

STATIONS OF THE CROSS

INTRODUCTORY PRAYER

LEADER: The person who desires to understand the words of Christ utterly, and in all their beauty, must endeavor to shape his life always and everywhere in accordance with that of Christ.

The Imitation of Christ (1400)

LEADER: Let us pray:

ALL: God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end and at my departing.

Sarum Primer (1527)

THE FIRST STATION

JESUS IS CONDEMNED TO DEATH

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: Christ suffered for you and left you an example, to have you follow in his footsteps. He did no wrong, no deceit was found in his mouth. When he was insulted he returned no insult. When he was made to suffer, he did not counter with threats.

I Peter 2:21-24

LEADER: Let us pray:

ALL: Thank you, Lord Jesus Christ,
For all the benefits and blessings which you have given me,
For all the pains and insults which you have borne for me.
Merciful Friend, Brother and Redeemer,
May I know you more clearly,
Love you more dearly,
And follow you more nearly,
Day by day.

St. Richard of Chichester (1197-1253)

THE SECOND STATION

JESUS TAKES UP HIS CROSS

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: As the crowds were appalled on seeing him
So disfigured did he look
That he seemed no longer human.
So will the crowds be astonished at him,
And Kings speechless before him:
For they shall see something never heard before.

Isaiah 52:14-15

LEADER: Let us pray:
ALL: My Lord God
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
And the fact that I think that I am following
your will does not mean
that I am actually doing so.
But I believe that the desire to please You
Does in fact please You
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart
From that desire.
And I know that if I do this,
You will lead me by the right road though I
may know nothing about it.
Therefore will I trust You always
though I may seem to be lost and in the
shadow of death.
I will not fear, for You are ever with me,
And you will never leave me to face my perils alone.

Thomas Merton (1915-1968)

THE THIRD STATION

JESUS FALLS THE FIRST TIME

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: And yet ours were the sorrows he carried.
But we, we thought of him as someone punished,
Struck by God and brought low.
Yet he was pierced through for our faults,
Crushed for our sins.
On him lies a punishment that brings us peace,
And through his wounds we are healed.

Isaiah 53:4-5

LEADER: Let us pray:

ALL: Lord, grant me a holy heart
that sees always what is fine and pure
and is not frightened at the sight of sin,
but creates order wherever it goes.
Grant me a heart that knows nothing
of boredom, weeping and sighing.
Let me not be too concerned
with the bothersome thing
I call "myself."
Lord, give me a sense of humor
And I will find happiness in life
And profit for others.

St. Thomas More (1478-1535)

THE FOURTH STATION

JESUS MEETS HIS MOTHER

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: You drew me out of the womb,
you entrusted me to my mother's breasts;
placed on your lap from my birth,
from my mother's womb you have been my God.
Do not stand aside:
trouble is near,
I have no one to help me.

Psalm 22

LEADER: Let us pray:

ALL: Hail Mary, full of grace,
the Lord is with you!
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.

THE FIFTH STATION

SIMON THE CYRENE HELPS JESUS CARRY HIS CROSS

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: Then he said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it. What profit is there for one to gain the whole world yet lose or forfeit himself?"

Luke 9:23-25

LEADER: Let us pray:

ALL: Lord, make me an instrument of your peace.
Where there is hatred, let me sow love,
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
O Divine Master, grant that I may not
So much seek to be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive.
It is in pardoning that we are pardoned.
And it is by dying that we are born to eternal life.

St. Francis of Assisi (1181-1226)

THE SIXTH STATION

VERONICA WIPES THE FACE OF JESUS

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: Jesus took Peter, James, and John his brother,
and led them up a high mountain by themselves.
And he was transfigured before them; his face
shone like the sun and his clothes became
white as light. And behold, Moses and Elijah
appeared to them, conversing with them.

Matthew 17:1-3

LEADER: Let us pray:

ALL: I lift up my eyes to the mountain:
From where shall come my help?
My help shall come from the Lord
Who made heaven and earth.

May he never allow you to stumble;
Let him sleep not, your guard.
No, he sleeps not, nor slumbers,
Israel's guard.

The Lord is your guard and your shade;
At your right side he stands,
By day the sun shall not smite you
Not the moon in the night.

