



Stations of the Cross

Dear Jesus,

Where did everyone go on Good Friday? Where are the crowds that praised you? Where are the people who sought miracles from you? Where are the disciples who followed you?

All the people who had benefitted so much from you throughout your public ministry are nowhere to be

seen. They have abandoned you. You are left almost completely alone.

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Today, we want to be close to you. We want to be among the few faithful ones-like your mother, Mary; the Beloved Disciple, St. John; and St. Mary Magdalene. We want to walk closely with you, step-by-step to Calvary. Help us to notice every word, every gesture, every glance.

Give us the strength to Love
you and comfort you in your
suffering.

May our careful devotion to
you in these fourteen
stations of the cross help us
make up in a small way, for
the lack of love we have
shown you countless times
throughout our life.

We love you, Jesus. Help us
to love you more.

Amen.

The First Station: Jesus is Condemned to Death

V//. We adore you, O Christ,
and we bless you.

R//. Because by your holy
cross you have redeemed the
world.

Our Father, who art in
heaven, hallowed be thy
name. Thy Kingdom come,
thy will be done, on earth
as it is in heaven. Give us
this day our daily bread,
and forgive us our

**trespasses, as we forgive
those who trespass
against us. Lead us not
into temptation, but
deliver us from evil.
Amen.**



**Hail Mary, full of grace,
the Lord is with thee.**

**Blessed art thou amongst
women and blessed is the
fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners now
and at the hour of our
death. Amen.**

**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.**

Reflection: Condemned.

How could this be? The one who is so perfectly innocent, so full of love, how of all people could He be condemned? He did not come to condemn but to offer forgiveness and mercy to everyone, yet the very people he came to save now reject their savior and condemn him to death.

In the face of this gross injustice, Jesus remains

silent. Why doesn't he defend himself? There is a lesson here in humility: The Eternal Son of God, the divine Judge, who will "come again to judge the living and the dead (cf. CCC 668-682), humbly submits to this injustice and allows himself to be falsely condemned.

Prayer: Jesus, when I encounter false accusations and perceptions, help me to see these situations as opportunities to stand with

you - to unite myself to you
and share a bit of your
passion. Help me to have the
wisdom to know when to
speak and when it is better
to remain silent. Help me
humbly surrender to you so I
can grow from the painful
misunderstandings and false
accusations. Amen

Stabat Mater:



1. At the cross her sta - tion keep - ing



1. Stood the mournful Moth - er weep - ing;



1. Close to Je - sus to the last.

The Second Station: Jesus Takes His Cross

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: The Savior of the world submits himself to the Roman soldiers and picks up the heavy Cross upon which they will crucify him. Why did Jesus freely choose to embrace the Cross?

Jesus is revealing to us the mystery of self-giving love in that we become fully human when we learn to give our lives away in love - making ourselves a gift of love to God and our brothers and

sisters. We are made for self-giving love. Jesus teaches us that "unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit" (Jn 12:24). Now He teaches us with his example: He embraces the Cross and will give up his life as a gift of love to the Father.

Prayer: Dear Lord, help me to love like you did. Too often I seek my identity in pursuing the goods of the

world. As St. Augustine reminds us: "our hearts were made for Thee and will be forever restless until we rest in Thee." Help me to find myself by giving myself away in love to you and the people around me. Help me to embrace the mystery of the Cross.

Stabat Mater:



2. Through her heart, his sor - row sha - ring



2. all his bit - ter ang - uish bear-ing,



2. now at length the sword has passed.

The Third Station: Jesus Falls for the First Time

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: Jesus falling three times recalls the fall of Adam and the wounded state of our humanity in which we are drawn to the things of the world (cf. 1 Jn 2:16). We can see in each of Jesus's falls how he lovingly meets us in our weakness to heal us from the heavy weight of our sins.

Do we live our lives each day as if everything depended upon God? or do we cling to our own egoic agenda,

pridefully pursuing our own will? The humble soul uses his life not for his own purposes but for God's. The humble soul also recognizes how little he can do on his own, and how much he must depend upon God.

Prayer: Dear Jesus, the weight of the Cross crushes you. I want to lessen your burden in this first fall. Help me, Jesus, to place my trust in you and not in myself. Help me to seek your will and

not my own. I love you,
Jesus, and don't want you to
fall again because of my
pride. The more I learn to
lean on you, and the more I
surrender my life into your
hands, the lighter is the
burden of the Cross you
carry.

