

Stations of the Cross

I. Jesus is condemned to death.

We adore you, oh Christ, and we bless you.

Because by your holy cross you have redeemed the world.

Lord, in union with you, I thank Our Father for giving me another day of life. Help me to realize, that to sincerely follow you, I must be willing to die to my own selfishness today and always.



II. Jesus accepts his cross.

We adore you, oh Christ, and we bless you.

Because by your holy cross you have redeemed the world.

Lord, you are my shepherd. Guide me throughout my life. Don't let me be overcome with evil. Give me such a love for you that I will joyfully accept the cross as it mysteriously manifests itself to me.



III. Jesus fall the first time beneath the cross.

We adore you, oh Christ, and we bless you.

Because by your holy cross you have redeemed the world.

I know that every day I can fall beneath my dreams and ideals. Lord, don't let me stay in the dust of despair and discouragement. Let me rise up with your strength.



IV. Jesus meets his mother.

We adore you, oh Christ, and we bless you.

Because by your holy cross you have redeemed the world.

Jesus, you found such comfort in the presence of our mother. Help me to comfort you by the same quiet openness to your words that she had.



V. Simon of Cyrene helps Jesus carry his cross.

We adore you, oh Christ, and we bless you.

Because by your holy cross you have redeemed the world.

You were so relieved, Lord, to have someone help you bear the burden of your suffering. Fill me with a sensitive compassion for all those I meet who are burdened with physical or mental suffering. Don't let me be apathetic.



VI. Veronica wipes the face of Jesus.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Veronica was a valiant woman, Lord. She was not afraid to admit her love for you in the middle of a jeering crowd. When I want to hide in the crowd, give me the courage to come forth and profess my loyalty to you.



VII. Jesus falls the second time under the cross.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Your cross is heavy, Lord. If my spirit should today fall under the guilt of past sins and failures, don't let me become impatient with myself. Help me to be humble and get up again.



VIII. Jesus comforts the women of Jerusalem.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Lord, I get so wrapped up in my own little world. Give me your eyes that I may penetrate the hearts of other people. Give me your ears that I may hear their silent yearnings. Give me your heart that I may unselfishly love them.



IX. Jesus fall the third time under the cross.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

You are my hope, Lord. You could have given up after that third fall. Instead, you got up and went on to your glory. Every day throughout my life never let the defeatist's words, "What's the use." Be on my lips.



X. Jesus is stripped of his clothing.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Lord, when they stripped you, you did not cling to your dignity. You allowed them to treat you as the fool of Jerusalem. If others laugh at me, don't let me respond with a proud intolerance. Help me to laugh at myself.



XI. Jesus is nailed to the cross.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

It was not easy for you, Lord, when they threw you down on that cross. It is centuries since that happened; yet it is still easy to hear the sound of the hammer banging the nails, which dug into your flesh. Help me to hear the sounds of the nails that are digging into the flesh of so many of your followers. They are the nails of hunger, persecution, loneliness and war. Show me the way and give me strength to pull out these nails.



XII. Jesus dies on the cross.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Lord, the consuming desire of your life was to do Our Father's will. You drank the cup of obedience even to your last breath. Today, show me Our Father's will. Let me cry out with you - "Not my will, but yours be done."



XIII. Jesus is taken down from the cross.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Your agony was over, Lord. Now your cold body was laid in the warm arms that once cradled you at Bethlehem. Fill my heart with the peaceful resignation that Mary had as she held you that Friday afternoon. When death comes to a friend or relative, give me resignation and eternal insight.



XIV. The body of Jesus is laid in the tomb.

We adore you, oh Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Lord, for many of your followers it looked like the absolute end. Deepen my faith, that I may believe ever more deeply, that the Christian does not die, but passes on to the glory of eternal life.



Closing Prayer.

Lord, Jesus, I share in your Paschal Mystery. In the events of all the days of my life I will die with you, but also I will participate in the joy of your resurrection. I hope with a full heart that in eternity I will completely share in the Glory of you, my Risen Brother and Lord. Amen. Alleluia.

