



## STATIONS OF THE CROSS

## First Station:

Jesus is Condemned to Death

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Jesus is brought to stand in front of Pontius Pilate, the judge. He is innocent but Pontius Pilate condemns him anyway and sentences Him to death.

**Let us pray:** Dear Jesus, it is really our bad thoughts, mean words, and angry actions that you are being punished for. We are praying the Stations of the Cross to tell You that we are sorry for all our sins. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.



## Second Station:

Jesus Takes His Cross

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Jesus has been beaten by the soldiers. He has been laughed at and spat upon. Now he must pick up the heavy cross and carry it while the crowd yells. He is so tired and sad, but no one cares.

**Let us pray:** Dear Jesus, we care that you are tired. We are sorry that you are sad. We would like to help You carry Your cross with our prayers. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.



### Third Station:

Jesus Falls the First Time

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** The cross is too heavy. It is so heavy that Jesus falls down under its weight. The blood from the crown of thorns is running into His eyes and His back aches from being whipped. People are still screaming and throwing things at Him. His heart must be as heavy as the cross He carries.



**Let us pray:** Dear Jesus, it is our sins that make your cross so heavy. We are sorry. We love you and we try to be good for You with our prayers and with our lives. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

### Fourth Station:

Jesus Meets His Blessed Mother

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Suddenly, Jesus sees His Mother. She is standing at the side of the road surrounded by the crowd. Her eyes fill with tears when she sees Jesus. She wants to help Him but she can not. Both their hearts ache at the other's pain.



**Let us pray:** Jesus, our hearts ache with you and your blessed mother with the pain of the Stations of the Cross. We promise to pray to you often, for help in our lives. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

## Fifth Station:

Simon of Cyrene Helps Jesus Carry the Cross

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** The soldiers are in a hurry. They grab Simon of Cyrene out of the crowd to carry the cross and make Jesus go faster. Jesus was grateful to Simon for his help.



**Let us pray:** Dear Jesus, Simon did not know he was blessed when he was carrying Your cross - he only felt how heavy it was. Praying the Stations of the Cross will help us to remember that carrying our crosses helps You too. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

## Sixth Station:

Veronica Wipes the Face of Jesus

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Jesus' face is covered with sweat, blood and dust. It is itchy and uncomfortable. In pity, Veronica runs out to the road to wipe the dirt from Jesus' face. This small act of kindness is all she can do to help Him.



**Let us pray:** Jesus, we want to see and touch Your face, shining in glory in Heaven. We know that our small acts of kindness and our prayers help us grow closer to You and Your Father in Heaven. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

## Seventh Station:

Jesus Falls the Second Time

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** The road is so long and the cross is so heavy. Exhausted, Jesus falls down again. The soldiers yell at Him and whip Him to make him get up. Don't they know that they are hurting Him more? Jesus knows that He is suffering for the sins of the world. He gets up and keeps walking.



**Let us pray:** Jesus, sometimes we get tired, discouraged and impatient with the world. When we fail and fall into sin, it hurts You more. We are sorry and we ask You to help us be as patient and brave as You. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

## Eighth Station:

Jesus Speaks to the Women of Jerusalem

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Next, Jesus meets some of the women he taught. They are crying. They are crying for Jesus, and for their own loss - what will they do without Jesus? Jesus tells them not to weep for Him, but for all the sinners of the world.



**Let us pray:** Jesus, you told the women of Jerusalem to weep for us children. Even in your pain, You remembered us. Thank you. We will pray for sinners too. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

## Ninth Station:

Jesus Falls the Third Time

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Jesus reaches the last hill before Calvary. He looks up to see how far he has to go. When he sees the hill where He knows he is going to die, His strength leaves Him and He falls to the ground. There is still more pain, still more sorrow to endure. But Jesus loves us, so He keeps going.

**Let us pray:** Jesus, You kept going even though you were tired, scared and sad. You loved us then, and You love us now. We offer our prayers to tell you that we love you, and want to comfort you in Your great sacrifice. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.



## Tenth Station:

Jesus is Stripped of His Garments

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** The crowd followed Jesus and the soldiers to the top of Calvary hill. Now they laugh as the guards pull off his clothes - His robe has stuck to the blood on His back. The guards push and shove Jesus. They do not care who He is, they only see that He is an object of scorn.

**Let us pray:** Jesus, even wounded, bleeding, roughly treated by the guards and mocked by the crowds, You were and are still our King. We ask you to remember us in Your Kingdom. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.



## Eleventh Station:

Jesus is Nailed to the Cross

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Is this the worst? The feet that carried the message of God's Love and the hands that healed are pierced with nails as Jesus is nailed to the cross. More wounds, more pain and more humiliation for Jesus.

Let us pray: Jesus, they tried to stop your hands and feet from doing Your Father's work by nailing you to a cross. You endured the pain of it for us, as you gave your whole life for us. We thank you and we love you. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.



## Twelfth Station:

Jesus Dies upon the Cross

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** The sword that Simeon prophesied has pierced Mary's heart. The hopes of the Apostles are crushed. The veil of the Temple, symbol of the old covenant of God's Love, is torn in two as Jesus' death opens a New Covenant with God.

**Let us pray:** Jesus, you spoke lovingly to everyone gathered at the foot of Your cross. You knew the new life that Your death made possible. Speak lovingly to us when we come before You and make us worthy of that new life in You. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.



## Thirteenth Station:

Jesus is Taken from the Cross

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Now, all that is left is to take Jesus' body down from the cross. All the gentleness, reverence and love denied through this terrible day is possible now. Mary and the Apostles wonder, Is it too late? Is it over?

**Let us pray:** Jesus, with our prayers, we join in taking your body down from the cross. We touch You; take the nails out, wash your wounds, take off the crown of thorns, with love and sorrow. We grieve with Mary, and want to comfort her. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.



## Fourteenth Station:

Jesus is Laid in the Tomb

**Leader:** We adore you, O Christ, and we bless you:

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

**Leader continues:** Even in this time of sorrow, there is help. Joseph of Arimathea arranges for Jesus to be buried in a nearby tomb. His body is wrapped in clothes and sealed away. Everyone walks away, weeping. Finally, all is quiet.

**Let us pray:** Jesus, we sometimes think that You are gone, that it is all over, that we will never be happy or good again. Your death and resurrection shows us that You will never leave us. We should always try to follow You with our lives and our prayers. Amen.

**All:** Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