Stabat Mater:



3. Oh, how sad and sore di - stressed



3. was that Moth-er high - ly blessed,



3. of the sole be - got - ten One!

The Fourth Station: Jesus Meets His Mother

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: About thirty-three years before Good Friday, the archangel Gabriel told Mary that she would be the mother of the long-awaited Messiah. Now she sees her Son mocked, scourged, condemned to death, and forced to carry his Cross on his way to being executed.

What happened? Why did things turn out this way?

Where is God in the midst of all this?

As she meets her Son one last time before He reaches Calvary, Mary must undergo her own spiritual crucifixion. The words of Simeon echo in her heart: "A sword will pierce through your own soul also" (Lk 2:35). She is being invited to trust that the horrific murder of her own flesh and blood is somehow a part of God's plan. She is being invited to renew her fiat - her complete

surrender-by consenting
even to Jesus's cruel death
on a cross.

Prayer: Dear Mary, as you
walk closely with your Son on
the Way of the Cross, you
draw even closer to us. We
see your sorrowful heart. We
see how much is being asked
of you. We see your total
trust and surrender. When
we are called to sacrifice and
abandon ourselves to the
Father's will, may we also
give our fiat. Pray for us,

Mary, that we may always
say yes to God's will, now
and all the way up to the
hour of our death.

Stabat Mater:



4. Christ a - bove in tor-ment hangs,



4. she be-neath be - holds the pangs



4. of her dy - ing glo - rious Son.

The Fifth Station: Simon of Cyrene Helps Jesus Carry His Cross

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: For crucifixion, the Romans forced the condemned man to carry his own cross. Jesus was so severely beaten and tortured from the scourging, that he was already near death and couldn't carry his cross.

Because of the shame associated with the cross, the soldiers would never think of carrying it, so they enlisted the service of a man from the country named Simon of Cyrene. Now, Simon was

forced into the task; he didn't volunteer to help Jesus.

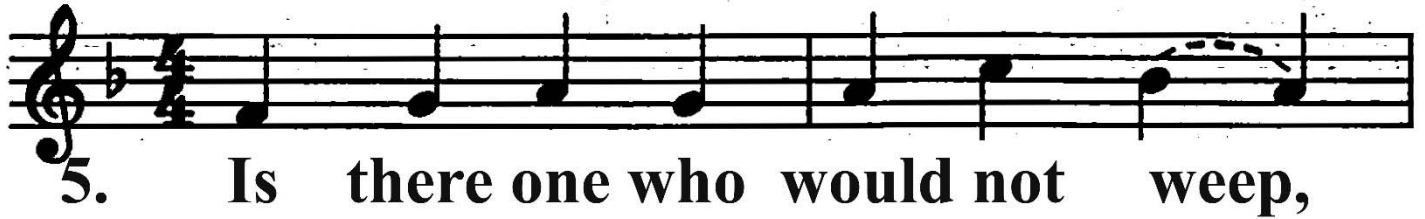
But, under coercion, he did. Scripture reveals one important detail about Simon: he shouldered the Cross and carried it behind Jesus—an image of discipleship. One of the conditions of being a disciple is to "take up your cross" and follow Jesus. That was what Simon was doing: he became a Christian disciple through this unexpected Cross.

Prayer: Help me, Lord, not to run away from the unexpected crosses in my life. Help me to see how you are inviting me to grow through them. These are not just problems to be solved or sorrows to be carried - these are opportunities to find you, Jesus, at a deeper level.

Help me to embrace my cross as I strive to be your disciple and follow you. And like Simon of Cyrene, may I

be transformed by picking up
the Cross and following you.

Stabat Mater:



The Sixth Station: Veronica Wipes the Face of Jesus

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: As Jesus stumbles along the streets on his way to Calvary, a woman pushes through the angry crowds. She is driven by love. She approaches Jesus and does nothing more than hold out a veil to wipe the blood and sweat off his holy face. It is a small gesture of kindness, but even the littlest acts of love leave their mark on the world. According to popular tradition, an image of the face of Christ was

miraculously left imprinted
on the veil.

