

STATIONS
OF THE
CROSS



PLENARY INDULGENCE FOR PRAYING THE WAY OF THE CROSS

The requirements for gaining any plenary indulgence are:

- + Be in a state of grace (no mortal sin)
- + Be detached from sin, even venial sin
- + Make a good confession within twenty days before or after
- + Receive Holy Communion within twenty days before or after
- + Pray for the pope's intentions.

Additional requirements for the plenary indulgence for Stations of the Cross at home:

- + Have properly hung and blessed Stations (could be fourteen small crosses)
- + Move from station to station (or at least the leader moves from station to station).

If not all the conditions are met, the indulgence becomes a partial indulgence, so even while we're striving to be free from sin, our Lord mercifully rewards us for our efforts to grow closer to Him.

OPENING PRAYER

BY ST ALPHONSUS LIGUORI

My Lord, Jesus Christ,
You have made this journey to die for me with unspeakable love;
and I have so many times ungratefully abandoned You.
But now I love You with all my heart;
and, because I love You, I am sincerely sorry for ever having offended You.
Pardon me, my God, and permit me to accompany You on this journey.
You go to die for love of me;
I want, my beloved Redeemer, to die for love of You.
My Jesus, I will live and die always united to You.



THE FIRST STATION:

JESUS IS CONDEMNED TO DEATH

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, You stand all alone before Pilate. Nobody speaks up for You or defends You. You devoted Your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. The baying crowd doesn't seem to remember Your love as they prepare to put You to death.

FOR STUDENTS

At times I can feel alone, when nobody understands or stands by me when I am afraid. Sometimes I don't feel like I am treated fairly when I am scolded or corrected.

FOR TEACHERS AND PARENTS

I can feel abandoned and afraid as well. Sometimes I also feel treated unjustly or blamed without cause. I have a hard time when people criticise me at home or at work.

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

***At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last;***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, save me by Thy death
from that eternal death
which I have so often deserved by my sins.

THE SECOND STATION:

JESUS ACCEPTS HIS CROSS

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, as You accepted Your cross, You knew You would carry it to Your death on Calvary. You knew it would be terribly painful and difficult, but You accepted it and carried it just the same.

FOR STUDENTS

I may not like the hurdles that come my way. I may try to get others to solve my problems for me. I can become upset when I'm asked to go out of my way for others.

FOR TEACHERS AND PARENTS

I can feel unappreciated. Sometimes I feel as if I accept more responsibility than I can handle. 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, and I may criticise others without recognising their burdens.

*Through her heart, his sorrow sharing,
All his bitter anguish bearing,
now at length the sword has pass'd.*

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, Who by Thine own will
didst take on Thee the most heavy cross
I made for Thee by my sins,
O, make me feel their heavy weight,
and weep for them.

THE THIRD STATION:

JESUS FALLS THE FIRST TIME

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, the cross You have been carrying is very heavy. You are becoming weak and faint, and You fall down. Nobody seems to want to help You. The soldiers yell at You to get up and moving again.

FOR STUDENTS

At times I start to do something, but then get tired of it. I hurry to finish and sometimes don't do my work well; or I don't pay attention to what I should be doing. When things get hard for me, I may give up.

FOR TEACHERS AND PARENTS

I sometimes procrastinate on my duties. I give up too easily, and may not do my work as well as I can, forgetting that I should do everything for the glory of God.

***Oh, how sad and sore distress'd
Was that Mother highly blest
Of the sole-begotten One!***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, the heavy burden of my sins is on Thee,
and bears Thee down beneath the cross.
I loathe them, I detest them;
I call on Thee to pardon them;
may Thy grace aid me never more to commit them.

THE FOURTH STATION:

JESUS MEETS HIS MOTHER

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, You feel so alone with all those people yelling and cursing at You. You look for a friendly face in the crowd, and see Your mother. She can't make the pain stop, but it helps to see that she is on Your side, that she is with You on Your final journey. She understands and cares.

FOR STUDENTS

I may feel like too many things are going on around me. Other children may tease me and call me names. I need to stop and look around for a friendly face, and ask for the help I need. I need to share my troubles with those who truly care about me.

FOR TEACHERS AND PARENTS

I can feel overwhelmed by many things. Life is so competitive, and I worry about my future. 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 – most of all, to turn to God, Who provides for all my needs.

