

# THE STATIONS OF THE CROSS

*Christ's passion and death  
was not confined in time and history  
to three tragic hours or even days.  
Through the limitless love of his Sacred Heart, Jesus remains present in  
our world,  
united with each of us in our daily work, celebration and suffering.  
Together we are the Body of Christ on earth,  
and when any member  
is despairing, hungry, tortured or dying,  
the suffering of Christ is renewed.*

## **Opening Prayer:**

### **Leader:**

God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever. Bless us as we gather to reflect on his suffering and death that we may learn from his example the way we should go.

We ask this through Christ our Lord.

**All:** Amen.

***At the cross her station keeping,  
Mary stood in sorrow weeping  
When her Son was crucified.***

## I. JESUS IS CONDEMNED TO DEATH

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** Pilate said to them, "Then what shall I do with Jesus, called the Messiah?" They all said, "Let him be crucified!"... Pilate took water and washed his hands in the sight of the crowd, saying, I am innocent of this man's blood. Look to it yourselves."

*Matt. 27: 22, 24*

*Silence*

**All:**

To you, O LORD, I lift up my soul.

O my God, in you I trust;

do not let me be put to shame;

do not let my enemies exult over me.

Do not let those who wait for you be put to shame;  
let them be ashamed who are wantonly treacherous.

Make me to know your ways, O LORD;  
teach me your paths.

Lead me in your truth, and teach me,

for you are the God of my salvation;

for you I wait all day long.

*Psalm 25: 1-5*

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now and ever shall be,  
world without end. Amen.

**Leader:**

Lord, grant us your strength and wisdom,  
that we may seek to follow your will in all things.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

***While she waited in her anguish,  
Seeing Christ in torment languish,  
Bitter sorrow pierced her heart.***

## II. JESUS ACCEPTS HIS CROSS

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** Pilate asked them, "Shall I crucify your King?" The chief priests answered, "We have no king but the emperor." Then he handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha.

*John 19:15-17*

*Silence*

**All:**

O LORD, do not rebuke me in your anger,  
or discipline me in your wrath.  
For your arrows have sunk into me,  
and your hand has come down on me.

For my iniquities have gone over my head;  
they weigh like a burden too heavy for me.

For I am ready to fall,  
and my pain is ever with me.  
I confess my iniquity;  
I am sorry for my sin.  
Those who are my foes without cause are mighty,  
and many are those who hate me wrongfully.  
Those who render me evil for good  
are my adversaries because I follow after good.

Do not forsake me, O LORD;  
O my God, do not be far from me;  
make haste to help me,  
O Lord, my salvation.

*Psalms 38:1-2,4, 17-22*

Glory be...

**Leader:**

Lord, grant us the courage of our convictions  
that our lives may faithfully reflect the good news you bring.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

*With what pain and desolation,  
With what noble resignation,  
Mary watched her dying Son.*

### III: JESUS FALLS THE FIRST TIME

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed.

*Isaiah 53:4-5*

*Silence*

**All:**

Trust in the LORD, and do good;  
so you will live in the land, and enjoy security.  
Take delight in the LORD,  
and he will give you the desires of your heart.

Commit your way to the LORD;  
trust in him, and he will act.  
He will make your vindication shine like the light,  
and the justice of your cause like the noonday.

Be still before the LORD, and wait patiently for him;  
do not fret over those who prosper in their way,  
over those who carry out evil devices.

Our steps are made firm by the LORD,  
when he delights in our way;  
though we stumble, we shall not fall headlong,  
for the LORD holds us by the hand.

Glory be ...

**Leader:**

Lord, grant us your sense of righteousness that we may never cease to work to bring about the justice of the kingdom that you promised.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

*Ever-patient in her yearning  
Though her tear-filled eyes were burning,  
Mary gazed upon her Son.*

#### IV: JESUS MEETS HIS GRIEVING MOTHER

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** When the parents brought in the child Jesus, to do for him what was customary under the law ... Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too."

*Luke 2: 27, 34-35*

*Silence*

**All:**

O LORD, my heart is not lifted up,  
my eyes are not raised too high;  
I do not occupy myself with things  
too great and too marvelous for me.

But I have calmed and quieted my soul,  
like a weaned child with its mother;  
my soul is like the weaned child that is with me.

O Israel, hope in the LORD  
from this time on and for evermore.

*Psalm 131*

Glory be ...

**Leader:**

Lord, grant us the gift of honesty  
that we may not fear to speak the truth even when difficult.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

*Who, that sorrow contemplating,  
On that passion meditating,  
Would not share the Virgin's grief?*

## V: SIMON HELPS JESUS BEAR HIS CROSS

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** Jesus called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life?"

*Mark 8:34-37*

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus.

*Luke 23:26*

*Silence*

**All:**

Be pleased, O God, to deliver me.

O LORD, make haste to help me!

Let those be put to shame and confusion  
who seek my life.

Let those be turned back and brought to dishonor  
who desire to hurt me.

Let all who seek you  
rejoice and be glad in you.  
Let those who love your salvation  
say evermore, 'God is great!'

