

Stations of the Cross

A Meditation upon the Passion
and Death of Our Lord and Savior.

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¶ *Before beginning the Stations, An Opening Hymn may be sung.*

¶ *Then let the leader of the devotion kneel before the High Altar (a lay leader kneels at the lectern), and all shall form their intentions, saying this Act of Contrition:*

Act of Contrition Before the Stations

MY Lord Jesus Christ, Thou hast made this journey to die for love of me with love unutterable, and I have so many times unworthily abandoned Thee; but now I love Thee with my whole heart, and because I love Thee I repent sincerely for ever having offended Thee. Pardon me, my God, and permit me to accompany Thee on this journey. Thou dost go to die for love of me; I wish also, my beloved Redeemer, to die for love of Thee. My Jesus, I will live and die always united to Thee.

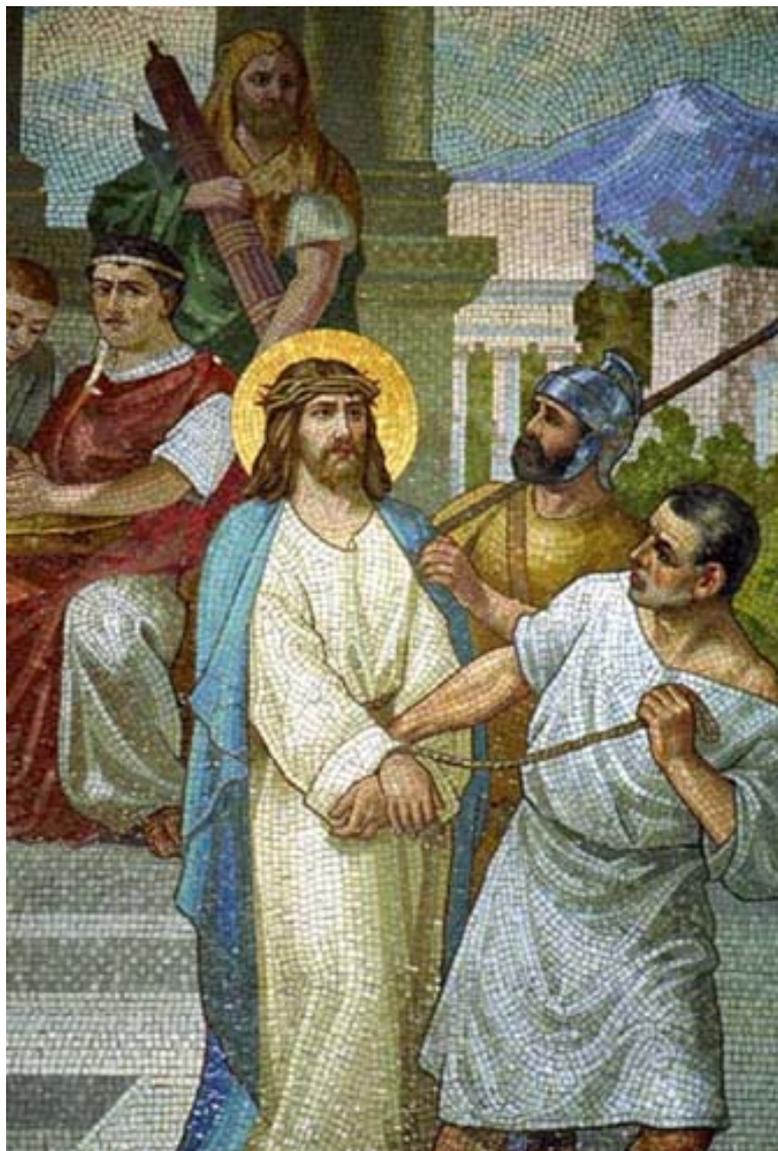
¶ *Then shall all sing the first stanza of the Stabat Mater:*



1. Sta - bat ma - ter do - lo - ro - sa, Ju - xta cru - cem
l. At the cross her sta - tion keep - ing, Stood the mourn - ful



1. la - cri - mo - sa, Dum pen - de - bat Fi - li - us.
l. Mo - ther weep - ing, close to Je - sus to the last.



