

The Way of the Cross

CLOSING PRAYER

Preparing for Resurrection

My Lord Jesus Christ:

I have accepted my own Crown of Thorns, and in my Resurrection I will share Your Crown of Glory. There is no better way to live than this! Help me to believe this with unwavering trust in You. Guide me as I prepare for my own Resurrection each day that I suffer. Let me connect all my pain, all my sorrow, all my difficulties to Your Good Friday Passion. And show me how to love others with Your passionate love!

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



The Way of the Cross

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Praying with the Stations of the Cross

OPENING PRAYER



My Lord Jesus Christ:

You suffered a great deal for me. I cannot even fathom just how much You accomplished for me through Your sacrifice. What I do know for certain is that I am suffering. I have trials I want to get rid of. But You have shown by your journey to the Cross and your death that I should embrace my sufferings as a journey that will lead to glory. Please help me unite my sufferings with Your WAY OF THE CROSS, so that I may be healed, purified and strengthened, and so that I may become Your instrument of healing love for others.

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

The Way of the Cross

Station #1 Jesus is condemned to death.

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



My Lord Jesus Christ:

Your Blessed Mother felt the sting of the sword pierce her heart when her beloved Son was condemned to torture and death. I, too, have felt the pain of being pierced, whenever I am unjustly and cruelly treated, or when I have seen it happen to someone I care deeply about. Help me to experience the Mother's comfort. Help me also to remember in the midst of my pain that You are with me always, and that You will make good

come from my sorrows. I offer up my sufferings and unite them to Your Sacred Heart.

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

Sing:

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

The Way of the Cross

Station #14 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.



My Lord Jesus Christ:

I want to begin a new life of becoming more completely the person whom God the Father created me to be. In this, I will find freedom from everything that has caused

me to suffer, because no matter what happens to me, I am with You and Your love for me is sufficient. Your love has redeemed me. Your love has taken my pain and enhanced it with hope. My suffering is not futile when I endure it for love of You and for love of others. Help me to more fully understand this, and let this motivate me toward greater imitation of You, all the way to the Cross and the glorious Resurrection that *always* follows!

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

Sing:

Virgin of all virgins blest!
Listen to my found request;
Let me share your grief divine.

The Way of the Cross

Station #13 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.



My Lord Jesus Christ:

Who will take me down from my Cross of sufferings? Dying to all that is sinful in me, will I have loved ones to care about me and to give me rest? Yes! The Blessed Mother knows who I am and what I have done, because my love for You is connected me to her. She wept over Your sufferings, and

yet she was pleased that You had followed the Father's plan. So, too, she weeps with me in my sufferings and she is pleased with me for obeying the Father's call to love others unconditionally. Help me to find rest in her motherly care.

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

Sing:

By the Cross with You to stay
there with You we weep and pray
Is all I ask of You to give.

The Way of the Cross

Station #2 Jesus carries his cross.

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



My Lord Jesus Christ:

I am carrying a cross ~ a heavy burden ~ right now, and it distresses me. And in fact, there are other troubles bothering me, too. Help me to know which crosses I should let go of, because You have already redeemed me from them, and which cross I should carry for the sake of loving others, purifying my soul, and strengthening my

relationship with You. Help me also to become aware that You are at my side, holding the larger portion of my cross. I complain about my burdens, and yet, You carried the burden of my sins and those of the whole world. Your pain was much greater than mine. Thank You for caring about me so much!

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

Sing:

O, how sad and sore distressed
Was that Mother highly blessed
Of the sole Begotten One.

The Way of the Cross

Station #3 Jesus falls the first time.

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



My Lord Jesus Christ:

You could barely see where
You were going, because
Your sacred eyes were
blurred by Your pain and
the blood dripping from the
Crown of Thorns. So you
stumbled and fell, increas-
ing the pain on a already-
exhausted Body. And I, for-
getting what You have done
for me, ignore what You
have told me about living a

holy life, and so I stumble and fall in my walk with You.
Forgive me, my Beloved Jesus! Turn my failures into
new growth as I unite my stumblings to Your redemp-
tive walk to Calvary.

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

Sing:

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

The Way of the Cross

Station #12 Jesus dies on the cross.

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

My Lord Jesus Christ:

At long last, Your
pain ended when
you finished ex-
haling Your final
breath. In death,
there was peace.
In death, Your tor-
ments ceased and
Your tormentors
could do no more
to hurt You. I want



to die with You. I want to die of all my selfishness, all
my uncaring tendencies, all my desires and decisions
and control, so that what remains is only Your love at
work in me. Thank You for accepting this prayer. I am in
Your hands. I am in Your heart.

Pause

Sing:

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

The Way of the Cross

Station #11 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.



My Lord Jesus Christ:

I, too, have been nailed;
help me to accept my crucifixion with an awareness of being intimately united to You. When others have unjustly accused me, they have nailed me to Your Holy Cross. When others have derided from me what was difficult or unpleasant to give, they have nailed me again. Usually, I

struggle to come down off that Cross; help me to discover the sweetness of being joined to Your redemptive suffering, so that I more readily choose the way of love instead of the easier road of selfishness.

