

STATIONS OF THE CROSS

Introduction

These fourteen steps that you are now about to walk, you do not take alone. I walk with you. Though you are you, and I am I, yet we are truly one – one Christ.

And therefore, my way of the cross two thousand years ago and your “way” now are also one.

But note this difference. But note this difference. My life was incomplete until I crowned it by my death. Your fourteen steps will only be complete when you have crowned them by your life.



The 1st Station – Jesus is condemned to death

Leader: We adore you, O

Christ, and praise you.

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

Leader: Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't

seem to remember that as they prepare to put you to death.

All: Sometimes I feel abandoned and afraid as well. Sometimes I too, feel like I am treated unfairly or blamed for things unfairly. I have a hard time when people criticize me at home or at work.

Help me be grateful for what you did for me. Help me to accept criticism and unfairness as you did, and not complain. Help me pray for those who have hurt me.



The 2nd Station – Jesus carries His Cross

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

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

Leader: Jesus you accepted your cross, you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same.

All: I sometimes feel like I'm not appreciated. Sometimes I feel as if I accept more responsibility than I need to. I can feel sorry for myself, even though the crosses others carry are much larger than my own.

In my self-pity, I don't reach out to help.



***The 3rd Station –
Jesus falls for
the first time***

Leader: We adore you, O Christ, and

praise you.

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

Leader: Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again.

All: I sometimes put things off. I give up too easily, and sometimes don't do my work as well as I know I can.



***The 4th Station –
Jesus meets his
mother***

Leader: We adore you, O Christ, and praise

you.

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

Leader: Jesus you feel so alone with all those people

yelling and screaming at you. You don't like the words they are saying about you, and you look for a friendly face in the crowd. You see your mother. She can't make the hurting stop, but it helps to see that she is on your side, that she is suffering with you. She does understand and care.

I sometimes feel overwhelmed by many things. Life is so competitive, and I worry so much about my future and those who have some control over it. I need to remember that being an adult does not mean having to solve every problem all by myself. I need to look around me for a friendly face, for the help I need.



***The 5th Station –
Simon of Cyrene
helps Jesus to
carry His cross***

Leader: We adore you, O Christ, and praise

you.

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

Leader: Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just

watching what was happening, but all of a sudden he is helping you carry your cross.

All: Sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy.



**The 6th Station –
Veronica wipes
the face of
Jesus**

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

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

Leader: Jesus, suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she cares for you as she takes a cloth and begins to wipe the blood and sweat from your face. She can't do much, but she offers what little help she can.

All: I notice the needs around me. Sometimes my own family members crave my attention and I don't even seem to notice. Sometimes a co-worker, friend or family member could use help or understanding, but I don't reach out to help lest I be criticized, or that they demand more of me than I'd like to give.



**The 7th Station –
Jesus falls for
the second time**

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

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

Leader: This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up.

All: Sometimes I think I should know more than I do. I become impatient with myself and find it hard to believe in myself when I fail. It is easy to despair over small things and sometimes I do.

Help me when things seem difficult for me. Even when it's hard, help me get up and keep trying as you did. Help me do my best without comparing myself with others.



**The 8th Station –
Jesus meets the
women of
Jerusalem**

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

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

Leader: Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them.

All: Sometimes I act like a child. I become so absorbed in myself and what I'd like that I forget about the needs of others. I take them for granted, and often ignore their needs.

Help me think more about others. Help me remember that others have problems, too. Help me respond to them even when I'm busy or preoccupied with my own problems.



***The 9th Station –
Jesus falls a
third time***

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

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

Leader: Jesus, your journey has been long. You fall again beneath your cross. You know your journey is coming to an

end. You struggle and struggle. You get up and keep going.

All: I often feel I should have conquered my weaknesses by now. I become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary. When I have health problems, I can become discouraged and depressed.

Help me think of the cross you carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well.



***The 10th Station
– Jesus' clothes
are taken away***

Leader: We adore you, O Christ, and

praise you.

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

Leader: The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all!

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All: Sometimes I repeat stories that are disrespectful of others. I can entertain thoughts that are not clean. Sometimes I give the young people around me a bad example to follow.

Help me to keep myself pure and clean. Help me say things that build up the people around me. Help me overcome worldly desires that I may become more like Jesus. Help me set a good example for others to follow.



***The 11th Station
– Jesus is
nailed to the
cross***

Leader: We adore you, O Christ, and

praise you.

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

Leader: You are stretched out on the cross you have carried so far. The soldiers take big nails and drive them into your

hands and feet. You feel abandoned by the people you loved so much. People seem to have gone mad. You have done nothing but good, yet they drive nails through your hands and feet.

All: Sometimes I discriminate against others. Even without thinking, I judge others because of their color, intelligence, income level or name. I forget that I am to live as a brother or sister to all people. Sometimes I use harsh words when I speak to my children and family members. I can find it easy to look for something that isn't very important and make it very important.

Help me look again at the people around me. Help me see the hurt and pain I have caused in others. Be with me to help me make amends for the harm I have done.



***The 12th Station
– Jesus dies on
the cross***

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

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

Leader: As Jesus hung on the cross, He forgave the soldiers who had crucified Him, and prayed for his mother and

friends. Jesus wanted all of us to be able to live forever with God, so He gave all He had for us.

All: Jesus, let me take a few moments now to consider your love for me. Help me thank you for your willingness to go to your death for me. Help me express my love for you!

My Jesus, three hours did you hang in agony and then die for me; let me live for your love and always remain faithful to you.



***The 13th Station
– Jesus is taken
down from the
cross***

Leader: We adore you, O

Christ, and praise you.

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

Leader: Jesus, how brutally you were put to death. How gently you are taken from the cross. Your suffering and pain are ended and you are put in the lap of your mother. The dirt and blood are wiped away. You are treated with love.

All: I seem to be kinder when someone dies. If only I could learn to see the good things about them while they were alive. If only I would tell those around me how much I love

them, while I still have the opportunity to do so.

Help me look for the good in those around me, especially those I love the most. Help me live this day as if it were the last. Help me become a more gentle and loving person through my greater appreciation for those around me



***The 14th Station
– Jesus is laid
in the tomb***

Leader: We adore you, O Christ, and praise

you.

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

Leader: Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.

All: I can be selfish too. I can accumulate things and keep them for myself. I try to make sure I have what I want before I share what I have with anybody else.

Help me think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial. Help me think of how Joseph loved Jesus so much that he gave him his own tomb.

Leader: Jesus taught us to call God Father and so we have the courage to pray...Our Father...

Leader: Let us pray.

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 on God, for ever and ever.

All: Amen

Final Blessing

Leader: The Lord be with you.

All: And also with you.

Leader: May Almighty God bless you, in the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen

Leader: Go in peace.

All: Thanks be to God

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