FIRST STATION: Jesus is Condemned to Death



Leader. We a - dore thee, O Christ, and we bless thee.



All. For by thy ho - ly cross thou hast re - deemed the world.

Leader of the Devotion:

CONSIDER, my soul, how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

Then all shall pray:

MY adorable Jesus, it was not Pilate, no, it was my sins that condemned Thee to die. I beseech Thee, by the merits of this sorrowful journey, to assist my soul in its journey toward eternity. I love Thee, my beloved Jesus; I love Thee more than myself; I repent with my whole heart of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

¶ *Then shall all sing the second stanza of the Stabat Mater:*



2. Cu - ius a - ni - mam ge - men - tem, con - tri - sta - tam
2. Thru her soul, of joy re - reav - éd, bowed with an - guish



2. et do - len - tem per - tran - si - vit gla - di - us.
2. deep - ly griev - éd, now at length the sword had passed.



SECOND STATION: Jesus is Made to Bear His Cross



Leader. We a - dore thee, O Christ, and we bless thee.



All. For by thy ho - ly cross thou hast re - deemed the world.

Leader of the Devotion:

CONSIDER how Jesus, in making this journey with the cross on His shoulders, thought of us, and offered for us, to His Father, the death that He was about to undergo.

Then all shall pray:

MY most beloved Jesus, I embrace all the tribulations that Thou hast destined for me until death. I beseech Thee, by the merits of the pain Thou didst suffer in carrying Thy cross, to give me the necessary help to carry mine with perfect patience and resignation. I love Thee, Jesus, my love, and I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

¶ *Then shall all sing the third stanza of the Stabat Mater:*



3. O quam tri - stis et af - fli - cta fu - it il - la
3. O, how sad and sore dis - tress - éd was that moth - er



3. be - ne - di - cta, ma - ter U - ni - ge - ni - ti!
3. high - ly bless - éd of the sole - be - got - ten One!



THIRD STATION: Jesus Falls the First Time under His Cross

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER, my soul, this first fall of Jesus under His cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that He could scarcely walk, and yet He had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

Then all shall pray:

MY beloved Jesus, it is not the weight of the cross, but of my sins, which has made Thee suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love Thee, O my Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

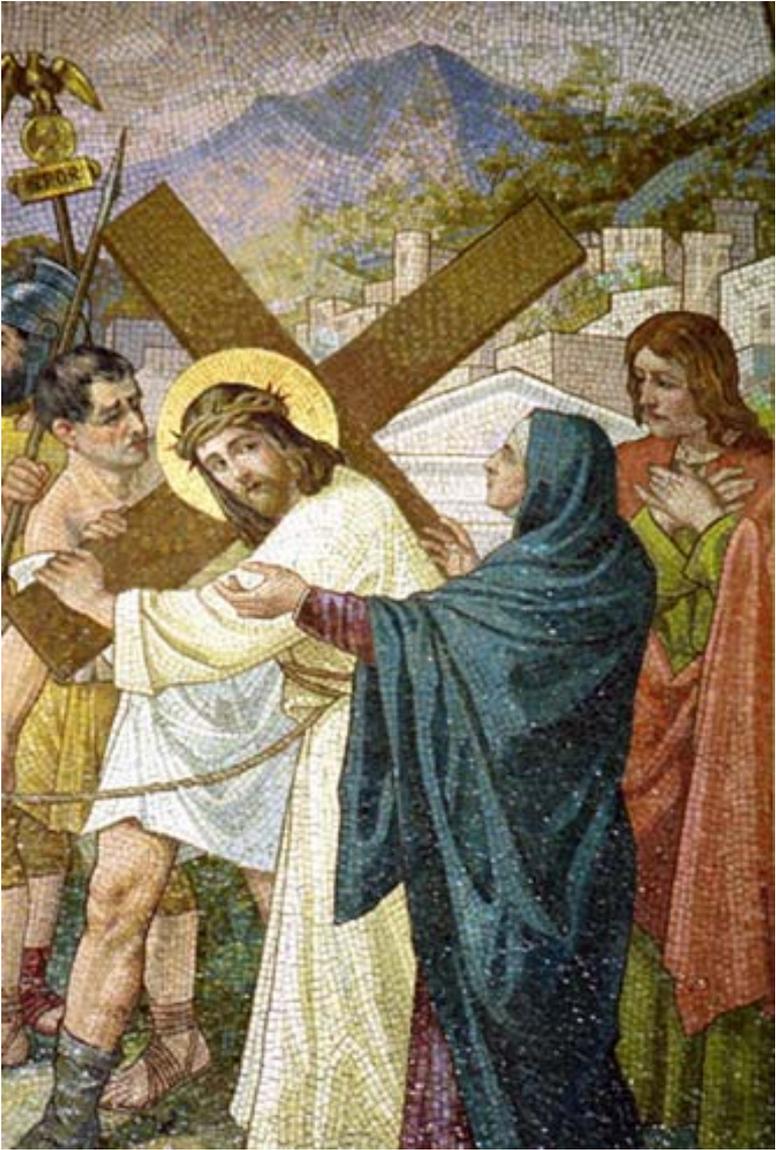
¶ *Then shall all sing the fourth stanza of the Stabat Mater:*



