



# STATIONS OF THE CROSS

The Stations of the Cross is the way to our salvation. By meditating on the passion, death and resurrection of our Lord and Saviour Jesus Christ we are entering the most precious hours of the earthly life of Jesus. Jesus didn't endure

this suffering for himself but for us. As we pray and accompany Jesus on the way to Calvary, we ask for His mercy and forgiveness for our contribution to His Cross and suffering. By walking along with the Lord through these stations, we are healed, reconciled, delivered and restored. This journey also reassures us that we are not alone in our disappointments, sorrow, sadness and abandonment. Even when the world abandons us and we have given up ourselves, Jesus walks with us, bears our burdens and raises us to be seated with Him in His glory.

## FIRST STATION: JESUS IS CONDEMNED TO DIE

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world.*

*(Pilate, the Roman governor is pressurised into pronouncing the most cruel and unjust judgement against Jesus. Jesus stands lonely and abandoned.)*

Jesus, son of God and ocean of mercy, you came to save us from the just condemnation of death. At this hour of your greatest need even your own disciples have abandoned you. It looks like all world has turned against you. My Jesus, there were many moments in my life when the pain of loneliness burned into my heart and the pressure of hatred and ill-will intimidated me. I turned to many people and places but found no refuge. This unbearable mental anguish that has clouded the various moments of my life I offer you.

*V. Lord Jesus crucified. R. have mercy on me.*

## SECOND STATION: A HEAVY CROSS IS PLACED ON THE SHOULDER OF JESUS

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

*(Regaining little strength, Jesus walked with the crowd to the entrance of the square. Then two men dragged over a heavy wooden cross and dropped it on his shoulders)*

The cross Jesus carries is the burden of people's pain and sin. This very burden weighs me down as well. There are heavy responsibilities, painful memories, uncertainty of the future, financial burdens, the day-to-day tasks of life, unfinished responsibilities laid on my shoulders. Fatigued and overwhelmed I find the burden of this life far too heavy for me.. O Lord, I bow down before you with open hands and pray that you may give grace at every step of my journey and to offer the burdens of my life with your holy cross.

*V. Lord Jesus crucified. R. have mercy on me.*

## THIRD STATION: JESUS FALLS THE FIRST TIME

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world.*

*(Already fatigued by the physical torture, with the scourging, the mental anguish of the trail & condemnation and with the heaviness of the cross, Jesus falls and the cross falls on him crushing him to the ground.)*

Lord, how often have I seen you fall, and unlike Mary, have left you there without concern? How often have I seen people make mistakes and I laughed at them? How often do I find myself getting angry when someone does things differently than I? Mary supported you through your entire passion with her silent prayers and presence. Help me to do the same for you by the support I give to others.

V. Lord Jesus crucified. R. have mercy on me.

#### **FOURTH STATION: JESUS MEETS HIS GRIEVING MOTHER**

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

(Mother Mary managed to break through the crowd and was walking side by side with her son. She called to him. He stopped. Their eyes met, Mary's full of tears of anguish and his full of pain. She felt helpless. As he stumbled on, she followed and prayed silently. )

Lord Jesus, forgive me the many times our eyes met and I turned mine away. Forgive me the times things did not go my way and I let everyone know about it. Forgive me the times I brooded over little inconveniences or became discouraged and didn't heed your courage.

V. Lord Jesus crucified. R. have mercy on me.

#### **FIFTH STATION: SIMON HELPS JESUS CARRY HIS CROSS**

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

(Simon from Cyrene who came to celebrate the Paschal festival in Jerusalem, was passing by, curiously watching the drama. But the soldiers seeing the miserable condition of the Lord compel Simon to carry the Cross with Jesus)

How blessed indeed was Simon to assist His Saviour in fulfilling His mission. When our plans fail and tragic suffering and unexpected accidents come our way, we have complained about bad luck and even of abandonment. We pray O Lord, give me the grace to discern in holding up my cross to save the world. Open my eyes Lord to see the glory hidden in the trials of my life. Then shall I rejoice in my cross and my faith shall be victorious.

V. Lord Jesus crucified. R. have mercy on me.

#### **SIXTH STATION: VERONICA WIPES THE FACE OF JESUS**

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world.*

*(As Jesus was struggling to carry the cross, feeling pity for Him, a woman pushes past the guards and took of her veil and began to wipe Jesus' bruised face.)*

Lord, it is in an indifferent world that we are living in. Everyone is busy trying to climb higher even when it means trampling on other's lives. No one has the time to bind up the wounds of others or even to consider or care for the suffering humanity that is all around us. I offer to you Lord all the indifference and arrogance in my heart that turned me away from those in need. I pray O Lord, may I never miss the grace of the moment, offered in the suffering humanity.

