

The Way Of The Cross

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

Because by your holy cross you have redeemed the world.

Prayer: Look down, O Lord, on this your family, for whose sake our Lord Jesus Christ did not hesitate to give himself up into the hands of wicked men and to suffer the torments of the cross. You who live and reign forever and ever. Amen.

Act of contrition: My most merciful Jesus, humbly prostrate at your most holy feet, with all my heart I ask pardon for my sins, which I deplore and detest because they are an offence against your infinite goodness. I resolve to die rather than offend you again; and I resolve to love you above all things until death.

Have mercy on us:

Holy Mother, pierce me through, in my heart each wound renew, of my saviour crucified. By the cross her vigil keeping stands the queen of sorrows weeping, while her Son in torment hangs.

First Station

We adore you, etc..

The most innocent Jesus accepts, for God's glory and peace of men, the unjust sentence of death given by Pilate.

Most loving Jesus, for your love and in penance for my sins I accept my death with all the pains, sorrows and afflictions which will accompany it. May your will, and not mine, be done, O Lord.

Have mercy on us, etc.

Holy mother, etc

Now she feels- O heart afflicted by the sword of old predicted! -more than all a mother's pangs.

Second Station

We adore you, etc.

Jesus takes the cross upon his shoulders. Jesus Master tells us, 'If anyone wishes to come after me, let him deny himself, take up his cross, and follow me'

I wish to follow you, O divine Master, by mortifying my passions and by accepting my daily crosses. Draw me to yourself, O Lord. The way that leads to heaven is narrow. On the way, I will lean on you, my guide and my comfort.

Have mercy on us, etc

Holy mother, etc

Sad and heavy stands beside him she who once had magnified him, one-begotten, only-born

Third Station

We adore you. etc

Jesus, overcome by the agony of Gethsemane, weakened by the scourging and the crowning with thorns, exhausted by fasting, falls for the first time beneath the heavy weight of the cross.

Jesus fell to sustain the falling. The temptations of the devil, of the flesh and of the world are many.

Lead us not into temptation, O Lord, but deliver us from all evil, past, present and future.

Have mercy on us, etc

Holy mother, etc

While she sees that rich atoning, long the moaning, deep the groaning of her mother-heart forlorn.

Fourth Station

We adore you, etc.

Jesus, bearing the cross, meets his mother, whose soul is pierced by a sword of sorrow.

The hearts of Jesus and Mary are united in the same passion

Behold the two hearts, which have greatly loved man, not sparing anything for his salvation.

Most loving hearts of Jesus and Mary, grant me the grace to know you better, love you and imitate you. Take my whole heart so that it may always be yours.

Have mercy on us, etc.

Holy mother, etc

Who, Christ's mother contemplating in such bitter anguish waiting has no human tears to shed?

Fifth Station

We adore you, etc

The Jews with false compassion force a certain passer-by, Simon of Cyrene, to take up the cross of Jesus

I'm also bound to co-operate in the redemption of souls, by completing, with my sufferings, the passion of Jesus Christ.

Accept me, O good Master, as a small victim. Preserve men from sin, save sinners from hell, and free the souls in purgatory from their sufferings.

Have mercy on us, etc.

Holy mother, etc

Who would leave Christ's mother sharing all the pain her Son is bearing, by those tears uncomforted?

Sixth Station

We adore you, etc.

Veronica with pious compassion wipes the face of Jesus, and Jesus rewards her by leaving the impression of his face on the towel.

I see in this disciple the model of those who make reparation. I understand the duty I have of weeping for my sins and for all the offences against your divine majesty. O Jesus, impress on me and on every soul the need to make reparation

Have mercy on us, etc

Holy mother, etc

Victim-priest of Jewry's nations, there he hangs in expiation; scourge and nail have had their will.

Seventh Station

We adore you, etc.

A Second time Jesus strength fails him, and having been disgraced and rejected he falls a second time under cross

O good Master, thus you pray for our sins committed maliciously and for putting ourselves in the occasions.

