

# Stations of the Cross



## Introductory Prayer

Merciful Jesus, who have carried the heavy cross and died on it for our salvation, I want to accompany You in this sorrowful journey. I also desire to feel Your sufferings in my soul, so I may show my love and compassion. I genuinely do regret all my sins. I realize that those sins were the cause of Your passion and death. Forgive me, Jesus, and help me not to offend You anymore. Let this meditation on Your torments awake in me a great love, a love for You and for my brothers in whom You still suffer day after day. May it make my trust in You more alive so that I will not lose heart in times of trouble but rather join my suffering to Your sacrifice on the cross for the salvation of the world.

## Station I - Jesus is Condemned to Death

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

Pilate washes his hands, but all the waters of the earth could not erase his crime of murdering God. The most holy and most innocent Jesus is condemned to death! The divine, judged by men...

Merciful Jesus, I hear the verdict of death for You; this verdict is there because of me. I beg You, do not let me hear the verdict of condemnation from You on the day of Judgment. One drop of your most holy blood will wash away all my sins. Dear Jesus, show me Your infinite mercy, for I hope in You alone.

## Station II - Jesus Takes up His Cross

**L. We adore You, O Christ, and we praise You**

**A.** Because by Your holy Cross You have redeemed the world

As a child opens his arms to the mother, so the meek Jesus open His arms to the cross, to the tree of pain, shame, and death. He accepts it with great love and takes it up on His shoulders. This is the gift of the Heavenly Father, the only hope for sinful humanity.

O merciful Christ, while You carry your cross, You look at me and say, “whoever wishes to come after me must deny himself, take up his cross and follow me” (Mt 16:24). I am asking You for grace to carry my crosses with Calm and trust.

## **Station III - Jesus Falls the First Time**

- L. We adore You, O Christ, and we praise You**  
**A. Because by Your holy Cross You have redeemed the world**

Weighted down by the heavy cross, and exhausted by blood sweat, a sleepless night, the scouring and the crown of thorns, Jesus stumbles on the rough road falls. Look at Christ! He falls so you may be lifted up, so you would not despair in your everyday frailty but would get up again in trust.

My Jesus, in Your fall, be my hope and strength! Without Your help I would not correct my faults, I would not rise from my sins which so sadden Your most pure Heart. I put all my trust in You, most merciful Jesus.

## **Station IV - Jesus Meets His Blessed Mother**

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

True love is recognized in suffering. Nobody loved his Mother as Jesus did, and nobody loved a Son as did the Blessed Mother. Jesus, deserted by his closest friends, catches a glimpse of His mother. She is full of sorrow, compassion and love. How meaningful and comforting is this encounter, even though no words are exchanged. Love demands the presence of the loved one.

Mother of Mercy, I believe that you are present in my life. If I should suffer, if sorrow or disaster should come to me, then strengthen my hope, so I will be able to walk in the footsteps of your son.

## Station V - Simon of Cyrene Helps Jesus to Carry the Cross

**L. We adore You, O Christ, and we praise You**

**A.** Because by Your holy Cross You have redeemed the world

Not the angels, but a poor man is compelled to help Jesus. God's providence, through the work of the executioners, ordains it thus. On the Way of life we are likewise compelled to help our neighbor when we see his poverty. "Whatsoever you did to one of my brothers, you did it to Me" say the compassionate Jesus.

Lord Jesus, you give me so many opportunities to serve You, to show my love for You in the people who suffer and need help. Increase my faith, so I will always see You in my neighbor and never pass a man needing my help with indifference. Jesus, I trust in you!

## Station VI - Veronica Wipes the Face of Jesus

**L. We adore You, O Christ, and we praise You**

**A.** Because by Your holy Cross You have redeemed the world

She does not pay attention to difficulties or a human respect. She merely wipes the blood and sweat from Jesus' face. True love is capable of overcoming all difficulties. Jesus gratefully accepts this act of mercy and rewards it by leaving an image of Himself printed on the Kerchief of the courageous woman.

Dear Jesus, how good you are! give me the grace to act mercifully towards my neighbors, with strength and courage, so that I may merit the imprint of Your face on my heart.

## Station VII - Jesus Falls a Second Time

**L. We adore You, O Christ, and we praise You**

**A.** Because by Your holy Cross You have redeemed the world

Jesus is straining every weakening nerve of His body in order to carry our sins, our salvation, on His shoulders, through the sea of suffering. His eyes are clouding; His lungs lack air, His feet get tangled... The Divine Convict loses His balance and falls again.

Dear Jesus, so many times I have promised repentance, so many times You have forgiven me, and I keep falling again. My pride, my wish to seem better than others, my sensuality, my laziness - they crush You so cruelly! Jesus, silent and humble of heart, make my heart like Yours! Jesus, I trust in you!



## Station VIII - Jesus Consoles the Women of Jerusalem

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

A group of faithful women pushes through the crowd. They draw nearer to Jesus and, seeing His suffering, they burst into tears. The sign of compassion touches Jesus. He gives them words of consolation and warning: “Do not weep for Me, but for yourselves and your children...”