This is an important lesson
for us. The smallest acts of
Love do not pass away. They
are imprinted on our hearts
and make us more Like
Jesus. Indeed, the woman's
name, Veronica, points to
this mystery of love. Her
name means "true image"
(*vera icona*). Her act of love
did not just Leave an image
of Christ on her cloth that
day, but impressed the

image of Christ on her heart. Similarly, as we perform little acts of love we become changed into Christ's likeness. We become "true images" of Christ to others.

Prayer: Dear Jesus, help us to be like Veronica and be attentive to the many opportunities you give us to love our neighbor in small ways. Our love can grow in big ways through little acts of kindness. May the people we encounter each day see not

just us, but your face shining
through us. Amen.

Stabat Mater:



The Seventh Station: Jesus Falls for the Second Time

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



Our Father... Hail Mary...
Glory be...

Reflection: Jesus falls again under the weight of our sins. Let's consider how a second part of the three-fold fall of humanity - our covetousness - crushes Jesus on the way to Calvary.

It saddens Jesus when we seek our security not in Him, but in the goods of the world. It grieves him when we seek our identity in the consumption of possessions, in worldly praise and acclaim, in control and domination of

others and situations, and recently the latest technology, which forms the way we relate to others and eventually [to] God.

Only Jesus can satisfy our deepest yearnings. The lust of the eyes makes us a slave to hankering after one more thing; our hearts will never be at rest. Each time we seek our self-worth and fulfillment in the goods of the world, we add to the burden Jesus

carries for us on his way to Calvary.

Prayer: Jesus the modern world pressures us constantly to run after one more purchase, one more click, one more promotion, one more honor... and then gets us to do it all over again. The cycle is exhausting and empty. It distracts us from the things that matter most in life: friendship, family, parish community and, most of all, an ***I-Thou*** relationship

with the triune God. Lord,
Jesus, help us to seek first
the Kingdom of God and trust
that you will provide all I
need. I put my trust in you
not in the goods of the world.

Stabat Mater:



7. Bruised, de - ri - ded, cursed, de - filed,



7. she be - held her ten - der child,



7. all with bloo - dy scour - ges rent.

The Eighth Station: Jesus Meets the Women of Jerusalem

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: After getting up from his second fall, Jesus presses forward toward Calvary. Along the way he encounters women from Jerusalem, and he says to them, "Do not weep for me..." (Lk 23:28) in doing so, he is comforting them and giving them hope on this day of darkness. Jesus is reminding them that he already has shown his power over death. If he is able to raise other people from the

dead, he will be able to raise himself from the dead.

Jesus is inviting these women and us to look closer. On the surface they see a man condemned, beaten, scourged, and about to be crucified. But, at a deeper level, He is the “resurrection and the life” (Jn 11:25). He is the one who shines light in the thickest darkness. He gives hope to those who despair. He gives life to those in death. Yes, he is about to

be killed. But take courage and do not weep – he will rise again!

Prayer: Jesus, when I experience trials and sufferings, when I encounter my own crosses, help me to look closer and seek your hand, still guiding and strengthening me. Help me not to despair or become despondent, but to put my trust in you. If I try to bear my crosses on my own, I will become anxious and

overwhelmed, but with you
all things are possible. You
who comforted the sorrowful,
healed the sick, and raised
the dead – you strengthen
me when I am weak. You can
guide me when I cannot see.
And you carry me when I feel
I cannot walk any further.
Jesus, I trust in you.

Stabat Mater:



8. For the sins of his own na - tion



8. saw him hang in de - so - la - tion



8. till his spi - rit forth he sent.

The Ninth Station: Jesus Falls for the Third Time

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: Jesus is so close to the summit, but he can no longer stay on his feet.

Completely drained, he falls a third time and lies on the ground in utter fatigue. Our sinfulness takes a toll on our Lord, especially when we consider another aspect of our three-fold wound - *the lust of the flesh*.

Jesus taught that the pure of heart shall see God. When we are pure in our thoughts, glances, and actions, we can

see God more clearly in the people around us. But when we look at people in a lustful way, when we objectify them for our own gratification, it is harder to notice the image of God in them. Instead of loving them we fall into using them for our egoic needs. We view others as objects to be used rather than brothers and sisters to be loved for their own sake.

As disciples of Jesus, we must be vigilant in

maintaining purity of heart, which empowers us to freely love. But each time we give into impure thoughts or glances, especially on the internet, we train our hearts to use people. And we add to the burden Jesus has to bear on his way to Calvary.

