

## OPENING PRAYER

O most merciful Jesus, with a contrite heart and penitent spirit, I bow down in profound humility before your divine majesty. I adore you as my supreme Lord and Master; I believe in you, I hope in you, I love you above all things. I am heartily sorry for having offended you, my Supreme and Only Good. I resolve to amend my life. Your holy cross, on which you died, inspires me with hope and consolation. I will, therefore, meditate on your sufferings, and visit the stations of your Passion in company with your sorrowful Mother. O merciful Redeemer, draw my heart and my love to you, that I may perform this devotion as perfectly as possible, and that I may live and die in union with you. Amen.

Were you there when they sentenced him to death?  
Were you there when they sentenced him to death?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when they sentenced him to death?

### STATION 1 - *Jesus is condemned to Death*

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

Jesus, most innocent was condemned to death on a cross. To remain a friend of Caesar, Pilate delivered Him into the hands of His enemies. Pilate said *I find no basis for a charge against him.* (Lk.23:22). But *wishing to satisfy the crowd, Pilate, handed him to be crucified* (Mk.15:15). A fearful crime - to condemn Innocence to death, and to offend God in order not to displease men!

#### **Prayer**

O innocent Jesus, having sinned, I am guilty of eternal death, but you willingly accepted the unjust sentence of death, that I might live. Grant me a heart which thirsts for you and loving my brethren.

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when he gave himself to us?  
Were you there when he gave himself to us?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when he gave himself to us?

### STATION 2 - *Jesus is made to carry His Cross*

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

When our divine Savior 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, although almost exhausted, joyfully carried it. *No one has greater love than this, to lay down one's life for one's friends* (Jn.15:13)

**Prayer**

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. The world shall be crucified to me and I to the world, that I may be yours forever.

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

Lord Jesus, crucified, have mercy on us!

Were you there when he bore the weight alone?

Were you there when he bore the weight alone?

O, sometime it causes me to tremble, tremble, tremble.

Were you there when he bore the weight alone?

**STATION 3 - *Jesus falls the First Time***

Leader: We adore you, O Christ, and we praise you,

All: (*genuflect*) Because by your holy cross, you have redeemed the world.

**Meditation**

Our dear Savior, carrying the cross, was so weakened by its heavy weight as to fall exhausted to the ground. *It was our infirmities that he bore, our suffering he endured* (Is.53:4)

**Prayer**

O my Jesus, you carried my burden and the heavy weight of my sins. Should I, then, not carry my easy burden of suffering and accept the sweet yoke of your commandments? Your yoke is sweet and your burden is light: I therefore willingly accept it. I will take up my cross and follow you.

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

Lord Jesus, crucified, have mercy on us!

Were you there when he met his dear mother?

Were you there when he met his dear mother?

O, sometime it causes me to tremble, tremble, tremble.

Were you there when he met his dear mother?

**STATION 4 - *Jesus meets His Sorrowful Mother***

Leader: We adore you, O Christ, and we praise you,

All: (*genuflect*) Because by your holy cross, you have redeemed the world.

**Meditation**

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! How earnestly did she desire to die in place of Jesus, or at least with Him! Implore this sorrowful Mother that she assist you in the hour of your sufferings and death. *Then Simeon blessed them, and said to Mary His mother, Behold, this Child is destined for the fall and rising of many in Israel, and a sword will pierce through your own soul* (Lk.2:35).

**Prayer**

O Jesus, O Mary, I am the cause of the great and manifold pains which pierce your loving hearts! O Mother of Sorrows, let me participate in the sufferings which you and your Son endured for me, and let me experience your sorrow, that afflicted with you, I may enjoy your assistance in the hour of my death.

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when Simon shared the load?  
Were you there when Simon shared the load?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when Simon shared the load?

### **STATION 5 - *Simon of Cyrene helps Jesus to carry His Cross***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

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. *God loves a cheerful giver (2Cor.9:7)*

#### **Prayer**

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. Lord Jesus, crucified, have mercy on us!

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when he sweated drops of blood?  
Were you there when he sweated drops of blood?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when he sweated drops of blood?

### **STATION 6 - *Veronica wipes the Face of Jesus***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

Veronica, impelled by devotion and compassion, presents her veil to Jesus to wipe His disfigured face. And Jesus imprints on it His holy face: a great recompense for so small a service. *And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward. (Matt.10:42)*

#### **Prayer**

Most merciful Jesus! What return shall I make for all the gifts and graces you bestowed upon me? I offer and consecrate to you my heart: imprint on it your sacred image, never again to be effaced by sin.

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when he was fallen to the ground?  
Were you there when he was fallen to the ground?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when he was fallen to the ground?

### **STATION 7 - *Jesus falls the Second Time***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

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. *He was pierced for our offences, and crushed for our sins, oppressed and condemned, he was taken away.* (Is.53:5,8)

#### **Prayer**

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! Jesus, strengthen me to carry out my resolution faithfully.

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when women showed their love?  
Were you there when women showed their love?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when women showed their love?

### **STATION 8 - *The women of Jerusalem weep over Jesus***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

These devoted women, moved by compassion, weep over the suffering Savior. But He turns to them, saying: *Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children* (Lk.23:28). He asks us to shed tears from contrition for our sins.