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

Sing:

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

The Way of the Cross

Station #4 Jesus meets His holy Mother.

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



My Lord Jesus Christ:

How did You feel when Your eyes met the sorrowing eyes of Your Blessed Mother? How did she manage to handle the sight of her Beloved Son as He endured such horrid sufferings? Help me to draw on the same well of strength from the Holy Spirit as You did and she did when you gazed on each other with such intimate love. Help me also to understand her strong love for me, and that she is

right now crying about me and all of my trials, and that in her great maternal love for me, she is praying her most powerful prayers.

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

Sing:

Is there one who would not weep,
'whelmed in miseries 'O so deep
Christ's dear Mother to behold.

The Way of the Cross

Station #5

**Simon of Cyrene helps Jesus
carry His cross.**

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



My Lord Jesus Christ:

Sometimes You ask me to be a Simon. When I endure trials willingly for the sake of loving others, I am carrying Your Cross with You. What a privilege! What an honor! And yet, so often I turn away from this Cross; I don't want to help You. I'd rather fight back when someone argues with me. I'd rather stay angry than forgive quickly. I'd rather have others

bend to my will instead of accepting the unhappy load of serving their desires. Help me to become more like You, loving my enemies, doing good to those who hurt me, forgiving them unendingly.

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

Sing:

Can the human heart refrain
from partaking in her pain
in that Mother's pain untold?

The Way of the Cross

Station #10

Jesus is stripped of His clothing.

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



My Lord Jesus Christ:

When You suffered through Your final hours, You had nothing left but love for me and for everyone else who ever lived and ever will live. You'd been stripped of Your clothes, Your dignity, Your freedom. In contrast, I am such a wretch! I pride myself for my fashionable clothes. I surround myself with more possessions than I have time to use. I keep myself so busy reaching my goals that I have no time to show caring for others. Help me to put everything in my life into right priority. Help me to compare whatever I do with what

You've done, not to feel inferior but to feel inspired. Change me, O Lord!

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

Sing:

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

The Way of the Cross

Station #9 Jesus falls the third time.

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



My Lord Jesus Christ:

Where did You get the strength to get up after Your third fall? How could You love me so much that You searched for that strength and found it knowing that this would take you to Your greatest act of love for me on the Cross? I barely understand it! I have loved so much to hurt You by hurting the people

around me. I don't mean to hurt them and You, but I am motivated by selfishness; I don't truly care about the needs and desires and feelings of others as much as I care about my own. Even so, You cared about me more than You cared about Yourself ... all the way to the Cross. Help me to more fully appreciate and imitate this example of true love.

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

Sing:

Make me feel as You have felt,
Make my soul to go and melt
With the love of Christ, my Lord.

The Way of the Cross

Station #6 Jesus meets Veronica.

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



My Lord Jesus Christ:

Saint Veronica showed genuine caring for You when she risked the ridicule of the people and the wrath of the soldiers in order to wipe Your sacred face. Help me to love You so much that I'd do anything for You, no matter what others think of me. And since You said that whatever I do to the least of the people, I do unto You, help me also to love everyone so much that I willingly and eagerly serve their needs no matter how I feel about it.

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

Sing:

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

The Way of the Cross

Station #7

Jesus falls a second time.

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



My Lord Jesus Christ:

How tired and pain-wracked Your Sacred Body must have been when You fell a second time! You could have chosen to die right then and there, rather than go on to face more suffering and that most gruesome death on the Cross. And

yet, You chose to find more strength so that You could go all the way to Calvary. I offer up to You all those times when I want to quit dealing with my own problems, all those times when I want to quit trying, all those times when I want quit facing more difficulties and find a way out. Lord Jesus, be the strength and patience and endurance that I need to keep on walking through my pain and suffering.

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

Sing:

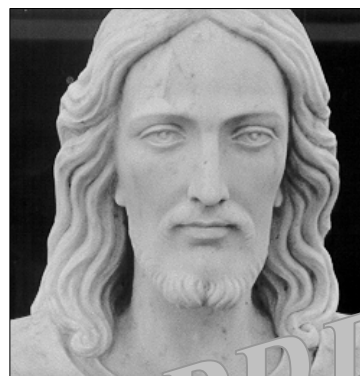
For the sins of His own nation
Saw Him hang in desolation
Till His spirit forth He sent.

The Way of the Cross

Station #8

Jesus comforts the weeping women of Jerusalem.

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



My Lord Jesus Christ:

You are not too busy or too far away to give me comfort. When I am in the midst of my difficulties, it seems like I'm all alone. It feels like You've abandoned me. But in truth, You are always with me. Help me to remember to turn to You whenever I am suffering whenever I am up-

set, whenever I need a shoulder to cry on. You are the only true source of joy and peace; teach me to seek these only from You, and then I will experience joy in the midst of sorrow and peace in the midst of turmoil.

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

Sing:

O' sweet Mother! Fount of Love,
Touch my spirit from above
Make my heart with yours accord.