



*The*  
**Stations**  
*of the*  
**Cross**



***Reflecting on  
Jesus' Sacrifice***

## **Prayer at the Altar**

In the name of the Father, and of the Son, ✠ and of the Holy Spirit.

**Amen.**

The Lord be with you.

**And with your spirit.**

Father in heaven, who gave us Jesus as our Saviour, guide us now as we think about his journey to the Cross. We ask this in the name of the same, Jesus Christ, our Lord.

**Amen.**

### **1. Jesus is condemned to death**

*We genuflect or make a profound bow.*

We adore you O Christ, and we bless you.

**Because by your holy cross, you have redeemed the world.**

The Lord stands before Pilate, he knows how this will end. We think of his love and his courage.

Glory be to the Father, and to the Son, and to the Holy Spirit.

**As it was in the beginning, is now and ever shall be, world without end. Amen.**

O Saviour of the world, who by thy Cross and precious blood hast redeemed us,

**Save us and help us, we humbly beseech thee, O Lord.**

### **2. Jesus receives his cross**

As he feels the heavy cross, it is not just the weight of the wood, but our sins pressing down on him.

Lamb of God,

**you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: grant us peace.**

### **3. Jesus falls the first time**

Did the people standing there see a King when he fell into mud and dust and dirt?

Sacred Heart of Jesus,

**have mercy on us.**

**Sacred Heart of Jesus, have mercy on us.**

**Sacred Heart of Jesus, have mercy on us.**

O God of earth and heaven, who has given us hope and love all the days of our lives: help us as we remember your Son's journey to the Cross. Inspire in us love for him, and help us to walk in his way until we see you face to face. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God now and for ever.

**Amen.**

### **Blessing & Dismissal**

The Lord be with you.

**And with your spirit.**

Christ who gave himself up for you, create and sustain in you a heart of mercy and love and the blessing of God almighty, the Father, ✠ the Son and the Holy Spirit, be upon you and remain with you now and for ever.

**Amen.**

Go in peace.

**Thanks be to God.**

*At each station we genuflect or make a profound bow as the priest announces the station title,*

*We adore you O Christ, and we bless you.*

**Because by your holy cross, you have redeemed the world.**

*The reflection follows, then the response. After which:*

O Saviour of the world, who by thy Cross and precious blood hast redeemed us,

**Save us and help us, we humbly beseech thee, O Lord.**

*We bow to the station and move on.*

#### **4. Jesus meets his mother**

What pain must have she seen on his face?  
What pain must he have seen on hers?

Hail Mary.

**Full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.**

#### **5. Simon helps Jesus to carry his cross**

Did Simon know he was helping the Saviour of all?

Sacred heart of Jesus,  
**have mercy on us. Sacred heart...**

#### **6. Veronica wipes the face of Jesus**

Would we have been brave enough to push past the Roman soldiers and help a man condemned to death?

Our Father.

**who art in heaven. Hallowed be thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.**

#### **7. Jesus falls the second time**

Did anyone there see kindness and mercy and goodness and truth lying on the ground?

Glory be to the Father, and to the Son, and to the Holy Spirit.

**As it was in the beginning, is now and ever shall be, world without end. Amen.**

*At each station we genuflect or make a profound bow as the priest announces the station title, We adore you O Christ, and we bless you. **Because by your holy cross, you have redeemed the world.***

*The reflection follows, then the response. After which:*

O Saviour of the world, who by thy Cross and precious blood hast redeemed us, **Save us and help us, we humbly beseech thee, O Lord.**

*We bow to the station and move on.*

## **8. Jesus meets the women of Jerusalem**

Would those women be haunted by the face of a truly good man for the rest of their lives?

Hail Mary,  
**full of grace, the Lord is with thee....**

## **9. Jesus falls the third time**

Did anyone there see the Saviour of the world as his face, covered in blood and mud, came up from the ground?

Lamb of God,  
**you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: grant us peace.**

## **10. Jesus is stripped of his garments**

How we would have felt, seeing the Messiah, who had come with simple dignity, now treated so badly?

Glory be to the Father...  
**As it was in the beginning....**

## **11. Jesus is nailed to the cross**

What pain must he have felt? Could we stand to watch, or would we have to turn away?

Sacred heart of Jesus,  
**have mercy on us. Sacred heart...**

## **12. Jesus dies on the cross**

His light had shone out. Now we see the flame of his life flicker and die.

*A long pause follows.*

**Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus hear me. Within thy wounds hide me. Suffer me not to be separated from thee. From the malicious enemy defend me. In the hour of my death call me, And bid me come to thee. That with thy saints I may praise thee. For ever and ever. Amen.**

## **13. Jesus is taken down from the cross**

On the cross the hopes of many have died. Yet it will also be the sign of new life and new hope.

Our Father,  
**who art in heaven....**

## **14. Jesus is laid in the tomb**

The cross is empty and bare. Jesus is laid in the cold tomb. Empty, bare, cold: could that sum up the hearts of believers faced with his death?

Lamb of God,  
**you take away the sins of the world....**

## **15. Jesus is risen**

His friends can hardly believe it. Could we have let ourselves believe it to be true?

Glory be to the Father...  
**As it was in the beginning....**

## **Prayer at the Altar**

Let us pray.