Lord, I detest my sins, which offend your majesty, and which caused your divine Son's death and my spiritual ruin. I resolve to avoid sin in the future.

Have mercy on us, etc.

Holy mother, etc

Earth and heaven his cause forsaking, now his noble heart is breaking; now the labouring breath is still.

Eighth Station

We adore you, etc.

Many women weeping for Jesus follow Him. He tells them, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children'.

I humble myself for my many faults and for those, which others committed because of my bad example, lack of zeal and negligence in my duties.

My Jesus, give me the grace to avoid sin, by deed word example and prayer.

Have mercy on us, etc.

Holy mother, etc.

Mother, fount whence love flows truest, let me know the pain that you bore; let me weep as you have wept.

Ninth Station

We adore you, etc.

Jesus falls the third time beneath the cross because our obstinacy has led us to sin again.

Obstinacy blinds the mind, hardens the heart and places the soul in danger of an impenitent death.

Give me, O Lord the grace to watch over myself, to be faithful to the examination of conscience and to confess often and sincerely.

Have mercy on us.etc.

Holy mother, etc

Love divine within me burning that divine love returning may your Son this heart accept.

Tenth Station

We adore you, etc.

On Calvary Jesus is stripped of his clothes and given a mixture of gall and myrrh to drink

How much our sins of ambition and intemperance have cost Jesus!

Lord, give me the grace to evermore detach my heart from all sinful vanities and pleasures, that I may seek only you, my supreme and eternal happiness.

Have mercy on us etc

Holy mother, etc.

Mother, if my prayer be granted; those five wounds of his implanted in my breast I fain would see.

Eleventh Station

We adore you, etc.

Jesus nailed to the cross, endures terrible pains, under the gaze of his most afflicted mother.

Those who crucify their flesh together with their vices and passions, belong to Jesus Christ.

I wish to belong to Jesus Christ in life, in death, at the universal judgment and for eternity. Do not let me be separated from you, O Jesus.

Have mercy on us, etc.

Holy mother, etc.

Love exceeding hangs there bleeding my cause pleading my love needing, bid him share his cross with me.

Twelfth Station

We adore you, etc.

Jesus suffers ineffable pains for three hours and then dies on the cross for our sins.

Jesus death is renewed every day on our altars at holy Mass

Most loving Jesus, grant me devotion to the holy Mass, so that I may participate in it often and with the dispositions, which your holy mother had at the foot of the cross.

Have mercy on us, etc.

Holy mother, etc.

Till life fails I would not fail him; still remember, still bewail him, born your Son, and crucified.

Thirteenth Station

We adore you, etc.

The sorrowful Mother receives into her arms her Son taken down from the cross.

Mary sees in his wounds the horrible work of our sins and Jesus infinite love for us.

Devotion to Mary is a sign of salvation.

O mother, accept me as your son, be especially at the hour of my death.

Have mercy on us, etc.

Holy mother, etc.

By the cross my vigil keeping I would spend those hours of weeping, queen of sorrows, at your side.

Fourteenth Station

We adore you, etc.

The Body of Jesus, anointed with spices, is brought to the sepulchre; Mary awaits with living faith her Son's resurrection.

I firmly believe, my God, in the resurrection of Jesus Christ, as I believe in the resurrection of the dead.

Every day I wish to rise to a new life so as to merit to rise in glory on the last day.

Have mercy on us, etc

Holy mother, etc.

When my body lies forsaken let my ransomed soul awaken safe, in paradise with you.

Save us, O Christ, Saviour, through the merits of your cross

You, who saved Peter on the sea, have mercy on us.

Prayer: O God you willed to make holy the wood of the life-giving cross with the precious Blood of your only begotten Son. Grant that we may rejoice in the glory of the cross and in your protection. Through the same Christ our Lord, Amen.

Our father, Hail Mary, Glory be, for the Pope's intentions.