The Lord will guard you from evil,
He will guard your soul.
The Lord will guard your going and coming
Both now and forever.

Psalm 121

THE SEVENTH STATION

JESUS FALLS A SECOND TIME

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.
READER: I, like a trusting lamb led to slaughter,
had not realized that they were hatching plots
against me.
“Let us destroy the tree in its vigor;
Let us cut him off from the land of the
living,
so that his name will be spoken no more.”
But, you, O Lord, O just judge
Searcher of mind and heart,
Let me witness the vengeance you take on them
For to you I have entrusted my cause.

Jeremiah 11:19-20

LEADER: Let us pray:
ALL: Lead kindly light, amid the encircling gloom
Lead thou me on;
The night is dark, and I am far from home.
Lead Thou me on.
Keep Thou my feet.
I do not ask to see the distant scene;
One step enough for me, I was not ever thus,
Nor prayed that Thou shouldst lead me on;
I loved to choose and see my path
But now lead Thou me on. I loved the garish day
And, in spite of fears, pride ruled my will.
I remember not past years.
O long Thy power hath blest me.
Sure it still will lead me on o'er moor and fen,
O'er crag and torrent, till the night is gone.
And with the morn those angel faces smile
Which I have loved long since and lost awhile.

Cardinal Neuman (1841)

THE EIGHTH STATION

JESUS SPEAKS TO THE WOMEN OF JERUSALEM

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: Great numbers of people followed, many women among them, we mourned and lamented over Him. Jesus turned to them and said: “Daughters of Jerusalem, do not weep for me; no, weep for yourselves and your children. For the days are surely coming when they will say, ‘Happy are the barren, the wombs that never bore a child, the breasts that never fed one.’ Then they will start saying to the mountains: ‘Fall on us,’ and to the hills: ‘Cover us.’ For if these things are done when the wood is green, what will happen when it is dry.”

Luke 23:27-31

LEADER: Let us pray:

ALL: Lord Jesus Christ,
Take all my freedom,
my memory, my understanding, and my will.
All that I have and cherish
you have given me.
I surrender it all to be guided by your will.
Your grace and your love
are wealth enough for me.
Give me these, Lord Jesus,
and I ask for nothing more.

St. Ignatius Loyola (1491-1556)

THE NINTH STATION

JESUS FALLS A THIRD TIME

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.
READER: Yet on Himself He bore our suffering
Our torments He endured
While we counted Him smitten by God.
Struck down by disease and misery;
But he was pierced for our transgressions,
Tortured for our iniquities;
The chastisement he bore is health for us
And by his scourging we are healed.
We had all strayed like sheep,
But the Lord laid upon him
The guilt of us all.

Isaiah 53:4-6

LEADER: Let us pray:
ALL: The Lord is my shepherd;
There is nothing I shall want.
Fresh and green are the pastures
Where he gives me repose,
Near restful waters he leads me,
To revive my drooping spirit.
He guides me along the right path;
He is true to his name.
If I should walk in the valley of darkness
No evil would I fear.
You are there with your crook and your staff;
With these you give me comfort.
You have prepared a banquet for me
In the sight of my foes,
My head you have anointed with oil;
My cup is overflowing.
Surely goodness and kindness shall follow me
All the days of my life.
In the Lord's own house shall I dwell
For ever and ever.

Psalm 23

THE TENTH STATION

JESUS IS STRIPPED OF HIS CLOTHES

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: Like water I am poured out,
Disjointed are all my bones
My heart has become like wax
It is melted within my breast,
Parched as burnt clay is my throat,
My tongue cleaves to my jaws.

I can count every one of my bones
These people stare at me and gloat;
They divide my clothing among them.
They cast lots for my robe.

Psalm 22:15-19

LEADER: Let us pray:

ALL: It availed us nothing to be born
Unless it has availed us to be redeemed.
O how admirable is Your goodness toward us!
O how wonderful is Your love!
You have delivered up Your Son
To redeem a slave.
O truly necessary sin of Adam
Which the death of Christ has blotted out!
O happy fault
That merited such and so great a Redeemer.

