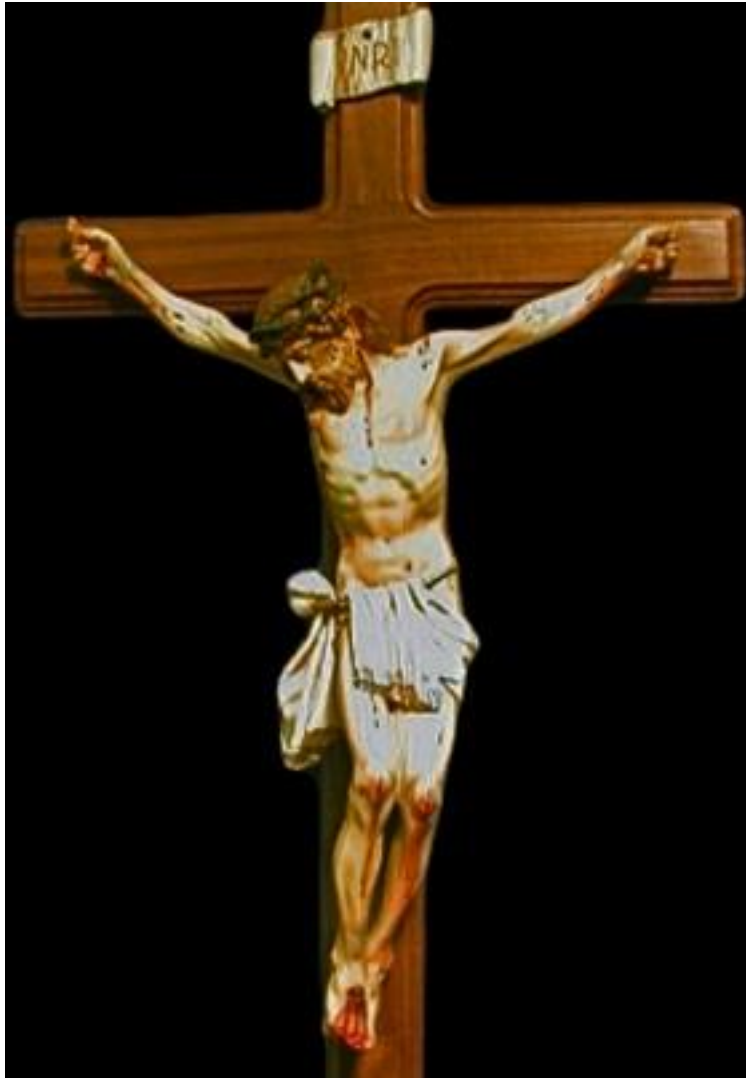


Praise and Worship

www.praiseandworship.info

Stations of the Cross



Let Us Pray

Lord Jesus Christ,
take me along that Holy Way You once took to Your death,
take my mind, my memory, above all, my reluctant heart,
and let me see what once You did,
for love of me and all the world.

First Station

Jesus Is Condemned To Death

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

Because by Your holy Cross You have redeemed the world.



Jesus, most innocent, was condemned to death, death on the cross.

To remain a friend of Caesar,
Pilate delivered Him into the hands of his enemies.
A fearful crime; to condemn Innocence to death,
and to offend God in order not to displease men!

Let Us Pray

O innocent Jesus, having sinned, I am guilty of eternal death.
But You willingly have accepted the unjust sentence of death
that I might live.

For whom, then, shall I live, if not for You my Lord?

What have You seen In me Lord?

Second Station

Jesus Carries His Cross

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

Because by Your holy Cross You have redeemed the world.



When our divine Saviour beheld the cross,
He most willingly stretched out His bleeding arms,
lovingly embraced it, and tenderly kissed it,
and placing it on His bruised shoulders, He joyfully carried it.

Let Us Pray

O my Jesus, I cannot be Your friend and follower
if I refuse to carry the cross. O dearly beloved cross! I embrace you,
I kiss you, I joyfully accept you from the hands of my God.
Far be it from me to glory in anything,
save in the cross of my Lord and Redeemer.

Third Station

Jesus Falls the First Time

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

Because by Your holy Cross You have redeemed the world.



Our dear Saviour, while carrying the cross, was so weakened by its weight,
as to fall exhausted to the ground.

Our sins and misdeeds were the heavy burden which oppressed Him.

Let Us Pray

O my Jesus, You bear my burden and the heavy weight of my sins.
Help me bear in union with You, my sufferings,
and help me accept Your commandments,
so I will willingly take up my cross and follow You.