V. Lord Jesus crucified. R. have mercy on me.

## SEVENTH STATION: JESUS FALLS THE SECOND TIME

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

(The weight of the cross crushes the shoulders of Jesus and the path is stony and impossible for Him to walk, His strength fails Him and His feet gives way. Jesus fell again under the heavy cross)



Lord Jesus when I look back to my past, I see the many times my will failed me and I fell in sin repeatedly. Failures crushed me. As your face is pushed to the dust, the stones of hard earth jab into your wounds. As you crawl on the ground under the weight of the cross, I come to you, my Lord, praying for strength for those moments when the struggle was beyond my strength.

V. Lord Jesus crucified. R. have mercy on me.

## EIGHT STATION: JESUS MEETS THE WOMEN OF JERUSALEM

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

(The women of Jerusalem came weeping by the way of the Cross. They had seen many criminals carrying the cross but they were shocked to see that this should happen to Jesus whom they have seen healing the sick and proclaiming the word of God))

Lord, the reward for the good deeds that I do for others is ultimately to be found in you. As I stand firm in the confidence of your love, I shall receive the grace to rise above my pain and pray for everyone that they may turn to you and be saved.

V. Lord Jesus crucified. R. have mercy on me.

## NINTH STATION: JESUS FALLS THE THIRD TIME

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world.*

*(The Saviour is pushed to the hardest and most painful fall.)*

My loving Jesus, I know that many times I have offered my hand to help people but when it became inconvenient or painful to me, I left them, making excuse for myself. Help me Lord and never take my supporting hand away from those who need it.

V. Lord Jesus crucified. R. have mercy on me.

## TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

(Jesus finally relieved of the weight of the cross, but suddenly the guards started to rip his clothes of his blood-clotted skin)

Lord in my own way I too have stripped you. I have taken away the good name of another by foolish talk, and have stripped people of human dignity by my prejudice. Help me to see you in all people.

V. Lord Jesus crucified. R. have mercy on me.

### **ELEVENTH STATION: JESUS NAILED TO THE CROSS**

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

(Nails were driven into his palms and he was stuck to the wood of the cross.)

The feet that went about searching for sick is pierced through, the hands that reached out to heal are now stretched across the wood. The powers of darkness seem to have taken hold of the entire situation. As I stand at the foot of your cross, I consecrate my hands and feet and every breath for your glory to shine through my life.

V. Lord Jesus crucified. R. have mercy on me.

### **TWELFTH STATION: JESUS DIES ON THE CROSS**

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

(After hours of agony, Jesus breathes his last breath, offering His life for the world.)

My Jesus have mercy on me for what my sins have done to you and to others. I thank you for your great act of love. Teach me to live my life for others and not fail you again.

V. Lord Jesus crucified. R. have mercy on me.

### **THIRTEENTH STATION: JESUS IS TAKEN FROM THE CROSS**

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

The mother longed to hold her Son on the way to Calvary. Her heart and her hands were reaching out to hold Him close to her and give a moment of comfort. But there was no way. Finally, though, when she did get to hold her son, it was too late. She could hold her Son's lifeless body.

Our Lady, in my own grief, I pray, come and hold me as held your son. No matter what should happen may I always receive the Lord with an open heart as you, my gracious mother did.

V. Lord Jesus crucified. R. have mercy on me.

### **FOURTEENTH STATION: JESUS IS PLACED IN THE TOMB**

*I adore you O Christ, and I bless you because by your holy cross you have redeemed the world*

Lord today I am alive, walking on this earth, actively involved in my daily life, holding dreams for a prosperous future. But there will be a morning when the sun will rise and I will not be there to see it because I will be buried under the earth. Give me the grace not to be tied down with the affairs of this dying world but to live for you and with you.

V. Lord Jesus crucified. R. have mercy on me.

**CLOSING PRAYER:** Lord, I have walked with you following your footsteps on the way to Calvary. But your journey didn't end with the cross of Calvary but to the glory of the resurrection. How glorious indeed is the light of your resurrection. I know that in your love, death and sin are defeated. In every moment of grief and failure and sin I shall wait and pray for Holy Spirit to move in to raise me to new hope. My prayer is that the rays of your glorious resurrection may shed light in the dark moment of my life leading me to your presence. Amen.