

To pray the way of the cross requires only that you meditate before each station. Before each station you may say:

We adore You, O Christ, and we bless You. Because by Your holy Cross, You have redeemed the world.

After each station you may choose to pray an Our Father, Hail Mary, Glory be...

Opening Prayer

Lord Jesus Christ, take me along that holy way You once took to Your death, take my mind, my memory, and above all my reluctant heart, and let me see what once You did for love of me and all the world.

1st Station. Jesus is condemned to death.

Pilate brought Jesus outside and said to the people, "Look at your king!" At this they shouted, "Away with him! Crucify him!"

Then Pilate handed Jesus over to be crucified.

"Behold your king," says Pilate.

"Away with him," the people shout.

And they sent You to Your death.

Lord Jesus, Word made flesh, Light for our dark world, God come to save us, may we never send You away.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

2nd Station. Jesus takes up the Cross

Jesus was led away, and carrying the Cross by himself, went out to what is called the Place of the Skull, Golgotha.

You were led to Calvary, Lord, carrying the Cross by Yourself. Yet was the Cross only Yours, or was it also mine You bore? By Your holy Cross, O Jesus, make me strong and able to take up the cross I must bear.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

3rd Station. Jesus falls the first time

Jesus emptied himself, and took the form of a slave, being born in the likeness of men.

He humbled himself, to death and a Cross.

How strange to see You fall as anyone does who cannot go on. And yet You rise again to take the few steps more You can. By Your first fall, O Jesus, give Your risen grace to those who fall and cannot rise.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

4th Station. Jesus meets His afflicted Mother

Simeon said to Mary His mother: "This child is destined to be the downfall and the rise of many in Israel, a sign that will be opposed. And you yourself shall be pierced with a sword, so that the thoughts of many hearts will be laid bare."

O Mother of my Saviour, you stand beside your Son. With love beyond all telling, you share his grief as one. How shall I know your sorrow, your tears beyond compare? Deep in my heart stand watching, and call my memory there.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

5th Station. Simon of Cyrene helps Jesus

A man named Simon of Cyrene, was coming in from the fields, and they pressed him into service to carry the Cross.

Simon, coming in from the fields, was pressed to carry Your cross. Did he come to know You, Lord, walking by Your side? By your meeting with the Cyrenean, may we find You in the stranger, and in the needy we meet.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

6th Station. Veronica wipes the face of Jesus

He who welcomes you welcomes Me; and he who welcomes Me, welcomes Him who sent Me.

And I promise that whoever gives a cup of cold water will not want for a reward.

A woman named Veronica kindly washed

Your face with a towel. Such a simple thing! A towel, a cup of water, a loving word. By Your meeting with Veronica, Lord, help us value such small things, so great when given in Your name.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

7th Station. Jesus falls the second time

But I am a worm and no man; the scorn of all, despised by the people. All who see Me scoff at Me.

Can God fall, a mighty God, Whose hands uphold all that is? By Your second fall, O Lord, remember how weak we are, remember our helplessness, remember our human frailty, and come to our assistance.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

8th Station. Jesus speaks to the women.

A great crowd of people followed Him, including women who beat their breasts and lamented over Him.

Women wept as You passed and You said, "Weep not for Me but for your children." Keep the grace of this meeting alive in our hearts, Lord. Keep us concerned for humanity's children.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

9th Station. Jesus falls the third time

I am like water poured out; all My bones are racked. You have brought Me down to the dust of death.

Like water poured out, Your strength is gone. You fall as if to the dust of death. By Your third fall, O Lord, give us courage before our trials and patience to go on. Help us in our need.

Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

10th Station. Jesus is stripped of His clothes
They stripped off His clothes and began to mock Him saying: "All hail, king of the Jews!" They divided Your garments and cast lots for Your clothes. Stripped of all dignity, You had nothing of Your own. By Your despoilment, O Lord, clothe us in Your mercy which is rich beyond words. Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

11th Station. Jesus is nailed to the Cross
After carrying His Cross, Jesus came to the Place of the Skull (in Hebrew, Golgotha). There they crucified Him and two others with Him.
Nailed to the cross, You know how many feel who, bound by circumstance, year by year get nowhere. By Your riven hands and feet, Lord, help those fixed to a cross by long illness or misfortune.
Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

12th Station. Jesus dies on the Cross
Jesus said, "I thirst!" and they gave Him wine. "It is finished!" He cried, and gave up His spirit.
Once the prophet said: "Who can believe our report?" God's Servant, crushed in sorrow, pierced for our offences! Shall we not stand watching, Lord, mourning the sins You bear, rejoicing in the pardon You bestow?
Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

13th Station. Jesus is taken down off the Cross
When the soldiers came to Jesus and saw that He was already dead, they did not break His legs. But one of the soldiers thrust a lance into His side, and blood and water flowed out.
Resting in Your mother's arms when taken from the cross, You died trusting a Father's care, faithful unto death. By Your holy

death, O Lord, give us an unending trust in God, commend us to Your Father's hands.
Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

14th Station. Jesus is laid in the tomb.
Joseph of Arimathea asked Pilate for the body of Jesus, and wrapped it in perfumed oils. Then he buried Jesus in a tomb close at hand.
You were buried in a garden tomb, like a seed fallen into the ground, waiting to rise again. Lord, help us rise again after dying with You. May all who have fallen asleep rise again.
Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

15th Station. Jesus is risen and with us in the tabernacle.
On the third day he rose again.
Suddenly, without warning, Jesus stood before them and said, "Peace! Do not be afraid! Go and carry the news to the others that they are to go to Galilee where they will see Me." Matthew Ch 28
Father, for the sake of His sorrowful Passion, have mercy on us and on the whole world.

Visit to Mary
O loving and sorrowful Mother, please help me to love Jesus as He deserves to be loved.
Hail Mary...

For the Pope
The Church promises special blessings in Jesus' Name to all who include a prayer for the Pope's intentions when they pray the Stations of the Cross.
Our Father...Hail Mary...Glory Be...

Concluding Prayer
Jesus, thank you for taking me along with You on this way of the Cross. Thank you for helping me to remember what You did for love of me and for the whole world. Thank you for obtaining mercy for my sins by Your sufferings. Please help me take You more seriously in my life. Amen.

Stations of the Cross meditations from the Passionists 1992

Walk a while with Me ?