Prayer: Jesus, I long for interior freedom. Please release me from whatever slavery to lust I might experience. Help me to guard my eyes. Help me to guard

my thoughts. Help me to be pure in all of my actions.

But, if I should fall I know that you are there not to condemn or reject me. You love me and offer me your mercy. Jesus, you fall in order to meet me in my sin. You fall in order to help me rise again. Lift me up, Jesus. Help me to carry this cross. I cannot carry it on my own.

Stabat Mater:



9. O sweet Mother! Font of love



9. touch my spi - rit from a - bove,



9. make my heart with yours a - ccord.

The Tenth Station: Jesus Is Stripped of His Garments

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: When Jesus finally arrives at Calvary, the soldiers tear the garments from his wounded skin, leaving his body completely exposed to the elements. Naked. Exposed. Shamed. From his arrest in Gethsemane to his arrival at Golgotha, He has been bound, blindfolded, slapped, beaten, and spit at. He has been falsely accused, mocked, scourged, and pierced with thorns in his head. Now he is stripped of

his garments and left painfully exposed. All along the way, however, we never hear a single complaint from him. Though the Son of God has been stripped of all comfort, stripped of all basic dignity, and now even stripped of his garments, he does not say a word. His silence speaks volumes of his humility. Like a lamb led to the slaughter, "he opened not his mouth" (Is 53:7).

Prayer: Lord, Jesus, I am ashamed of how many times I complain. When things don't go my way, I feel frustrated, and I lash out. But then I look at you and all that you endured and I realize how much courage I lack to face the inconveniences and sufferings of daily life. I look at how you did not protest or defend yourself. Help me, Jesus, to bear sufferings and humiliations with greater love. When I am stripped of

my attachment to the goods
of the world, help me to be
like you. Like you, Lord
Jesus, help me to put my life
In the Father's hands.

Stabat Mater:



The Eleventh Station: Jesus Is Nailed to the Cross

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: The soldiers put Jesus's body on the Cross and drive the nails into his hands and feet. He is crucified.

When criminals were crucified, they often shouted out curses - cursing their tormentors. But the soldiers would never have expected what Jesus had to say as he was dying: "Father, forgive them; for they know not what they do (Lk 23:34).

Forgiveness? How could Jesus forgive them after all they had done to him? His crucifixion is humanity's response to the goodness of God, yet He forgives. He prays for his enemies. He turns to his Father and intercedes for them. Second, he has compassion for those who are hurting him. He sees that they do not realize what they are doing: that they are killing the Father's only begotten Son. If they truly realized who Jesus actually

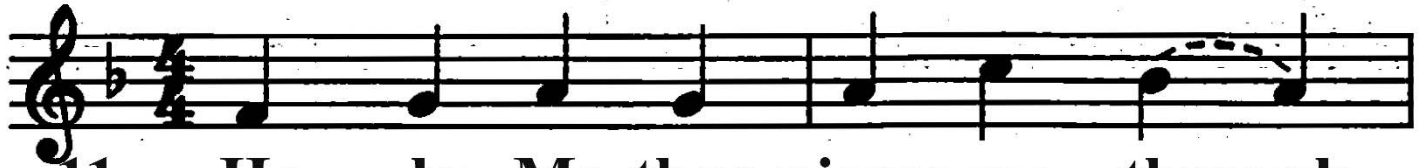
was, the one coming to save them, they would not have nailed him to the Cross. But they do not truly understand their own actions. With love and mercy, Jesus freely chooses to forgive.

Prayer: Jesus, I am sorry for the way I carry grudges and resentment towards those who have hurt me. I find it difficult to forgive people who have offended me deeply, although I know that I should. But, Lord, I love you

and I want to be like you. No matter what others have done to me, I can still pray for them like you did and sincerely wish God's blessing upon them. Help me to say, "Father, forgive them." And, please give me a heart of compassion, remembering that any people who hurt us are deeply hurt themselves. They act from their own wounds. Make my heart like yours, Jesus, and that I may see beyond the hurt they have inflicted upon me and

realize the deeper truth:
"they know not what they
do."

Stabat Mater:



11. Ho - ly Mo-ther, pierce me through



11. in my heart each wound re - new



11. of my Sav - ior cru - ci - fied.

