

PREFACE

The following prayers and meditations are based on
“The Way of the Cross” by Saint Alphonsus De Liguori.

PREPARATORY PRAYER

My Lord, Jesus Christ,
You have made this journey to die for me with
unspeakable love
and I have so many times ungratefully
abandoned You.

But now I love You with all my heart
and, because I love You, I am sincerely sorry for
ever having offended You.

Pardon me, my God, and permit me to accompany
You on this journey.

You go to die for love of me;

I want, my beloved Redeemer, to die for love of You.

My Jesus, I will live and die always united to You.



*At the cross her station keeping
Stood the mournful Mother weeping
Close to Jesus to the last.*



“Just as one trespass resulted in the condemnation for all people, so also one righteous act resulted in justification and life for all people.” - Romans 5:18

THE FIRST STATION: PILATE CONDEMNS JESUS TO DIE

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

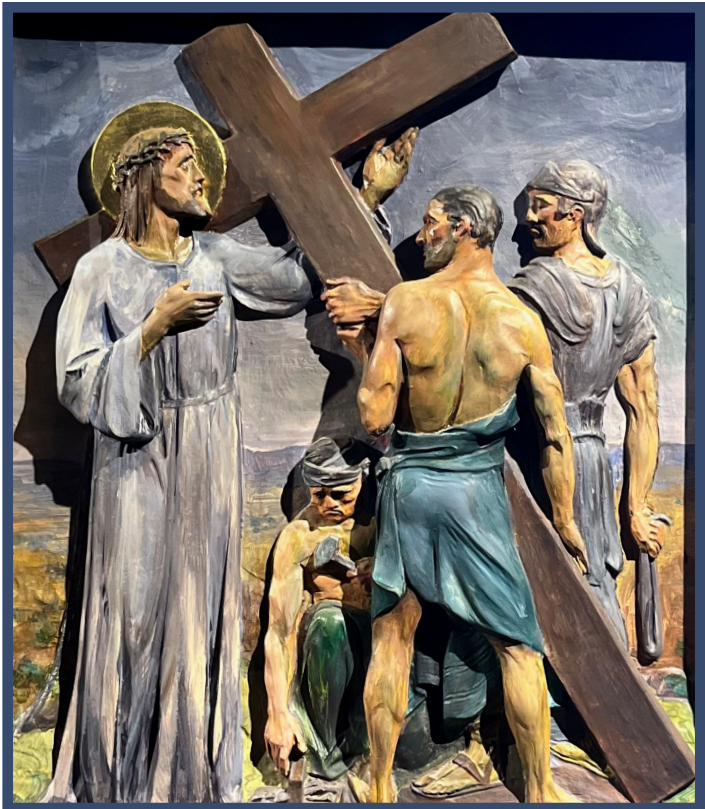
Leader "Pilate said to them, 'Then what should I do with Jesus who is called Messiah?' All of them said, 'Let him be crucified!' Then he asked, 'Why, what evil has he done?' But they shouted all the more, 'Let him be crucified!' So he released Barabbas for them; and after flogging Jesus, he handed him over to be crucified." - Matthew 27:22-26

Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (*Kneel*)

All My adorable Jesus, it was not Pilate; no, it was my sins that condemned You to die. I beseech You, by the merits of this sorrowful journey, to assist my soul on its journey to eternity. I love You, Jesus, my love, above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) Through her heart, His sorrow sharing
All His bitter anguish bearing
Now at length the sword has passed.

II



“For Christ did not send me to baptize, but to preach the gospel - not with wisdom and eloquence, lest the cross of Christ be emptied of its power.” - 1 Corinthians 1:17

THE SECOND STATION: JESUS ACCEPTS HIS CROSS

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, ‘Hail, King of the Jews!’ They spat on him, and took the reed and struck him on the head. After mocking him, they stripped him of the robe and put his own clothes on him. Then they led him away to crucify him.” - Matthew 27:28-31

Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father on our behalf, the death He was about to suffer. (*Kneel*)

All My most beloved Jesus, I embrace all the sufferings You have destined for me until death. I beg You, by all You suffered in carrying Your cross, to help me carry mine with Your perfect peace and resignation. I love You, Jesus, my love, above all things. I repent with my whole heart for ever having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) O, how sad and sore distressed
Was that Mother highly blessed
Of the sole Begotten One

III



“Let us fix our eyes on Jesus, the author and perfecter of our faith, who for joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