But I am poor and needy;  
hasten to me, O God!  
You are my help and my deliverer;  
O LORD, do not delay!

*Psalm 70 :1-2,4-5*

Glory be ...

**Leader:**

Lord, grant us discernment  
that we may see as you see, not as the world sees.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

***Christ she saw, for our salvation,  
Scourged with cruel acclamation,  
Bruised and beaten by the rod.***

## VI. VERONICA WIPES THE FACE OF JESUS

**Leader** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross,  
you have redeemed the world.

**Reader:** Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family you did it to me.'

*Matthew 25:37-40*

*Silence*

**All:**

Give ear, O Shepherd of Israel,  
you who lead Joseph like a flock!

You who are enthroned upon the cherubim, shine forth  
before Ephraim and Benjamin and Manasseh.  
Stir up your might, and come to save us!

Restore us, O God;  
let your face shine, that we may be saved.

O LORD God of hosts,  
how long will you be angry with your people's prayers?  
You have fed them with the bread of tears,  
and given them tears to drink in full measure.  
You make us the scorn of our neighbors;  
our enemies laugh among themselves.

Restore us, O God of hosts;  
let your face shine, that we may be saved.

*Psalm 80 :1-7*

Glory be ...

**Leader:**

Lord, grant us patience in times of suffering  
that we may offer our lives as a sacrifice of praise.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

***Christ she saw with life-blood failing,  
All her anguish unavailing,  
Saw him breathe his very last.***

## VII: JESUS FALLS THE SECOND TIME.

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** Jesus said: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

*Matthew 11:28-30*

*Silence*

**All:**

Be gracious to me, O God, for people trample on me;  
all day long foes oppress me;  
my enemies trample on me all day long,  
for many fight against me.  
O Most High, when I am afraid,  
I put my trust in you.  
In God, whose word I praise,  
in God I trust; I am not afraid;  
what can flesh do to me?

My vows to you I must perform, O God;  
I will render thank-offerings to you.  
For you have delivered my soul from death,

and my feet from falling,  
so that I may walk before God in the light of life.

*Psalms 56 :1-4, 12-13*

Glory be ...

**Leader:**

Lord, grant us strength of purpose  
that we may faithfully bear our crosses each day.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

*Mary, fount of love's devotion,  
Let me share with true emotion  
All the sorrow you endured.*

## VIII: JESUS COMFORTS THE WOMEN OF JERUSALEM

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross,  
you have redeemed the world.

**Reader:** A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.' Then they will begin to say to the mountains, 'Fall on us'; and to the hills, 'Cover us.' For if they do this when the wood is green, what will happen when it is dry?"

*Luke 23:27-31*

*Silence*

**All:**

As a deer longs for flowing streams,  
so my soul longs for you, O God.  
My soul thirsts for God, for the living God.  
When shall I come and behold the face of God?  
My tears have been my food day and night,  
while people say to me continually, 'Where is your God?'

These things I remember, as I pour out my soul:  
how I went with the throng,  
and led them in procession to the house of God,  
with glad shouts and songs of thanksgiving,  
a multitude keeping festival.  
Why are you cast down, O my soul,  
and why are you disquieted within me?  
Hope in God; for I shall again praise him,  
my help and my God.

*Psalms 42: 1-6*

Glory be ...

**Leader:**

Lord, grant us willing spirits  
that we may be your instruments on earth.

**Leader:** Lord Jesus Crucified,  
**All:** Have mercy on us.

*Virgin, ever interceding,  
Hear me in my fervent pleading:  
Fire me with your love of Christ.*

## IX: JESUS FALLS THE THIRD TIME

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

*Hebrews 4:14-16*

*Silence*

**All:**

Save me, O God, by your name,  
and vindicate me by your might.  
Hear my prayer, O God;  
give ear to the words of my mouth.  
For the insolent have risen against me,  
the ruthless seek my life;  
they do not set God before them.

But surely, God is my helper;  
the Lord is the upholder of my life.  
He will repay my enemies for their evil.

In your faithfulness, put an end to them.

With a freewill-offering I will sacrifice to you;  
I will give thanks to your name, O LORD, for it is good.

For he has delivered me from every trouble,  
and my eye has looked in triumph on my enemies.

*Psalm 54*

Glory be ...

**Leader:**

Lord, grant us gentle spirits  
that we may comfort those who mourn.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

***Mother, may this prayer be granted:  
That Christ's love may be implanted  
In the depths of my poor soul.***

## **X: JESUS IS STRIPPED OF HIS GARMENTS**

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, "Let us not tear it, but cast lots for it to see who will get it." This was to fulfill what the scripture says, "They divided my clothes among themselves, and for my clothing they cast lots." And that is what the soldiers did.

*John 19:23-25*

*Silence*

**All:**

My God, my God, why have you forsaken me?  
Why are you so far from helping me, from the words of  
my groaning?  
O my God, I cry by day, but you do not answer;  
and by night, but find no rest.

All who see me mock at me;  
they make mouths at me, they shake their heads;  
'Commit your cause to the LORD; let him deliver—  
let him rescue the one in whom he delights!'

