIES ON THE CROSS

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Lord Jesus Christ, at the hour of your death, the sun was darkened. Ever anew you are being nailed to the Cross. At this present hour of history we are living in God's darkness. Through your great sufferings and the wickedness of men, the face of God, your face, seems obscured, unrecognizable. And yet, on the Cross, you have revealed yourself. Help us to recognize your face at this hour of darkness and tribulation.

**Let me share with thee His pain,  
Who for all our sins was slain,  
Who for me in torments died.**

13th STATION:  
JESUS IS TAKEN DOWN FROM THE CROSS

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Lord, you descended into the darkness of death. How easy it is for us to step back and say to ourselves: "God is dead." In the hour of darkness, help us to know that you are still there. Do not abandon us when we are tempted to lose heart. Give us the fidelity to withstand moments of confusion and a love ready to embrace you in your utter helplessness, like your Mother, who once more holds you to her breast.

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

14th STATION:  
JESUS IS LAID IN THE TOMB

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Lord Jesus Christ, in your burial you have taken on the death of the grain of wheat. From the tomb shines forth, in every generation, the promise of the grain of wheat which gives rise to the true manna, the Bread of Life, in which you offer us your very self. Help us grow in love and veneration for your Eucharistic mystery - to make you, the Bread of heaven, the source of our life. Help us to become witnesses of your resurrection.

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

CONCLUDING PRAYER

Almighty and eternal God, merciful Father,  
who hast given to the human race  
Thy beloved Son as an example  
of humility, obedience, and patience,  
to precede us on the way of life, bearing the cross:  
Graciously grant that we,  
inflamed by His infinite love,  
may take up the sweet yoke of His Gospel  
together with the mortification of the cross,  
following Him as His true disciples,  
so that we shall one day gloriously rise with Him  
and joyfully hear the final sentence:  
"Come, ye blessed of my Father,  
and possess the kingdom  
which was prepared for you from the beginning,"  
where You reign with the Son and the Holy Spirit,  
and where we hope to reign with Thee,  
world without end.  
**Amen.**

✠ May the Lord bless us, and keep us from evil,  
and bring us to everlasting life. Amen.



## THE STATIONS OF THE CROSS

FOR PERSONAL USE IN CHURCH OR AT HOME

**INTRODUCTION:**

Praying the Way of the Cross as a devotion began in Jerusalem, with Christian pilgrims tracing the spots linked with the Passion and Death of Jesus. When travel to the Holy Land became difficult, churches began including fourteen stations on their walls where the faithful could make the "stations of the cross" spiritually. The devotion is intended to help Christ's followers join their own sufferings to His.

**OPENING PRAYER:**

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

Lord Jesus Christ, for our sake you became like the grain of wheat that falls to the earth and dies, so it may bear much fruit. You invited us to follow you along this path when you told us, "The one who loves his life loses it, and the one who hates his life in this world will keep it for eternal life."

Yet we are attached to our life. We do not want to abandon it; we want to keep it all for ourselves. We want to hold on to it, not to give it away.

But you go before us, showing us that it is only by giving away our life that we can save it.

As we walk with you the Way of the Cross, you lead us along the way of the grain of wheat, the way of a fruitfulness which leads to eternity.

Grant that my Way of the Cross may not just be a moment of passing piety. Help all of us to accompany you not only with noble thoughts, but with all our hearts, and in every step we take each day of our lives.

As you accompany us on the path of the grain of wheat, help us to discover, in "losing our lives", the path of love, the path which gives us true life, and life in abundance. Amen.

*At the end of each station, say an Our Father.*

1st STATION:  
JESUS IS CONDEMNED TO DEATH

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Lord, you were condemned to death because fear of what other people would think suppressed the voice of conscience. So, too, throughout history, the innocent have always been maltreated, condemned, and killed. How many times have we ourselves preferred success to the truth, our reputation to justice? Strengthen the quiet voice of our conscience, your own voice, in our lives.