#### **Prayer**

O Jesus, I beseech you, through your bitter and bloody tears, to move my heart by your divine grace, so that from my eyes tears may flow that I may weep you're your sufferings, and still more over their cause, my sins.

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when he was gave himself to us?  
Were you there when he was gave himself to us?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when he was gave himself to us?

### **STATION 9 - *Jesus falls the Third Time***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

Jesus, arriving exhausted at the foot of Calvary, falls for the third time to the ground. His love for us, however, is not diminished, not extinguished. *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life* (Jn. 3:16)

#### **Prayer**

Most merciful Jesus, enkindle in me an earnest desire of amendment; let me never again decline, but grant me the grace to persevere to walk in your way to the end of my life.

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when he gave himself to us?  
Were you there when he gave himself to us?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when he gave himself to us?

### **STATION 10 - *Jesus is stripped of His Garments***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

When Our Savior had arrived on Calvary, He was cruelly despoiled of His garments. How painful this must have been because they stuck to His wounded and torn body, and with them parts of His bloody skin were removed! All the wounds of Jesus were renewed. Jesus was despoiled of His garments that He might die possessed of nothing; how happy will I also die after laying aside my former self with all evil desires and sinful inclinations! *See, I have taken away your sin, and I will put rich garments on you.* (Zec. 3:4)

#### **Prayer**

O Jesus, bless me to lay aside my former self and to be renewed according to your will and desire.

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when they nailed him to the cross?  
Were you there when they nailed him to the cross?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when they nailed him to the cross?

### **STATION 11 - *Jesus is nailed to the Cross***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

Jesus, being stripped of His garments, was violently thrown upon the cross and His hands and feet nailed thereto. In such excruciating pains He remained silent. He suffered patiently, because He suffered for me. *Like a lamb led to the slaughter he was silent and opened not his mouth* (Is. 53:7). How do I act in sufferings and in troubles? How fretful and impatient, how full of complaints I am!

#### **Prayer**

O Jesus, Lamb of God, I renounce my impatience. I commit myself to you. May your will be done in all things!

Our Father...., Hail Mary..., Glory Be...  
Lord Jesus, crucified, have mercy on us!

Were you there when he died upon the cross?  
Were you there when he died upon the cross?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when he died upon the cross?

### **STATION 12 - *Jesus dies on the Cross***

Leader: We adore you, O Christ, and we praise you,  
All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

Jesus is crucified! Behold His wounds, received for love of you! His whole appearance promises love: His arms are extended to embrace you; His Heart is open to receive you. O superabundance of love, Jesus, the Son of God, dies upon the cross, that man may live and be delivered from everlasting death! *I came so that they might have life and have it more abundantly.* (Jn.10:10)

#### **Prayer**

O most sweet Jesus! Grant me the grace to die to the world and its vanities. O Jesus, receive me into your wounded Heart: I belong entirely to you; for you alone do I desire to live and to die.

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

Lord Jesus, crucified, have mercy on us!

Were you there when he was taken from the cross?  
Were you there when he was taken from the cross?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when he was taken from the cross?

### **STATION 13 - *Jesus is taken from the Cross***

Leader: We adore you, O Christ, and we praise you,

All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

Jesus' body is placed on the bosom of His divine Mother. She walked with him from Bethlehem to Calvary. Persevere in your resolutions of reform and *he who persevered to the end shall be saved* (Matt.24:13). He comes to dwell in your heart whenever you receive the body and blood of Christ.

#### **Prayer**

O Lord Jesus, your lifeless body found a worthy resting place in the lap 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 forever.

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

Lord Jesus, crucified, have mercy on us!

Were you there when they laid him in the tomb?  
Were you there when they laid him in the tomb?  
O, sometime it causes me to tremble, tremble, tremble.  
Were you there when they laid him in the tomb?

### **STATION 14 - *Jesus is laid in the Tomb***

Leader: We adore you, O Christ, and we praise you,

All: (*genuflect*) Because by your holy cross, you have redeemed the world.

#### **Meditation**

The body of Jesus is buried in a stranger's tomb, because He was not from this world. *Foxes have dens and birds have of the sky have nests, but the son of man has nowhere to rest his head* (Matt.8:20).

#### **Prayer**

O Jesus, you have set me apart from the world. Let me not to be attached to the world and its desires. Grant me the grace to bury my old sinful life and renew my heart and mind to live the spirit of your Way of the Cross so to journey onward to my heavenly home.

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

Lord Jesus, crucified, have mercy on us!

### **CONCLUDING PRAYER**

God, almighty and merciful Father, who has given to the human race your beloved Son as our redeemer and saviour, grant us that we, inflamed by His infinite love, may take up the sweet yoke of His Gospel together with the mortification of the cross, following Him as His true disciples, so that we shall one day gloriously rise with Him and joyfully hear the final sentence: *Come, you blessed of My Father, to the kingdom which was prepared for you from the beginning*, (Matt.25:34) where you live and reign with the Son and the Holy Spirit, God forever and ever. Amen.