Yet it was you who took me from the womb;  
you kept me safe on my mother's breast.  
On you I was cast from my birth,  
and since my mother bore me you have been my God.  
Do not be far from me, for trouble is near  
and there is no one to help.

My hands and feet have shriveled;  
I can count all my bones.  
They stare and gloat over me;  
they divide my clothes among themselves,  
and for my clothing they cast lots.

*Psalm 22: 1-2, 7-11, 16b-18*

Glory be...

**Leader:**

Lord, grant us merciful hearts  
that we may bring your reconciliation and forgiveness to all.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

***At the cross, your sorrow sharing,  
All your grief and torment bearing,  
Let me stand and mourn with you.***

## XI: JESUS IS NAILED TO THE CROSS

**Leader** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, "The King of the Jews." And with him they crucified two bandits, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, "Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!" When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God, why have you forsaken me?"

*Mark 15:25-34*

*Silence*

**All:**

Be merciful to me, O God, be merciful to me,  
for in you my soul takes refuge;  
in the shadow of your wings I will take refuge,  
until the destroying storms pass by.  
I cry to God Most High,  
to God who fulfils his purpose for me.  
He will send from heaven and save me,  
he will put to shame those who trample on me.  
God will send forth his steadfast love and his faithfulness.

I lie down among lions that greedily devour human prey;  
their teeth are spears and arrows,  
their tongues sharp swords.

Be exalted, O God, above the heavens.  
Let your glory be over all the earth.

*Psalms 57: 1-5*

Glory be...

**Leader:**

Lord, grant us perseverance  
that we may never stop seeking you.

**Leader:** Lord Jesus Crucified,  
**All:** Have mercy on us.

*Fairest maid of all creation,  
Queen of hope and consolation,  
Let me feel your grief sublime.*

## XII: JESUS DIES ON THE CROSS

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home. After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.

*John 19:26-30*

*Silence*

**All:**

In you, O LORD, I seek refuge;  
do not let me ever be put to shame;  
in your righteousness deliver me.  
Incline your ear to me; rescue me speedily.  
Be a rock of refuge for me,  
a strong fortress to save me.

You are indeed my rock and my fortress;  
for your name's sake lead me and guide me,  
take me out of the net that is hidden for me,  
for you are my refuge.  
Into your hand I commit my spirit;  
you have redeemed me, O LORD, faithful God.

*Psalms 31:1-5*

Glory be ...

**Leader:** Lord, grant us constancy  
that we may be willing to stand by those in need.

**Leader:** Lord Jesus Crucified,  
**All:** Have mercy on us.

*Virgin, in your love befriend me,  
At the Judgment Day defend me.  
Help me by your constant prayer.*

### XIII: JESUS IS TAKEN DOWN FROM THE CROSS

**Leader** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews.

*John 19:38-40*

The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid.

*Luke 23:55*

*Silence*

**All:**  
Out of the depths I cry to you, O LORD.  
Lord, hear my voice!  
Let your ears be attentive  
to the voice of my supplications!

If you, O LORD, should mark iniquities,  
Lord, who could stand?  
But there is forgiveness with you,  
so that you may be revered.

I wait for the LORD, my soul waits,  
and in his word I hope;  
my soul waits for the Lord  
more than those who watch for the morning,  
more than those who watch for the morning.

O Israel, hope in the LORD!  
For with the LORD there is steadfast love,  
and with him is great power to redeem.  
It is he who will redeem Israel from all its iniquities.

*Psalm 130*

Glory be ...

**Leader:**

Lord, grant us trust in you  
that when our time on earth is ended  
our spirits may come to you without delay.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

***Savior, when my life shall leave me,  
Through your mother's prayers receive me  
With the fruits of victory.***

#### **XIV: JESUS IS LAID IN THE TOMB**

**Leader** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross, you have redeemed the world.

**Reader:** Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

John 19:41-42

Mary Magdalene and Mary the mother of Joses saw where the body was laid.

*Mark 15:47*

*Silence*

**All:**

I bless the LORD who gives me counsel;  
in the night also my heart instructs me.  
I keep the LORD always before me;  
because he is at my right hand, I shall not be moved.

Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.  
For you do not give me up to Sheol,  
or let your faithful one see the Pit.

You show me the path of life.  
In your presence there is fullness of joy;  
in your right hand are pleasures for evermore.

*Psalms 16: 7-11*

Glory be...

**Leader:**

Lord, grant us your compassion  
that we may always provide for those in need.

**Leader:** Lord Jesus Crucified,

**All:** Have mercy on us.

***Let me to your love be taken  
Let my soul from death awaken  
To the joys of Paradise.***

*Closing Prayer:*

**Leader:**

Lord Jesus Christ, your passion and death is the sacrifice that unites earth and heaven and reconciles all people to you. May we who have faithfully reflected on these mysteries follow in your steps and so come to share your glory in heaven where you live and reign with the Father and the Holy Spirit, God, for ever and ever.

**All:** Amen.

**Leader:**

May the Lord bless us,  
protect us from all evil,  
and lead us to everlasting life.

**All:** Amen.

This version of the Stations of the Cross was compiled from various sources.

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