4. Quae mo - re - bat et do - le - bat, pi - a Ma - ter,
4. Christ a - bove in tor - ment hangs; she be - neath be -



4. dum vi - de - bat na - ti poe - nas in - cly - ti.
4. holds the pangs of her dy - ing glo - rious Son.



FOURTH STATION: Jesus Meets His Afflicted Mother

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER the meeting of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

Then all shall pray:

MY most loving Jesus, by the sorrow Thou didst experience in this meeting, grant me the grace of a true sorrow for my sins which caused Thee to die. I love Thee, Jesus, my love; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

¶ *Then shall all sing the fifth stanza of the Stabat Mater:*



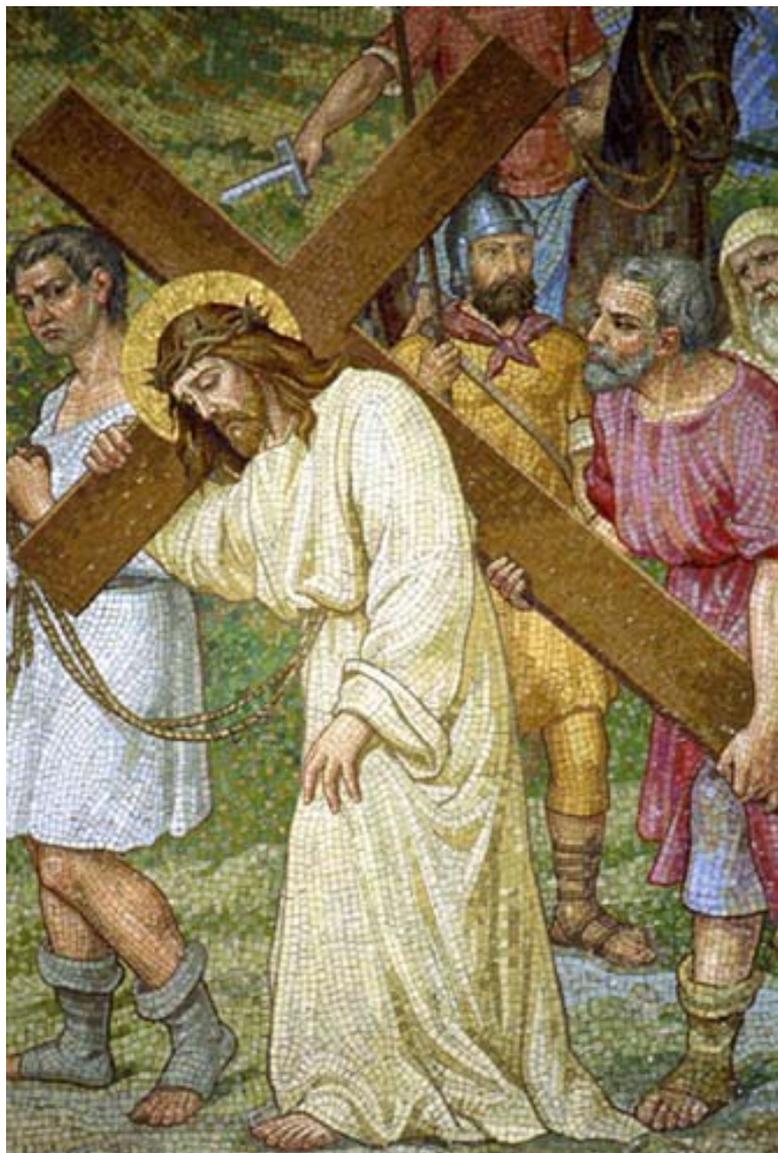
5. Quis est ho - mo qui non fle - ret, ma - trem Chri - sti