- Hebrews 12:2

THE THIRD STATION: JESUS FALLS FOR THE FIRST TIME

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed. All we like sheep have gone astray; we have turned everyone to his own way; and the Lord has laid on him the iniquity of us all.” - Isaiah 53:4-6

Consider the first fall of Jesus. Loss of blood from the scourging and crowning with thorns had so weakened Him that He could hardly walk, and yet He had to carry that great load upon His shoulders. (*Kneel*)

All My beloved Jesus, it was not the weight of the cross but the weight of my sins that made You suffer so much.
By the merits of this first fall,
save me from falling into mortal sin.
I love You, Jesus, my love, above all things.
I repent with my whole heart for ever having
offended You. Never permit me to separate myself from
You again. Grant that I may love You always and then do
with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) Christ above in torment hangs
She beneath beholds the pangs
Of her dying, glorious Son.

IV



“Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses.”

- 2 Corinthians 6:4

THE FOURTH STATION: JESUS MEETS HIS AFFLICTED MOTHER

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “Simon blessed them and said to Mary his mother: ‘Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed.’ And his mother kept all these things in her heart.” - Luke 2:34-35

Consider how the Son met His Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly. (*Kneel*)

All My most loving Jesus, by the pain You suffered in this meeting grant me the grace of being truly devoted to Your most holy Mother. And you, my Queen, who were overwhelmed with sorrow, obtain for me by your prayers a tender and a lasting remembrance of the passion of your divine Son. I love You, Jesus, my love, above all things. I repent with my whole heart for ever having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)

(*Rise*) *Is there one who would not weep,*

‘whelmed in miseries so deep

Christ’s dear Mother to behold.



“But we rejoice in suffering, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit.” - Romans 5:3-5

THE FIFTH STATION: SIMON HELPS JESUS CARRY HIS CROSS

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “As they went out, they came upon a man of Cyrene, Simon by name; this man they compelled to carry his cross.” - Matthew 27:32

Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after our Lord. (*Kneel*)

All My beloved Jesus I will accept the cross just as Simon did. I accept it and embrace it. I accept in particular the death that is destined for me with all the pains that may accompany it. I unite it to Your death and I offer it to You. You have died for love of me; I will die for love of You and to please You. Help me by Your grace.
I love You, Jesus, my love, above all things. I repent with my whole heart for ever having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) Can a human heart refrain
From partaking in her pain
In that Mother's pain untold.

VI



“He comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the same comfort with which we are comforted by God.”

- 2 Corinthians 1:4

THE SIXTH STATION: VERONICA OFFERS HER VEIL TO JESUS

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

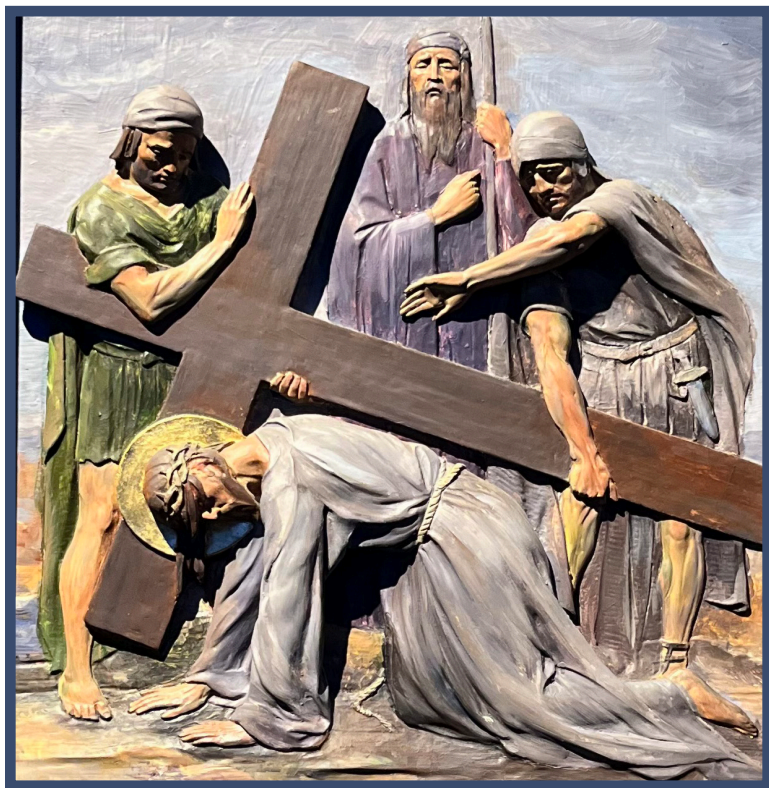
Leader “You have said, ‘Seek my face’. My heart says to you, ‘Your face, Lord, do I seek’. Hide not your face from me. Turn not your servant away in anger, you who have been my help. Cast me not off, forsake me not, O God of my salvation.” - Psalm 27:8-9

Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of His sacred countenance. (*Kneel*)

All My beloved Jesus, Your face was beautiful before You began this journey; but, now, it no longer appears beautiful and is disfigured with wounds and blood. Alas, my soul also was once beautiful when it received Your grace in Baptism, but I have since disfigured it with my sins. I love You, Jesus, my love, above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) *Bruised, derided, cursed, defiled*
She beheld her tender Child
And with bloody scourges rent.

VII



“Taking the form of a servant, and being found in appearance as a man, he humbled himself and became obedient to death - even death on a cross!”

- Philippians 2:8

THE SEVENTH STATION: JESUS FALLS THE SECOND TIME

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light. He has blocked my way with hewn stones, he has made my paths crooked. He has made my teeth grind on gravel, and made me cower in ashes.”
- Lamentations 3:1-2,9,16

Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord. (*Kneel*)

All My most gentle Jesus, how many times You have forgiven me, and how many times I have fallen again and begun again to offend You! By the merits of this second fall, give me the grace to persevere in Your love until death. Grant, that in all my temptations, I may always have recourse to You. I love You, Jesus, my love, above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) For the sins of His own nation
Saw Him hang in desolation
Till His spirit forth He sent.

VIII



“For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ.” -Philippians 3:18

THE EIGHTH STATION: JESUS SPEAKS TO THE WOMEN

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

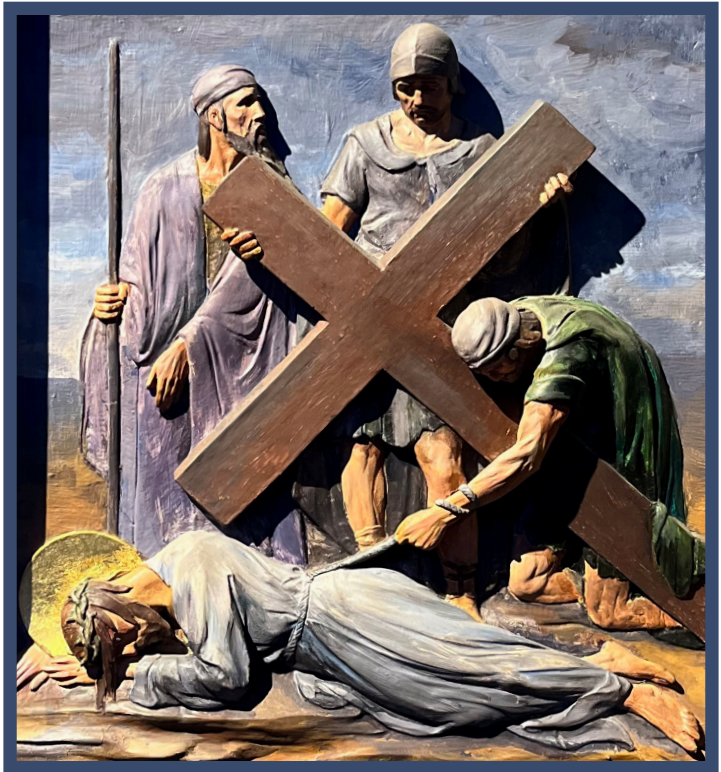
Leader “A large number of people followed him, including women who mourned and wailed for him. Jesus turned and said to them, ‘Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children.’”
- Luke 23:27-28

Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as He walked along. (*Kneel*)

All My Jesus, laden with sorrows, I weep for the sins which I have committed against You because of the punishment I deserve for them; and, still more, because of the displeasure they have caused You who have loved me with an infinite love. It is Your love, more than the fear of hell, which makes me weep for my sins.
I love You, Jesus, my love, above all things.
I repent with my whole heart for having offended You.
Never permit me to separate myself from You again.
Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) O sweet Mother! Fount of Love,
Touch my spirit from above
Make my heart with yours accord.

IX



“For the message of the cross is foolishness to those who are perishing, but to us who are being saved, it is the power of God.”