Fourth Station

Jesus Meets His Afflicted Mother

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

Because by Your holy Cross You have redeemed the world.



How painful and how sad it must have been for Mary, the sorrowful mother, to behold her beloved Son, laden with the burden of the Cross!
What unspeakable pangs her most tender heart experienced!

Let Us Pray

O Jesus, O Mary, I am the cause of the great and manifold pains
which pierce your loving hearts!
Oh, that also my heart would feel
and experience at least some of your sufferings!
O Mother of sorrows let me participate in the sufferings
which You and your Son endured for me,
so I may enjoy your assistance in the hour of my death.

Fifth Station

Simon of Cyrene Helps Jesus

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

Because by Your holy Cross You have redeemed the world.



Simon of Cyrene was compelled to help Jesus carry His cross,
and Jesus accepted his assistance.

How willingly would He also permit you to carry the cross:
He calls, but you hear Him not; He invites You, but you decline.
What a reproach, to bear the cross reluctantly!

Let Us Pray

O Jesus! Whosoever does not take up his cross and follow You,
is not worthy of You. Behold, I join You in the Way of Your Cross;
I will be Your assistant, following Your footsteps,
that I may come to You in eternal life.

Sixth Station

Veronica Wipes the Face of Jesus

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

Because by Your holy Cross You have redeemed the world.



Veronica, impelled by devotion and compassion, presents her veil to Jesus to wipe His disfigured face.

And Jesus imprints on it His holy countenance:

A great recompense for so small a service.

What return do you make to your Saviour
for His great and manifold benefits?

Let Us Pray

Most merciful Jesus! What return shall I make
for all the benefits You have bestowed upon me?
Behold, I consecrate myself entirely to your service.

I offer and consecrate to You my heart:
Imprint on it Your sacred image, never again to be effaced by sin.

Seventh Station

Jesus Falls the Second Time

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

Because by Your holy Cross You have redeemed the world.



The suffering Jesus, under the weight of His cross, again falls to the ground; but the cruel executioners do not permit Him to rest a moment.

Pushing and striking Him, they urge Him onward.

It is the frequent repetition of our sins which oppress Jesus.

Witnessing this, how can I continue to sin?

Let Us Pray

O Jesus, Son of David, have mercy on me! Offer me Your helping hand, and aid me, that I may not fall again into my former sins.

From This very moment, I will earnestly strive to reform:

Nevermore will I sin!

You, O sole support for the weak, by Your grace, strengthen me to carry out faithfully this my resolution.

Eighth Station

Jesus Consoles the Women

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

Because by Your holy Cross You have redeemed the world.



These devoted women, moved by compassion, weep over the suffering Saviour but He turns to them, saying:
"Weep not for Me, Who am innocent,
but weep for yourselves and for your children."
Weep we also, for there is nothing more pleasing to our Lord,
than tears shed from contrition for our sins.

Let Us Pray

O Jesus, I beseech You through Your bitter tears,
to move my heart by Your divine grace,
so that from my eyes tears may flow abundantly,
and that I may weep all my days over Your sufferings,
and still more over their cause, my sins.
Jesus, remember me.

Ninth Station

Jesus Falls A Third Time

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

Because by Your holy Cross You have redeemed the world.



Jesus, arriving exhausted at the foot of Calvary, falls again to the ground.

His love for us, however, is not diminished, nor extinguished.

What a fearfully burden our sins must be to cause Jesus to fall so often!

Had He, however, not taken them upon Himself,

They would have plunged us into the abyss of Hell.

Let Us Pray

Most merciful Jesus, I return Your infinite thanks
for not permitting me to continue in sin and to fall into the depths of Hell.

Enkindle in me an earnest desire of amendment.