5. Who, on Christ's dear moth - er gaz - ing, pierced by an - guish



5. si vi - de - ret in tan - to sup - pli - ci - o?

5. so a - maz - ing, born of wo - man, would not weep?



FIFTH STATION:

The Cyrenian Helps Jesus to Carry His Cross

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER that the authorities, seeing that at each step Jesus, from weakness, was on the point of expiring, and fearing that He would die on the way when they wished Him to die the ignominious death of the cross, constrained Simon the Cyrenian to carry the cross behind Our Lord.

Then all shall pray:

MY most sweet Jesus, I will not refuse the cross as the Cyrenian did; I accept it, I embrace it. I accept in particular the death that Thou hast destined for me with all the pains which may accompany it; I unite it to Thy death, I offer it to Thee. Thou hast died for love of me, I will die for love of Thee, and to please Thee. Help me by Thy grace. I love Thee, Jesus, my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

¶ *Then shall all sing the sixth stanza of the Stabat Mater:*



6. Quis non pos-set con-tri-sta-ri Chri-sti Ma-trem
6. Who, on Christ's dear moth-er think-ing, such a cup of



6. con-tem-pla-ri, do-len-tem cum Fi-li-o?
6. sor-row drink-ing, would not share her sor-rows deep?



SIXTH STATION: Veronica Wipes the Face of Jesus

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER that the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a towel with which He wiped His adorable face, leaving on it the impression of His holy countenance.

Then all shall pray:

MY most beloved Jesus, Thy face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. Alas! My soul also was once beautiful, when it received Thy grace in baptism; but I have disfigured it since by my sins. Thou alone, my Redeemer, canst restore it to its former beauty. Do this by Thy Passion, and then do with me what Thou wilt.

¶ *Then shall all sing the seventh stanza of the Stabat Mater:*



7. Pro pec - ca - tis su - ae gen - tis vi - dit le - sum
7. Bruised, de - rid - ed, cursed, de - filed, she be - held her



7. in tor - men - tis, et fla - gel - lis sub - di - tum.
7. ten - der child all with blood - y scour - ges rent.



SEVENTH STATION: Jesus Falls the Second Time

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER the second fall of Jesus under the cross --- a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

Then all shall pray:

MY most gentle Jesus, how many times Thou hast pardoned me and how many times have I fallen again, and begun again to offend Thee! Oh, by the merits of this new fall, give me the necessary helps to persevere in Thy grace until death. Grant that in all temptation which assail me I may always commend myself to Thee. I love Thee, Jesus, my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

¶ *Then shall all sing the eighth stanza of the Stabat Mater:*



8. Vi - dit su - um dul - cem Na - tum mo - ri - en - do

8. For the sins of his own na - tion, saw him hang in



8. de - so - la - tum, dum - e - mi - sit spi - ri - tum.

8. de - so - la - tion, till his spir - it forth he sent.



EIGHTH STATION: Jesus Speaks to the Daughters of Jerusalem

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER that those women wept with compassion at seeing Jesus in so pitiable pitiable a state, streaming with blood, as He walked along. But Jesus said to them, "Weep not for Me but for your children."