Most merciful Savior, strengthen my weakness, so I will not limit my love for neighbor to compassion and tears only; so I will strive for active love, so I will remember that without works, faith is dead.

## Station IX - Jesus Fall the Third Time

**L. We adore You, O Christ, and we praise You**

**A.** Because by Your holy Cross You have redeemed the world

The sad procession with the cross approaches Golgotha. Going uphill, Jesus falls again. Exhausted to the limit, He cannot get up by Himself. Profanity, brutal kicking, jerking of the rope... they do not arouse the silent Lamb.

This hardest fall is my habitual sin, sin that I tolerate. How many years does it crush Christ within me? Let it not become the cause of eternal fall. Jesus, mercy, have pity on me! Stretch out Your hand to me as You did for the drawing Peter, because I cannot get up on my own. Pour trust into my heart, so that I will believe that with the help of the grace of God, I can live in the purity of heart, and even become a great saint, because there is no limit to your mercy. Jesus, I trust in you!

## Station X - Jesus is Stripped of His Garments

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

The Lord of heaven on earth, who clothes the lilies, nourishes and covers men, is stripped of His robes and made to drink gall by ingrates. The wounds of scourging, fever and shame sting our Savior as if He were on fire. This is for the sins of impurity and licentiousness, the sins that degrade the dignity of man so much.

Immaculate Lamp of God, I should be standing in Your place. Have pity on me, merciful Jesus. You were stripped of Your clothing, so I could be covered with the robe of grace and mercy, the robe of innocence and love. Cover my body and my heart with restraint and modesty in my thoughts, desires, words and my whole behavior. There is nothing impossible for You, so I do trust in You, Jesus!

## Station XI - Jesus is Nailed to the Cross

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

These good hands - which were giving out bread, hugging children, blessing people - are spread out of the cross, fastened to it. These feet - which worked so hard, searched for sinners - are torn out by heavy nails. This is the reward for love, kindness, and compassion. “People, My people, what have I done to you?”

Merciful Jesus, I know that every mortal sin crucifies You anew in the heart of man. So many times have I done it in my thoughts, words and actions! Jesus, rescue me from such sordid ingratitude toward You! Save me from mortal sin! Let my passions be crucified, but not You, merciful Jesus! I trust in the power of Your grace and in Your compassion, because you do not desire the death of the sinner, but that he would live with You forever.

## Station XII - Jesus Dies on the Cross

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

Fall on your knees! God-Man is dying on Golgotha. He is dying on the cross amidst horrible torments, reaching to the bottom of His soul, because He cries, “My God, why have You forsaken Me?” The heavenly Father did not forsake Him. “For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him” (2 For 5:21). The father accepted the bloody sacrifice of the Son and embraced the whole of sinful humanity in His infinite mercy.

My dearest Jesus, for this infinite love, for this total destruction of Yourself offered for me, for all people - I love You. Make my heart born with Your love, and let me become an oblation of continual recompense for the hate, ingratitude and indifference of thousands of people. Let the world hear Your voice of forgiveness and love!. Let it trust in Your infinite mercy!

## Station XIII - Jesus is Laid in the Arms of His Blessed Mother

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

Jesus' torments have ended. At the sight of the dead body of her Son, the Mother's sufferings intensified. "Come, all you who pass by the way, look and see whether there is any suffering like my suffering. " (Lam 1:12) The Most Holy Body, mangled and without a drop of blood, the hands and feet pierced, the Heart open...

Sorrowful Mother! With your warm tears you wash Jesus' wounds that have been caused by my sins. Obtain mercy from your Son for me and be the Mother of Mercy for me now and especially Adel or off my death.

## Station XIV - Jesus is Laid in the Tomb

**L. We adore You, O Christ, and we praise You**

**A. Because by Your holy Cross You have redeemed the world**

The tomb - the last station for Jesus' body. In spirit I kneel by Jesus' open grave, which brings the hope of victory over death and heralds the resurrection!

Merciful Jesus, with every heartbeat I thank you for everything You have done for me, for every drop of blood, for life given in sacrifice, for Your infinite mercy for all mankind. I offer You my heart, my mind, my will... Detach me from the world but bind me to Yourself, so that from this day forward until the end of my life, I will follow in Your footsteps, and in this way, may I attain the glory of resurrection.

Mary, Mother of Mercy, lead me to Jesus!

Jesus, I trust in you!

## **The Prayer After the Way of the Cross**

Christ, Divine Prisoner of Love in this most Holy Sacrament in all the churches around the globe, forsaken by believers, forgotten, derided, treated like dirt by sacrileges, and even condemned to crucifixion by the satanists, You are enduring the Way of the Cross anew. With all my soul I desire to belong to You. I want to be Simon of Cyrene, Veronica, Magdalene, and Joseph of Arimathea, so that I may bring help, pay for the insults, and love You above everything on his earthly Calvary and on the eternal mount of the Transfiguration forever. Amen.

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