***Christ above in torment hangs;
She beneath beholds the pangs
Of her dying glorious Son.***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



Jesus most suffering,
Mary Mother most sorrowful, if, by my sins,
I caused you pain and anguish in the past,
by God's assisting grace it shall be so no more;
rather be you my love henceforth till death.

THE FIFTH STATION:

SIMON HELPS JESUS CARRY THE CROSS

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, the soldiers are becoming impatient. They are afraid You won't make it to the hill where You will be crucified. As You grow weaker, they seize a man out of the crowd and force him to help carry Your cross. He was just watching what was happening, but suddenly he is helping you, a condemned criminal.

FOR STUDENTS

I may see people who need my help, but ignore them. Sometimes I am disobedient and pretend not to hear when my parents call me. How would the Child Jesus have acted?

FOR TEACHERS AND PARENTS

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 may claim to be too busy. Am I able to help others carry their crosses?

***Is there one who would not weep,
Whelm'd in miseries so deep,
Christ's dear Mother to behold?***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, blessed was he
who aided Thee to bear the cross.
Blest too shall I be if I aid Thee to bear the cross,
by patiently bowing my neck to the crosses
Thou shalt send me during life.
My Jesus, give me grace to do so.

THE SIXTH STATION:

VERONICA WIPES JESUS' FACE

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, suddenly a woman emerges from the crowd – Veronica. You can see how she cares for You as she takes off her veil and tenderly wipes the blood and sweat from Your face. She can't do much, but she offers what little help she can.

FOR STUDENTS

Perhaps I know someone in need of a friend. They may be bullied or teased by others, or just sad and lonely. Can I take that first step in being a friend to the outcast, even if the bullies taunt me too?

FOR TEACHERS AND PARENTS

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

***Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My tender Jesus, Who deigned to print
Thy sacred face upon the cloth with which
Veronica wiped the sweat from off Thy brow,
print in my soul deep, I pray Thee,
the lasting memory of Thy bitter pains.

THE SEVENTH STATION:

JESUS FALLS THE SECOND TIME

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

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

FOR STUDENTS

Things can get me down. Others seem to find things easier to do or to learn. Each time I fail, I find it harder to keep trying.

FOR TEACHERS AND PARENTS

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 get upset over small things.

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.

***Bruis'd, derided, curs'd, defil'd,
She beheld her tender Child
All with bloody scourges rent;***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, often have I sinned and often, by sin,
beaten Thee to the ground beneath the cross.
Help me to use the efficacious means of grace
that I may never fall again.

THE EIGHTH STATION:

JESUS SPEAKS TO THE WEEPING WOMEN

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, as You carry Your cross, You see a group of women along the roadside. 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.

FOR STUDENTS

Sometimes I think a lot about myself. I think about what I want and would like people to please me all the time.

FOR TEACHERS AND PARENTS

I can act like a child. I become so absorbed in myself and what I'd like that I forget about others' needs. I take my loved ones 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 challenges.

**For the sins of his own nation,
Saw Him hang in desolation,
Till His Spirit forth He sent.**

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, Who didst comfort
the pious women of Jerusalem who wept
to see Thee bruised and torn,
comfort my soul with Thy tender pity,
for in Thy pity lies my trust.
May my heart ever answer Thine.

THE NINTH STATION:

JESUS FALLS THE THIRD TIME

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

Jesus, your journey has been long. You fall again beneath Your cross. You know Your journey is coming to an end. You struggle valiantly, get up and keep going.

FOR STUDENTS

Sometimes I fail many times at a task or a test. I can find it hard to get along with my siblings or friends. I may be dishonest at times, or lazy. I'm tempted to stop trying to do better.

FOR TEACHERS AND PARENTS

I often feel I should have conquered my weaknesses by now. I become discouraged when I'm repeatedly confronted by the same problems or struggle with the same sins, and grow weary. When I have health or personal problems, I can become discouraged and depressed.

Help me think of the cross You carried. Help me continue to hope that I can change for the better. You didn't give up. I can have the strength to get up again as well.

***O thou Mother! fount of love!
Touch my spirit from above,
Make my heart with thine accord;***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, by all the bitter woes
Thou didst endure when for the third time
the heavy cross bowed Thee to the earth,
never, I beseech Thee, let me fall again into sin.
Ah, my Jesus, rather let me die
than ever offend Thee again.

THE TENTH STATION:

JESUS IS STRIPPED OF HIS GARMENTS

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

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 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 soon perform the greatest miracle of all.