- 1 Corinthians 1:18

THE NINTH STATION: JESUS FALLS THE THIRD TIME

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “The valiant one whose steps are guided by the LORD, who will delight in his way, may stumble, but he will never fall, for the LORD holds his hand.”
- Psalm 37:23-24

Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (*Kneel*)

All My Jesus, by the weakness You suffered in going to Calvary, give me enough strength to overcome all human respect and all my evil passions which have led me to despise Your friendship. I love You, Jesus, my love, above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) Make me feel as You have felt
Make my soul to glow and merit
With the love of Christ, my Lord.

X



“And having disarmed the powers and authorities, Jesus made a public spectacle of them, triumphing over them by the cross.” - Colossians 2:15

THE TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “And when they came to a place called Golgotha (which means the place of a skull), they offered him wine to drink, mingled with gall, but when he tasted it, he would not drink it. And when they had crucified him, they divided his garments among them by casting lots.”
- Matthew 27:33-34

Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to His lacerated flesh and the soldiers tore them off so roughly that the skin came with them. (*Kneel*)

All My innocent Jesus, by the torment You suffered in being stripped of Your garments, help me to strip myself of all attachment for the things of earth, that I may place all my love in You who are so worthy of my love..
I love You, Jesus, my love, above all things.
I repent with my whole heart for having offended You.
Never permit me to separate myself from You again.
Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) Holy Mother, pierce me through
In my heart each wound renew
Of my Savior crucified.



“God gave you new life along with him. He has forgiven us all our sins, erasing the record against us with its decrees that are hostile to us. He set this aside, nailing it to the cross.” - Colossians 2:13-14

THE ELEVENTH STATION: JESUS IS NAILED TO THE CROSS

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

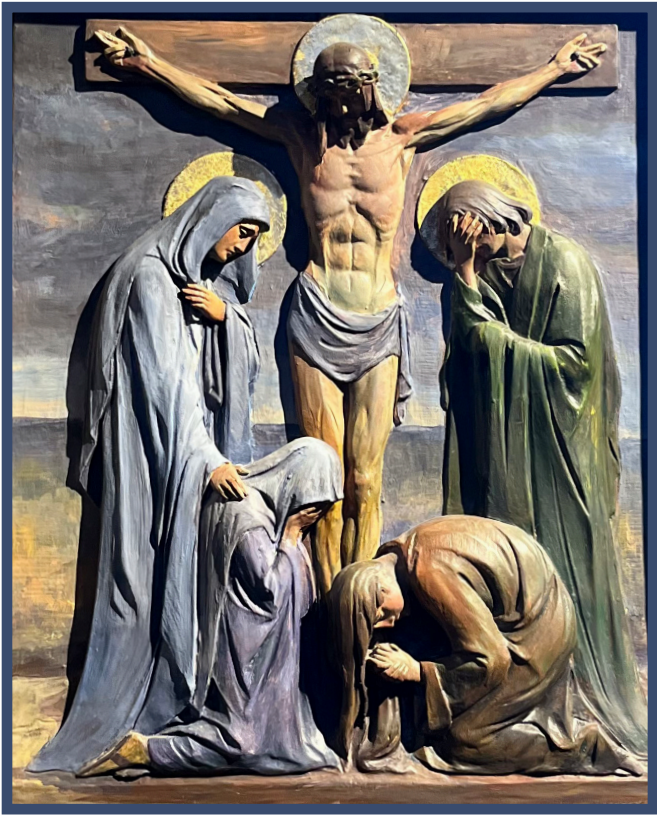
Leader “It was nine in the morning when they crucified him. The written notice of the charge against him read: THE KING OF THE JEWS.” - Mark 15:25-26

Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (*Kneel*)

All My despised Jesus, nail my heart to the cross
that it may always remain there to love You and never
leave You again.
I love You, Jesus, my love, above all things.
I repent with my whole heart for having offended You.
Never permit me to separate myself from You again.
Grant that I may love You always and then do with me
as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) Let me share with you His pain,
Who for all our sins was slain
Who for me in torments died.

XII



“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” - Romans 5:8

THE TWELTH STATION: JESUS DIES UPON THE CROSS

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “At noon, darkness came over the whole land until three in the afternoon. And at three in the afternoon Jesus cried out in a loud voice, ‘Eloi, Eloi, lema sabachthani?’ (which means ‘My God, my God, why have you forsaken me?’) With a loud cry, Jesus breathed his last.
- Mark 15:33-34, 37

Consider how your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (*Kneel*)

All My dying Jesus, I devoutly kiss the cross on which You would die for love of me. I deserve, because of my sins, to die a terrible death; but Your death is my hope. By the merits of Your death, give me the grace to die embracing Your feet and burning with love for You. I yield my soul into Your hands. I love You, Jesus, my love, above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)

(*Rise*) Let me mingle tears with thee
Mourning Him who mourned for me,
All the days that I may live.