*Hymn (Stabat Mater):*

**At the cross her station keeping,  
Stood the mournful Mother weeping,  
Close to Jesus to the last.**

2nd STATION:  
JESUS TAKES UP HIS CROSS

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Lord, you willingly subjected yourself to mockery and scorn. Help us not to ally ourselves with those who look down on the weak and suffering. Help us to acknowledge your face in the lowly and

the outcast. May we never lose heart when faced with the contempt of this world, which ridicules our obedience to your will.

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

**3rd STATION:  
JESUS FALLS FOR THE FIRST TIME**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord Jesus, the weight of the cross made you fall to the ground. The weight of our sin, the weight of our pride, brought you down. But your fall is not a tragedy, or mere human weakness. You came to us when, in our pride, we were laid low. Lord, help us; we have fallen. Help us to abandon our destructive pride and, by learning from your humility, to rise again.

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

**4th STATION:  
JESUS MEETS HIS MOTHER**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Holy Mary, Mother of the Lord, you remained faithful when the disciples fled. In this way, at the hour of the Cross, at the hour of the world’s darkest night, you became the Mother of all believers, the Mother of the Church. We beg you: teach us to believe, and grant that our faith bear fruit in courageous service and be the sign of a love ever ready to share suffering and to offer assistance.

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

**5th STATION:  
SIMON OF CYRENE HELPS JESUS CARRY THE CROSS**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord, you opened the eyes and heart of Simon of Cyrene, and you gave him, by his share in your cross, the grace of faith. Help us to aid our neighbours in need, even when this interferes with our own plans and desires. Help us to realize that it is a grace to be able to share the cross of others and, in this way, know that we are walking with you along the way.

**Is there one who would not weep  
Whelmed in miseries so deep  
Christ's dear Mother to Behold?**

**6th STATION:  
VERONICA WIPES THE FACE OF JESUS**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord, grant us restless hearts, hearts that seek your face. Keep us from the blindness of heart that sees only the surface of things. Give us the simplicity and purity which allow us to recognize your presence in the world. Impress your face on our hearts. May we encounter you along the way and show your image to the world.

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

**7th STATION:  
JESUS FALLS FOR THE SECOND TIME**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord Jesus Christ, you have borne all our burdens, and you continue to carry us. Our weight has made you fall. Lift us up, for by

ourselves we cannot rise from the dust. Free us from the bonds of lust. In place of a heart of stone, give us a heart of flesh, a heart capable of seeing. Lift us up, so that we may lift others up.

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

**8th STATION  
JESUS MEETS THE WOMEN OF JERUSALEM**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord, to the weeping women you spoke of repentance and the Day of Judgment, when all of us will stand before your face; before you, the Judge of the world. Grant that we may not simply walk at your side, with nothing to offer than compassionate words. Convert us and give us new life. Grant that in the end we will not be dry wood, but living branches in you, the true vine, bearing fruit for eternal life.

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

**9th STATION:  
JESUS FALLS FOR THE THIRD TIME**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord, your Church often seems like a boat about to sink, a boat taking in water on every side. In your field we see more weeds than weed. The soiled garments and face of your Church throw us into confusion. Yet it is we ourselves who have soiled them! Have mercy on your Church; within her, too, Adam continues to fall. You stood up, you arose, and you can also raise us up. Save and sanctify your Church.

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

**10th STATION:  
JESUS IS STRIPPED OF HIS GARMENTS**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord Jesus, you were stripped of your garments, exposed to shame, cast out of society. You took upon yourself the shame of Adam, and you healed it. You also take upon yourself the sufferings and the needs of the poor, the outcasts of our world. Give us a profound respect for man at every stage of his existence, and in all the situations in which we encounter him. Clothe us in the light of your grace.

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

**11th STATION:  
JESUS IS NAILED TO THE CROSS**

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Lord Jesus Christ, you let yourself be nailed to the Cross, accepting the terrible cruelty of this suffering, the destruction of your body and your dignity. May we never flee from what we are called to do. Help us to remain faithful to you. Help us to unmask the false freedom that would distance us from you. Help us to accept your “binding” freedom, and, “bound” fast to you, discover true freedom.

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