FOR STUDENTS

I may be tempted to steal things which I can't afford, or copy my classmate's homework. I may tease another child or an animal to the point where they can't take it any more.

FOR TEACHERS AND PARENTS

I may take credit for my colleagues' work, underpay my employees, or be tempted to lie on my tax return or cut corners in business. I may play office politics to get a leg up on the corporate ladder, unheeding of those whom I step on to get an advantage.

Help me to be honest and upright in my life, respecting others' intellectual and physical property. Help me give others what is their due, and treat them with the dignity they deserve.

***Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, stripped of Thy garments
and drenched with gall,
strip me of love for things of earth,
and make me loathe all that savours
of the world and sin.

THE ELEVENTH STATION:

JESUS IS NAILED TO THE CROSS

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

You are stretched out on the cross You have carried so far. The soldiers take large nails and drive them into Your hands and feet – feet which had walked all over the land to gather the lost; hands which had healed the sick and comforted the sorrowful. 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.

FOR STUDENTS

Sometimes I can hurt others, joining with the popular crowd and ganging up against someone they don't like. I may say or do hurtful things to my siblings.

FOR TEACHERS AND PARENTS

Sometimes I discriminate against others. Without thinking, I judge them because of their colour, intelligence, income level or background. I forget that I am to live as a brother or sister to all people. I may use harsh words when I speak to my children and family members. I can find it easy to make a mountain out of a molehill and hold onto grudges.

God, help me look at the people around me through Your eyes. Help me see the hurt and pain I have caused to others. Be with me to help me make amends for the harm I have done.

**Holy Mother! pierce me through;
In my heart each wound renew
Of my Saviour crucified;**

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, by Thine agony
when the cruel nails
pierced Thy tender hands and feet
and fixed them to the cross,
make me crucify my flesh by Christian penance.

THE TWELFTH STATION:

JESUS DIES UPON THE CROSS

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

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.

Jesus, let me take a few moments now to consider Your love for me. Help me be every grateful for Your willingness to die for me. Help me express my love for You and Your family.

***Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torments died.***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, three hours didst Thou hang in agony,
and then die for me;
let me die before I sin, and if I live,
live for Thy love and faithful service.

THE THIRTEENTH STATION:

JESUS IS TAKEN DOWN FROM THE CROSS

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

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.

FOR STUDENTS

I may treat others better when they're sad or in pain. When somebody dies, I may be wrapped up in my own grief, but I need to remember that those around me are grieving as well.

FOR TEACHERS AND PARENTS

I seem to be kinder when someone dies. If only I could have seen 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 greater appreciation for those around me.

**Let me mingle tears with thee,
Mourning Him who mourn'd for me,
All the days that I may live;**

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



O Mary, Mother most sorrowful,
the sword of grief pierced thy soul
when thou didst see Jesus lying lifeless on thy bosom;
obtain for me hatred of sin because sin slew thy Son
and wounded thine own heart,
and grace to live a Christian life and save my soul.

THE FOURTEENTH STATION:

JESUS IS LAID IN THE TOMB

Leader: We adore You, O Christ, and we praise You. (Genuflect)

All: Because, by Your holy cross, You have redeemed the world. (Rise)

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.

FOR STUDENTS

I may try to keep everything for myself. I can find it hard to share my things with my siblings and friends.

FOR TEACHERS AND PARENTS

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. Let me not be afraid to give generously, trusting in God's unfailing providence.

***By the Cross with thee to stay;
There with thee to weep and pray;
Is all I ask of thee to give.***

Our Father... Hail Mary... Glory Be...

Leader: Jesus Christ Crucified.

All: Have mercy on us.



My Jesus, beside Thy body in the tomb
I, too, would lie dead;
but if I live, let it be for Thee,
so as one day to enjoy with Thee
in heaven the fruits of Thy passion
and Thy bitter death.