The Twelfth Station: Jesus Dies on the Cross

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: A great darkness covers the land. The supreme moment is approaching.

Jesus' entire mission is about to reach its climax. His love drives Him to enter into our suffering and the effects of sin, even taking on death, death on the Cross.

Before he breathes his Last, he turns his attention to the Father: "'My God, my God" (Mt 27:46; Mk 15:34)...."It is finished" (Jn 19:30) "Father,

into your hands I commit my spirit" (LK 23:46).

Consider Jesus' Last words. He shows that he is not a passive victim, a tragic figure caught up in political intrigue and the resentment of the religious establishment which misunderstood him. No, Jesus freely gives his life for our good: "No one takes it from me, but I lay it down on my own accord" (Jn 10:18). He actively offers his Life to the Father as a sacrificial gift

of love for the sake of our salvation. He says, "Father, into your hands I commit my spirit."

Prayer: Lord Jesus, you gave everything for us on the Cross. You held nothing back. If we want to know how much God loves us, we simply have to gaze upon you crucified. You gave your life not just for the salvation of the world, but you did it for me personally. My sins have consequences. My sins

led you to the Cross, but you went to your death in order to bring us back to life. In your final words, Jesus, you entrusted your spirit into the Father's hands, and the Father's hands are trustworthy. May we entrust our entire lives to the Father just like you did, holding nothing back.

Stabat Mater:



12. Let me share with you this pain,



12. who for all our sins was slain,



12. who for me in tor-ments died.

The Thirteenth Station: Jesus Is Taken Down from the Cross

V//. We adore you, O Christ,
and we bless you.

R//. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: Jesus is dead. The corpse is taken down and placed in Mary's arms, which is so poignantly sculpted in Michelangelo's Pieta. In the depths of Mary's mourning, she holds onto hope. Indeed, the mysterious events following Jesus's death point to something more: the water and blood from Jesus's side point to the gifts of new life he will give us in Baptism and the Eucharist. The unbroken bones of Jesus reveal him to

be the true Passover Lamb, whose bones were not to be broken (cf. Ex 12:46). And the one person we might least expect - a Gentile, the Roman centurion overseeing the crucifixion - becomes the first person at Calvary to reveal Jesus's true identity. This most unlikely of all men comes to say, "Truly this was the Son of God" (Mt 27:54).

Prayer: Dear Mary, you carried Jesus in your womb. You held him so many times

when he was a baby. You embraced him often when he was growing up and became an adult. But now, you hold his body one last time before he was brought to the tomb.

I am sorry for the pain that my sins have caused you. I wish to be close to you, Mary, so that I may become closer to your Son, Jesus. In thanksgiving for all that he has done for me, I give my heart to your Son, and I promise to do all that I can

to be faithful to Him in the future. May I always say "yes" to Jesus and thus live my life in a way that adds to your joy and not your sorrow.

Stabat Mater:



13. Let me min - gle tears with thee,



13. mour-ning him who mourned for me,



13. all the days that I may live.

The Fourteenth Station: Jesus Is Laid in the Tomb

V/. We adore you, O Christ,
and we bless you.

R/. Because by your holy
cross you have redeemed the
world.



**Our Father... Hail Mary...
Glory be...**

Reflection: A man named Joseph of Arimathea, a secret disciple of Jesus, musters up the courage to ask Pilate for Jesus' body so that it may receive a proper burial. Jesus' body is wrapped in a linen shroud, brought to a garden, and laid in a rock-hewn tomb. The stone is placed in front of the entrance and sealed.

All is quiet now. Inside the tomb, all is still. Though Jesus' body lies in the tomb,