Then all shall pray:

MY Jesus, laden with sorrows, I weep for the offenses that I have committed against Thee, because of the pains which they have deserved, and still more because of the displeasure which they have caused Thee, Who hast loved me so much. It is Thy love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

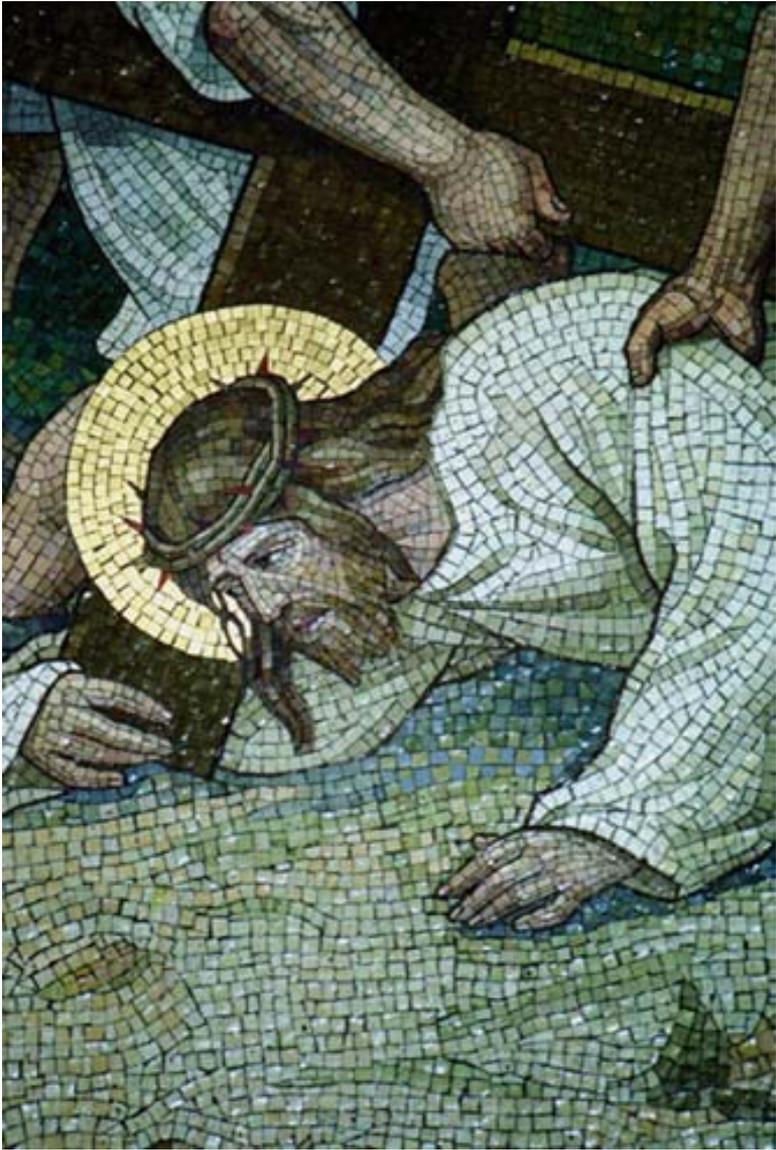
¶ *Then shall all sing the ninth stanza of the Stabat Mater:*



9. E - ia, Ma - ter, fons a - mo - ris me sen - ti - re
9. In the pas - sion of thy Ma - ker, be my sin - ful



9. vim do - lo - ris fac, ut te - cum lu - ge - am.
9. soul par - tak - er, may I bear with her my part.



NINTH STATION: Jesus Falls the Third Time

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners excessive, who tried to hasten His steps when He had scarcely strength to move.