CLOSING PRAYER

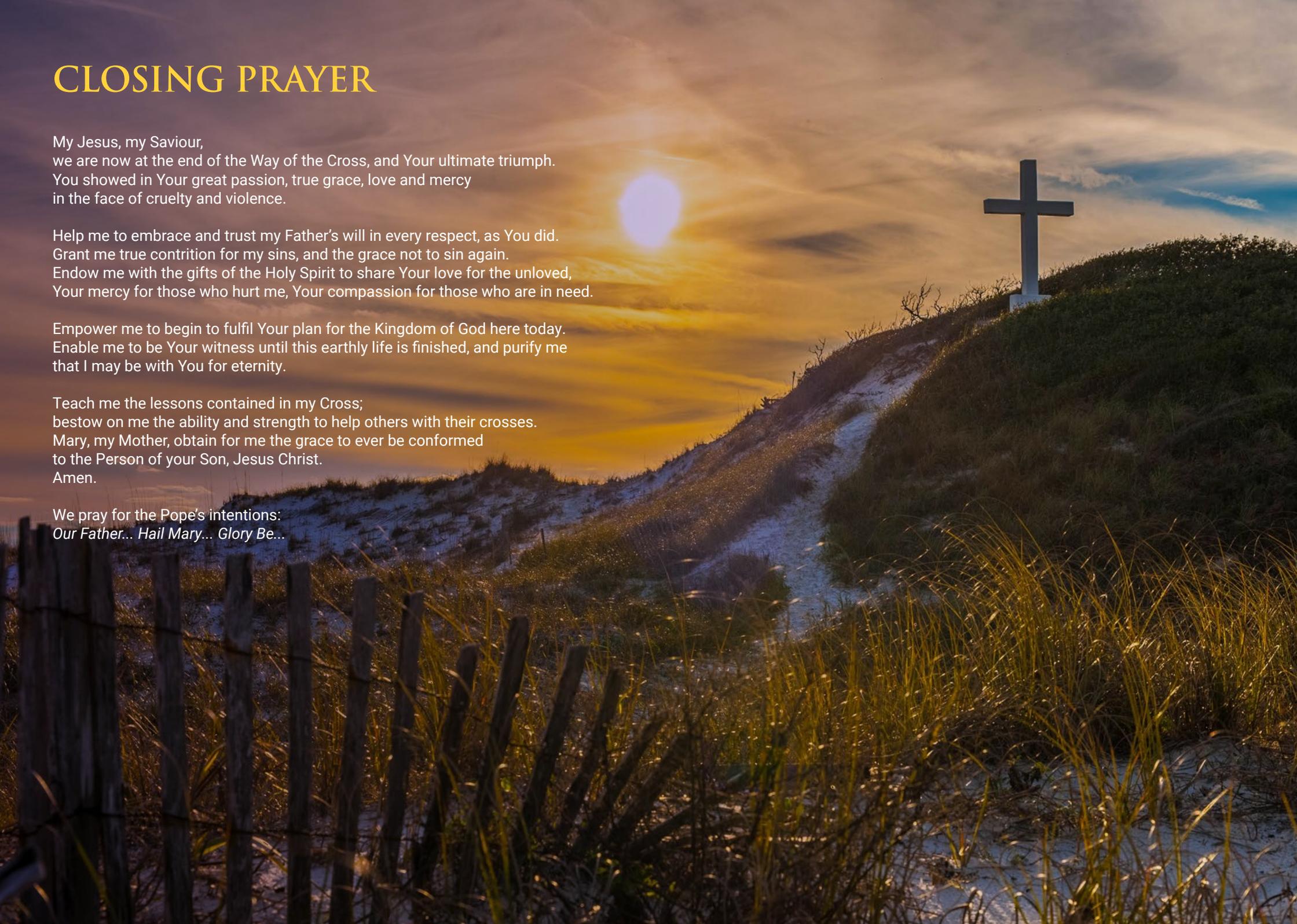
My Jesus, my Saviour,
we are now at the end of the Way of the Cross, and Your ultimate triumph.
You showed in Your great passion, true grace, love and mercy
in the face of cruelty and violence.

Help me to embrace and trust my Father's will in every respect, as You did.
Grant me true contrition for my sins, and the grace not to sin again.
Endow me with the gifts of the Holy Spirit to share Your love for the unloved,
Your mercy for those who hurt me, Your compassion for those who are in need.

Empower me to begin to fulfil Your plan for the Kingdom of God here today.
Enable me to be Your witness until this earthly life is finished, and purify me
that I may be with You for eternity.

Teach me the lessons contained in my Cross;
bestow on me the ability and strength to help others with their crosses.
Mary, my Mother, obtain for me the grace to ever be conformed
to the Person of your Son, Jesus Christ.
Amen.

We pray for the Pope's intentions:
Our Father... Hail Mary... Glory Be...





WE ADORE YOU, O CHRIST,
AND WE PRAISE YOU.
BECAUSE, BY YOUR HOLY CROSS,
YOU HAVE REDEEMED
THE WORLD.



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