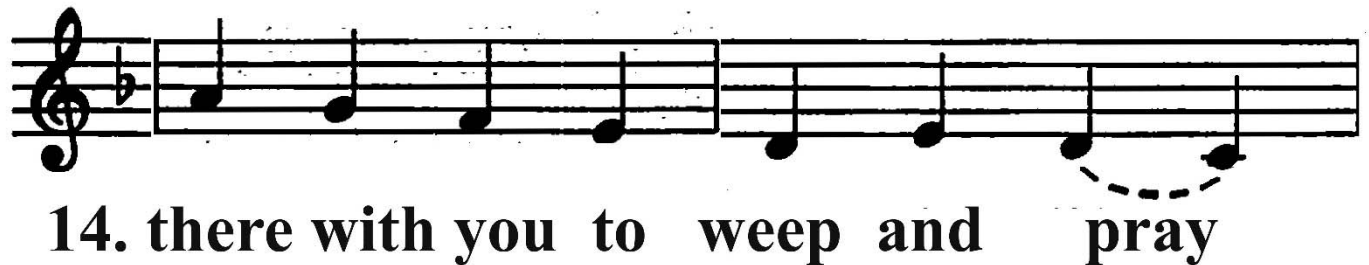
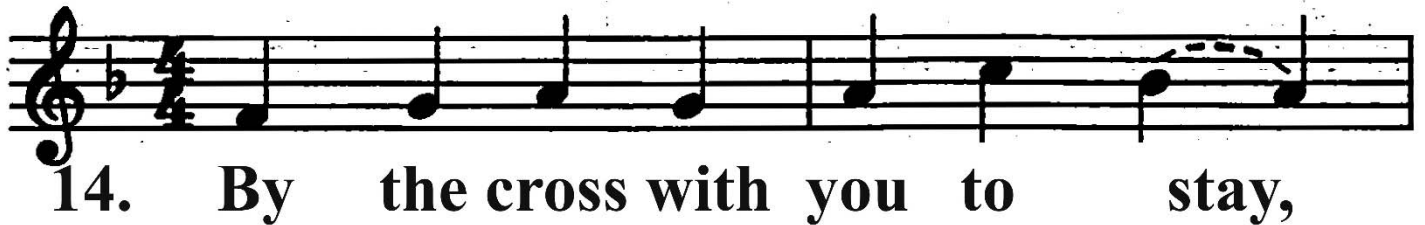
He is still busy at work.

Though his corpse remains in the garden tomb, Jesus continues His ministry. His spirit will go to Sheol, to the land of the dead - to the righteous souls who await their savior. He will bring the Gospel to the just so that they can enter heaven and see the face of God. Jesus himself foretold that "the dead will hear the voice of the Son of God and those who hear will live" (Jn 5:25).

Prayer: Dear Jesus, you did not just die on Good Friday. You began your descent to the dead. I beg you to do that work in me today. Descend into the dark corners of my soul. Fill me with your light. Descend into the areas of my soul that are stagnant, wounded, or spiritually dead. Fill me with your life. When I feel like I am going through a rut in my spiritual life, help me to remember the mystery of your body being laid in the

tomb. Help me to trust that,
even when I don't sense your
presence, you are still busy
at work in the depths of my
soul.

Stabat Mater:



(This is an abridged version of The Pocket Guide to the Stations of the Cross by Edward Sri; Ascension Press)

Commemoration: The Resurrection of Jesus

He is risen; He is not here.

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy cross you have redeemed the world.

Reading/Reflection: When the sabbath was over, Mary Magdalene, Mary, the mother

of James, and Salome bought spices so that they might go and anoint him. Very early when the sun had risen, on the first day of the week, they came to the tomb. They were saying to one another, "Who will roll back the stone for us from the entrance to the tomb?" When they looked up, they saw that the stone had been rolled back; it was very large. On entering the tomb they saw a young man sitting on the right side, clothed in a white robe, and

they were utterly amazed. He said to them, "Do not be amazed! You seek Jesus of Nazareth, the crucified. He has been raised; he is not here. Behold the place where they laid him" (Mk 16:1-6).

Some traditional *stations of the cross* end with Station XIV. But laying the body of Jesus in the tomb was not the end of the story. Through the sacrifice of the cross, God gave us the gift of eternal life and set us free to

follow the risen Christ. Freed from the shadow of sin and death, good stewards confidently share God's gifts of love, freely and generously.

**Our Father... Hail Mary...
Glory be...**

Prayer: Thank you, Savior of the world, for by your cross and resurrection, You have set us free. Alleluia! Amen.