Let me never again relapse,

but give me the grace,

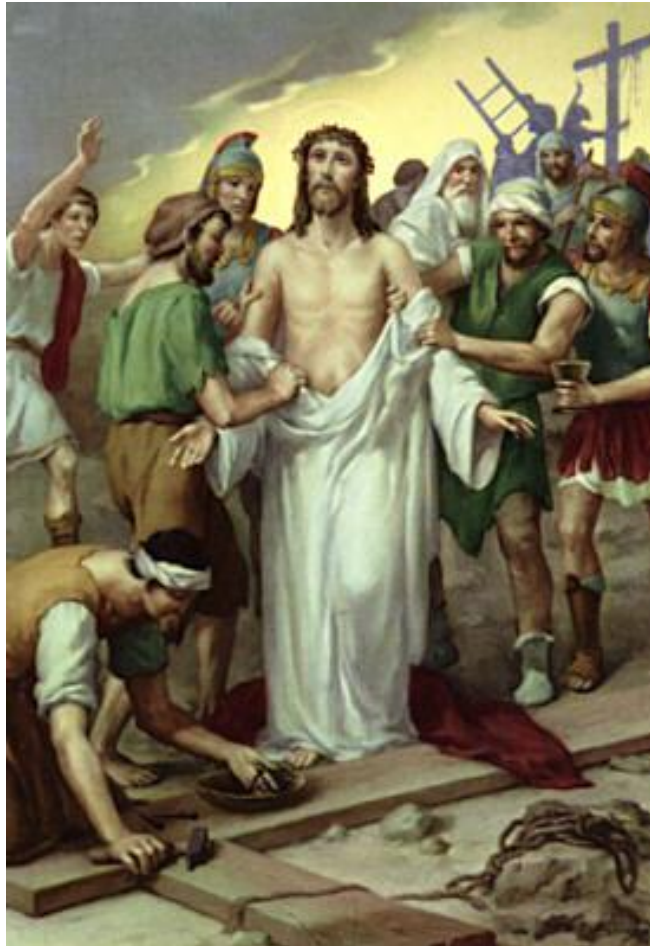
to persevere in penance to the end of my life.

Tenth Station

Jesus Is Stripped Of His Clothes

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

Because by Your holy Cross You have redeemed the world.



Our Saviour was cruelly stripped of His garments.

How painful this must have been
because they had adhered to His torn body.

All the wounds of Jesus are renewed.

Jesus was despoiled of His garments
that He might die possessed of nothing.

Let Us Pray

Induce me, O Jesus, to lay aside my former self
and to be renewed according to Your will and desire.
I will not spare myself, however painful this should be for me:
Despoiled of things temporal, of my own will I desire to die,
in order to live for You forever.

Eleventh Station

Jesus Is Nailed To The Cross

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

Because by Your holy Cross You have redeemed the world.



Jesus, being stripped of His garments, was nailed to the cross.

In such excruciating pains He remained silent,
because it pleased His heavenly Father.

He suffered patiently, because He suffered for me.

How do I act in sufferings and in troubles?

Let Us Pray

O Jesus, gracious Lamb of God, I renounce forever my impatience.

I commit my destiny to You, resigning myself to Your holy will:

May Your will be done in all things!

Twelfth Station

Jesus Dies on The Cross

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

Because by Your holy Cross You have redeemed the world.



Behold Jesus crucified! Behold His wounds, received for love of you!
His head is bent to kiss you; His arms are extended to embrace you;
His Heart is open to receive you.

Jesus, the Son of God, dies upon the cross,
that man may live and be delivered from everlasting death!

Let Us Pray

O most amiable Jesus! Who will grant me that I may die for You!
I will at least endeavour to die to the world.
How must I regard the world and its vanities, when I behold You
hanging on the cross, covered with wounds?
O Jesus, receive me into Your wounded Heart:
I belong entirely to You.

Thirteenth Station

Jesus is Taken Down from The Cross

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

Because by Your holy Cross You have redeemed the world.



Jesus did not descend from the cross, but remained on it until He Died.
And when taken from it, He, in death as in life,
rested on the bosom of His divine Mother.

Let Us Pray

O Lord Jesus, Your lifeless body found a worthy resting-place
on the bosom of Your virgin mother.
Have I not often compelled You to dwell in my heart,
full of sin and impurity as it was?
Create in me a new heart, that I may worthily receive
Your most sacred body in Holy Communion,
and that You may remain in me, and I in You for all eternity.

Fourteenth Station

Jesus Is Laid In the Tomb

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

Because by Your holy Cross You have redeemed the world.



The body of Jesus is laid in a stranger's tomb.
He who in this world had nowhere to rest His head,
would not even have a grave of His own,
because He was not from this world.

Let Us Pray

O Jesus, You have set me apart from the world:
What then shall I seek therein? You have created me for Heaven:
What, then, have I to do with the world?
Henceforth I will follow the Way of the Cross
traced out for me by my Redeemer,
and journey onward to my heavenly home,
there to dwell forever and ever.

The Resurrection of Jesus

(To be omitted on Good Friday)

Almighty and Merciful Father,
who have given to the human race, Your beloved Son;
Graciously grant us that we may follow Him as His true disciples,
so that we shall one day gloriously rise with Him
and joyfully hear the final sentence:
"Come, ye blessed of my Father, and possess the kingdom
which was prepared for you from the beginning,"



And Together We Pray

We hope to reign with You forever and ever,

AMEN.