



Stations of the Cross

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

The first Station: Jesus is condemned to death

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

You would have no power over me unless it had been given you from above.

Lord Jesus, I too have sentenced you to death by my wrongdoings. May I accept your invitation: "Do not judge and you will not be judged."

The second Station: Jesus takes up his Cross

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

Take my yoke upon you, and learn from me.

Lord Jesus, I wish to take up my cross with you daily. Help me to bear patiently whatever comes my way.

The third Station: Jesus falls for the first time

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

He bore the sin of many and made intercession for the transgressor.

Lord Jesus, may the suffering you endured, restore hope to a fallen world, bringing healing and comfort to those who suffer.

The fourth Station: Jesus meets his Mother, Mary

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

" ... and a sword will pierce through you own soul."

Lord Jesus, you willed that your mother should be there on your way to Calvary: give me an undaunted spirit to face up to life's trials, as did Mary your Mother.

The fifth Station: Simon helps Jesus to carry his cross

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

Without beauty, without majesty we saw him, no looks to attract our eyes.

Lord Jesus, give me a generous heart to accept my duties and responsibility even when they seem too heavy to bear.

The sixth Station: Veronica wipes the face of Jesus

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

He was despised and rejected by men.

Lord Jesus, let me not despise nor reject the poor, the sick, the destitute, the oppressed. Make me considerate and kind to all people.

The seventh Station: Jesus falls for the second time

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

Although he was a Son, he learned obedience through what he suffered.

Lord Jesus, when all my efforts seem to fail, help me to trust in your mercy.

The eighth Station: Jesus consoles the women of Jerusalem

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.

Lord Jesus, you found the strength to console the women of Jerusalem despite your own sufferings; let me bring comfort to those in sorrow.

The ninth Station: Jesus falls for the third time

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

I see in my members another law at war with the law of my mind.

Lord Jesus, whenever anxiety and fear cause me to doubt, lift me up so that, led by your truth, I may walk steadily in your way.

The tenth Station: Jesus is stripped of his garments

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world.**

They parted my garments among them, and for my clothing they cast lots.

Lord Jesus, sometimes I am too worried about what people might think of me. Put my heart at peace so as to serve you and my neighbour in freedom and in peace.

The eleventh Station: 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.**

Father, forgive them; for they do not know what they do.

Lord Jesus, teach me to be forgiving and to readily accept the signs of love and reconciliation.

The twelfth Station: Jesus dies on the Cross

We adore you, O Christ, and we praise you. **Because by your Holy Cross you have redeemed the world**

Jesus cried with a loud spirit and yielded up his spirit.

Lord Jesus, your death brought life to the world. Make of my life a source of joy, not pain, to others.

The thirteenth Station: 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.**

A rich man took the body of Jesus, and wrapped it in a clean line shroud ...

Lord Jesus, you were taken down from the Cross. When the upsets of life weigh me down, lift me up so that I may walk in newness of life.

The fourteenth Station: 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.**

... and laid him in a tomb which had been hewn out of the rock.

Lord Jesus, you were laid in the tomb wrapped in the linen of compassion and love. Instil into my heart, a deep sense of gratitude to you for being my Saviour.

Our Father ...

Hail Mary ...

Glory be ...

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