Then all shall pray:

AH, my outraged Jesus, by the merits of the weakness Thou didst suffer in going to Calvary, give me strength sufficient to conquer all human respect and all my wicked passions, which have led me to despise Thy friendship. I love Thee, Jesus, my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

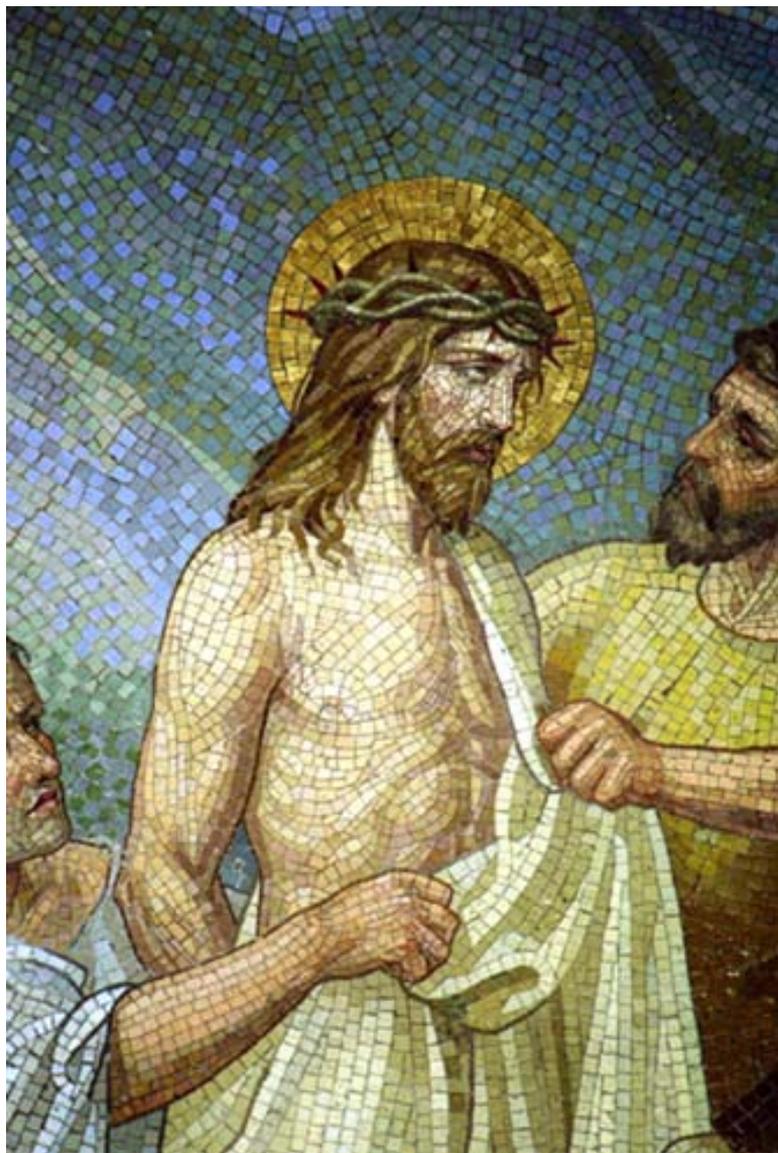
¶ *Then shall all sing the tenth stanza of the Stabat Mater:*



10. Fac, ut ar - de - at cor me - um in a - man - do
10. Of his pas - sion bear the to - ken, in a spir - it



10. Chri - stum De - um ut si - bi com - pla - ce - am.
10. bowed and bro - ken bear his death with - in my heart.



TENTH STATION: Jesus is Stripped of His Garments

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh and they dragged them off so roughly that the skin came with them. Compassionate your Saviour thus cruelly treated, and say to Him:

Then all shall pray:

MY innocent Jesus, by the merits of this torment that Thou hast felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in Thee, Who art so worthy of my love. I love Thee, O Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