St. Augustine

THE ELEVENTH STATION

JESUS IS NAILED TO THE CROSS

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: With Christ I am nailed to the Cross;
It is no longer that I live,
But Christ that lives in me.
So far as I live now in the flesh,
I live by faith in the Son of God.
Who loved me and delivered Himself for me.

Galatians 2:20

LEADER: Let us pray:

ALL: Good and gentle Jesus,
I kneel before you.
I see and I ponder your five wounds.
My eyes behold what David prophesied about you:
“They have pierced my hands and feet;
they have counted all my bones.”

Engrave on me this image of yourself.
Fulfill the yearnings of my heart:
give me faith, hope, and love,
repentance of my sins,
and true conversion of life.

Prayer Before a Crucifix (Roman Missal)

THE TWELFTH STATION

JESUS DIES ON THE CROSS

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: It was now about the sixth hour and, with the sun eclipsed, a darkness came over the whole land until the ninth hour. The veil of the temple was torn right down in the middle; and when Jesus had cried out in the loud voice, he said: "Father, into your hands I commit my spirit." With these words he breathed his last breath.

Luke 23:44-46

LEADER: Let us pray:
ALL: Our Father, who art in heaven,
Hallowed be thy name;
Thy kingdom come;
Thy will be done
On earth as it is in heaven.
Give us this day
Our daily bread;
And forgive us our trespasses
As we forgive those
Who trespass against us;
And lead us not into temptation,
But deliver us from evil.

THE THIRTEENTH STATION

JESUS IS TAKEN DOWN FROM THE CROSS AND PLACED IN HIS MOTHER'S ARMS

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.
READER: The divine nature was Christ's from the first;
Yet he did not think to snatch at equality
With God,
But made himself nothing,
Assuming the nature of a slave.
Bearing the human likeness,
Revealed in human shape,
He humbled himself, and in obedience accepted
Even death on a cross.
Therefore, God raised him to the heights and
Bestowed on him the name above all names,
That at the name of Jesus every knee should bend
In heaven, on earth, and in the depths
And every tongue confess, "Jesus Christ is Lord,"
To the glory of the Father.

Philippians 2:6-11

LEADER: Let us pray:
ALL: Soul of Christ, make me holy
Body of Christ, save me
Blood of Christ, fill me with love,
Water from Christ's side, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
Within your wounds, hide me.
Never let me be parted from you.
From the evil enemy, protect me,
At the hour of my death, call me.
And tell me to come to you,
That with your saints I may praise you
Through all eternity.

Anima Christi

THE FOURTEENTH STATION

JESUS IS LAID IN THE TOMB

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: You yourselves were once alienated from God;
You nourished hostility in your hearts
Because of your evil deeds.
But now Christ has achieved reconciliation
For you in his mortal body by dying,
So as to present you to God,
Wholly free of reproach and blame.

Colossians 1:21-22

LEADER: Let us pray:

ALL: Father,
I abandon myself into your hands;
Do with me what you will.
Whatever you may do, I thank you;
I am ready for all, I accept all.
Let only your will be done in me,
And in all your creatures—
I wish no more than this, O Lord.
Into your hands I commend my soul;
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself,
to surrender myself into your hand without reserve,
and with boundless confidence,
for you are my Father.

Charles de Foucauld

THE PROMISE OF OUR REDEMPTION

CHRIST IS RISEN FROM THE DEAD

LEADER: We adore you, O Christ, and we bless you.
ALL: Because by your Holy Cross you have redeemed the world.

READER: “On the first day of the week, at dawn, the women came to the tomb bringing the spices they had prepared. They found the stone rolled back from the tomb: but when they entered the tomb, they did not find the body of the Lord Jesus. While they were still at a loss over what to think of this, two men in dazzling garments stood beside them. Terrified, the women bowed to the ground. The men said to them, “Why do you search for the Living One among the dead? He is not here: He has been raised up...”

Luke 24:1-5

LEADER: Let us pray:

ALL: You, Christ, are the king of glory;
The eternal Son of the Father.
When you became human to set us free
you did not spurn the Virgin’s womb.
You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God’s right hand in glory.
We believe that you will come again and be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

Te Deum Laudamus