Stabat Mater:



1. At the cross her sta - tion keep - ing



1. Stood the mournful Moth - er weep - ing;



1. Close to Je - sus to the last.

Stations of the Cross

Closing Prayer

Dear Jesus,

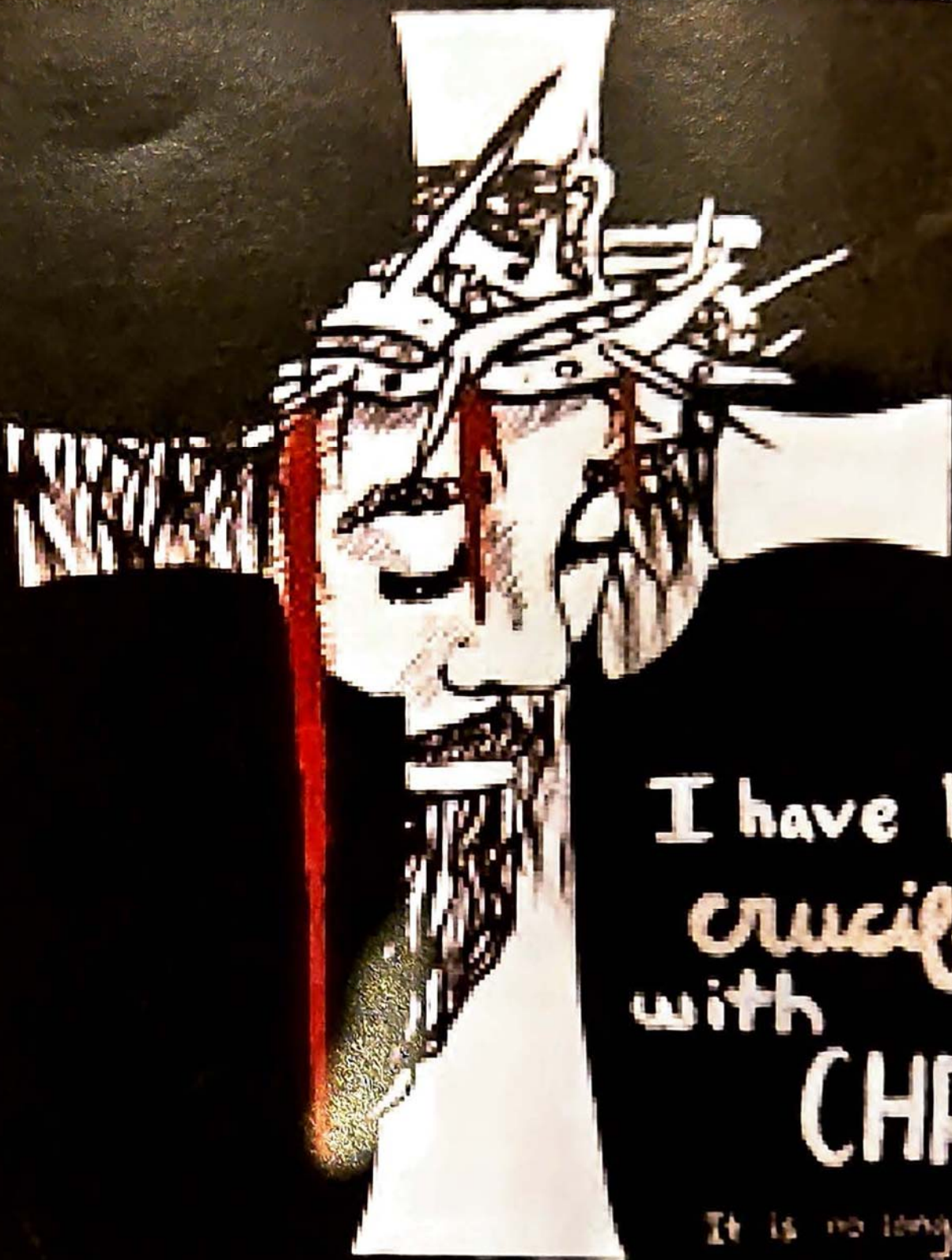
These stations are not merely moments to be reflected upon. They are lessons for my life. In these stations, you teach us how to love.

Give us the grace to love like you in our daily life - in the disappointments,

frustrations, hurts, and unexpected crosses that inevitably come our way. Help us to serve and surrender more and to sacrifice and forgive more. Help us to be courageous like you in suffering.

Lord, help me to be patient like you with the people around me. Jesus, live your stations in me.

Amen.



I have been
crucified
with
CHRIST

*It is no longer I
who live,*

BUT CHRIST LIVES

in *Me*

**Galatians
2:20**