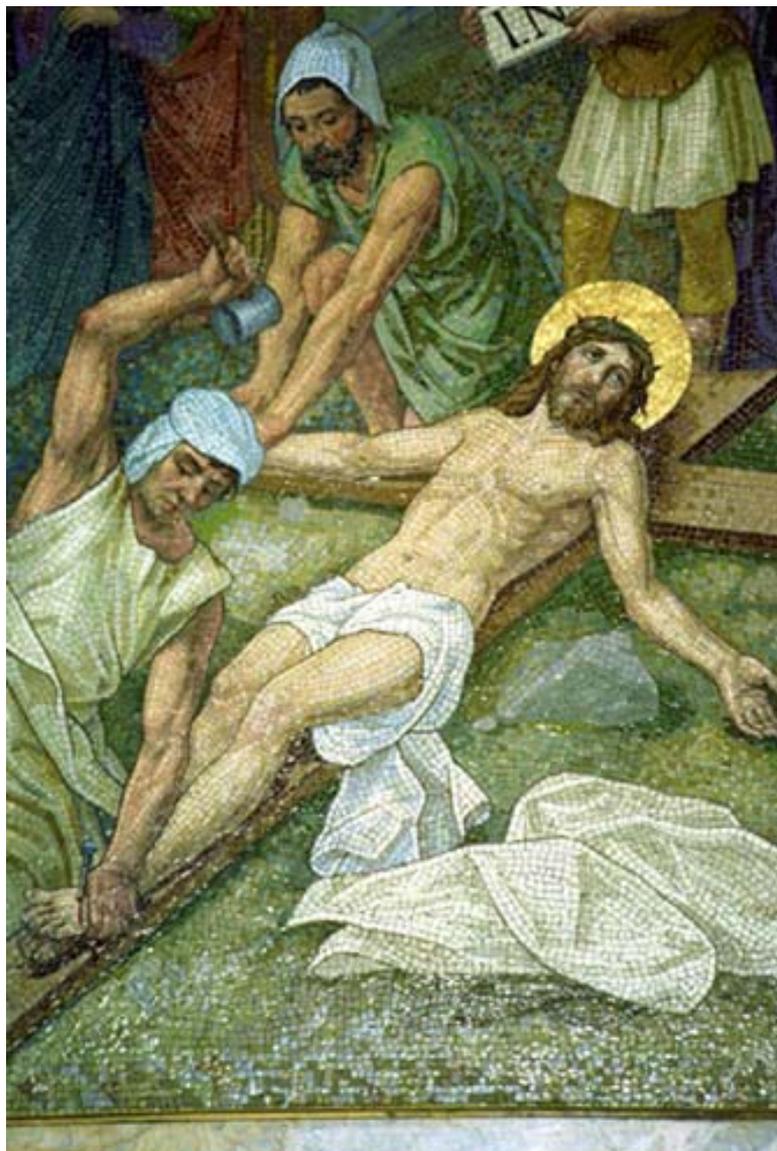
¶ *Then shall all sing the eleventh stanza of the Stabat Mater:*



11. San - cta Ma - ter, i - stud a - gas, cru - ci - fi - xi
11. Wound-ed with his ev - 'ry wound, steep my soul till



11. fi - ge pla - gas cor - di me - o va - li - de.
11. it hath swoon'd in his ve - ry blood a - way.



ELEVENTH STATION: Jesus is Nailed to the Cross

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER that Jesus, after being thrown on the cross, extended His hands, and offered to His eternal Father the sacrifice of His life for our salvation. These barbarians fasten Him with nails; and then, raising the cross, leave Him to die with anguish on this infamous gibbet.

Then all shall pray:

MY Jesus, loaded with contempt, nail my heart to Thy feet, that it may ever remain there to love Thee, and never quit Thee again. I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

¶ *Then shall all sing the twelfth stanza of the Stabat Mater:*



12. Tu - i Na - ti vul - ne - ra - ti, tam di - gna - ti
12. *May his wounds both wound and heal me, he en - kin - dle,*



12. pro me pa - ti, poe - nas me - cum di - vi - de.
12. *cleanse and heal me, be his cross my hope and stay.*



TWELFTH STATION: Jesus Dies on the Cross

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER that thy Jesus, after three hours' agony on the cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

Then all shall pray:

MY dying Jesus, I kiss devoutly the cross on which Thou didst die for love of me. I have merited by my sins to die a miserable death; but Thy death is my hope. Ah, by the merits of Thy death, give me the grace to die, embracing Thy feet and burning with love of Thee. I commit my soul into Thy hands. I love Thee with my whole heart; I repent of ever having offended Thee. Permit not that I ever offend Thee again. Grant that may love Thee always; and then do with me what Thou wilt.