XIII



“Once you were alienated from God...but now he has reconciled you by Christ’s physical body through death to present you holy in his sight, without blemish and free from accusation.”- Colossians 1:22

THE THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

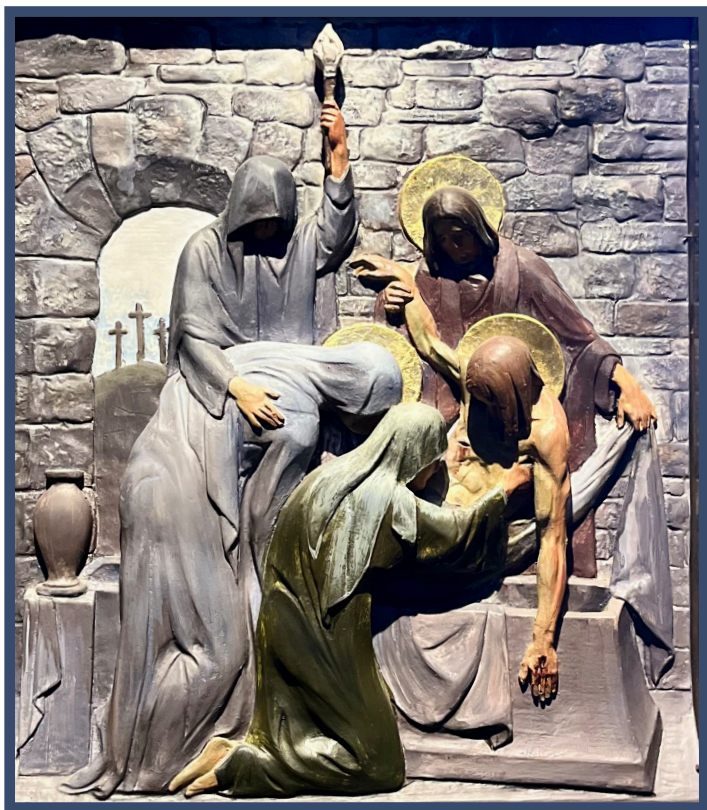
Leader “Now it was the day of Preparation, and the next day was to be a special Sabbath. Because the Jewish leaders did not want the bodies left on the crosses during the Sabbath, they asked Pilate to have the legs broken and the bodies taken down. Later, Joseph of Arimathea asked Pilate for the body of Jesus. - John 19:31, 38

Consider how, after our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom. (*Kneel*)

All O Mother of Sorrows, for the love of Your Son, accept me as Your servant and pray to Him for me, And You, my Redeemer, since You have died for me, allow me to love You, for I desire only You and nothing more. I love You, Jesus, my love, above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)
(*Rise*) By the cross with you to stay
There with you to weep and pray
Is all I ask of you to give.

XIV



“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.” - Galatians 2:20

THE FOURTEENTH STATION: JESUS IS PLACED IN THE TOMB

Leader We adore You, O Christ, and we praise you. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader “So Joseph bought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then he rolled a stone against the entrance of the tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid.” - Mark 15:46-47

Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed. (*Kneel*)

All Oh, my buried Jesus, I kiss the stone that closes You in.
But You gloriously rose again on the third day.
I beg You by Your Resurrection that I may be raised gloriously on the last day, to be united with You in heaven, to praise You and love You forever.
I love You, Jesus, my love, above all things.
I repent with my whole heart for having offended You.
Never permit me to separate myself from You again.
Grant that I may love You always and then do with me as You will.

(Our Father, Hail Mary, Glory Be)

(*Rise*) *Virgin of all virgins blest!*

Listen to my fond request:

Let me share your grief divine.

PRAYER TO JESUS CHRIST CRUCIFIED

My good and dear Jesus,
I kneel before You,
asking You most earnestly
to engrave upon my heart
a deep and lively faith, hope, and charity,
with true repentance for my sins,
and a firm resolve to make amends.
As I reflect upon Your five wounds,
and dwell upon them
with deep compassion and grief,
I recall, good Jesus,
the words the Prophet David
spoke long ago concerning Yourself:
“They pierced My hands and My feet;
they have numbered all My bones.”