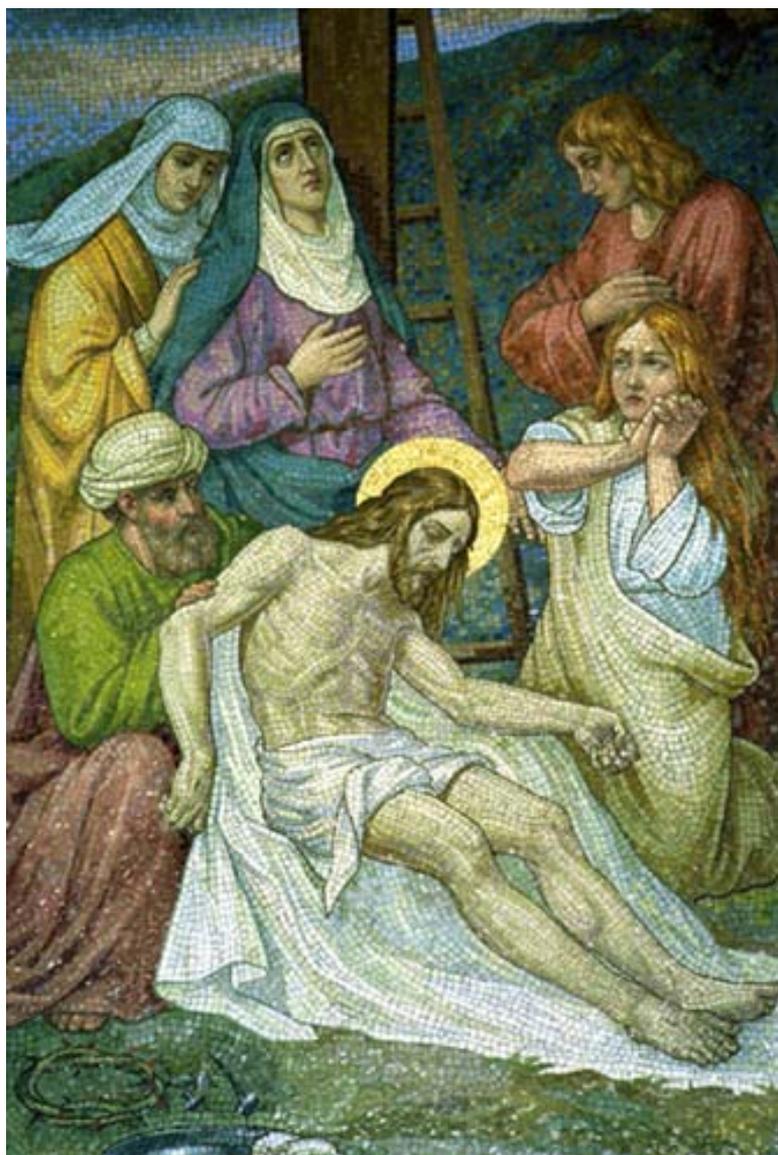
¶ Then shall all sing the thirteenth stanza of the Stabat Mater:



13. Fac me te - cum pi - e fle - re, cru - ci - fi - xo
13. May he, when the moun- tains quiv - er, from the flame which



13. con - do - le - re, do - nec e - go vi - xe - ro.
13. burns for - ev - er, help me on that judg - ment day.



THIRTEENTH STATION: Jesus is Taken Down from the Cross

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER that, our Lord having expired, two of His disciples, Joseph and Nicodemus, took Him down from the cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

Then all shall pray:

GJESUS, my Redeemer, since Thou hast died for me, permit me to love Thee; for I wish but Thee, and nothing more. I love Thee, my Jesus, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

¶ Then shall all sing the fourteenth stanza of the Stabat Mater:



14. Iu - xta Cru - cem te - cum sta - re, et me ti - bi
14. Je - sus, may thy cross de - fend me, and thy sav - ing



14. so - ci - a - re in plan - ctu de - si - de - ro.
14. death be - friend me, cher - ished by thy death - less grace.



FOURTEENTH STATION: Jesus is Placed in the Sepulchre

Leader. We adore Thee, O Christ, and we bless Thee.

All. For by Thy holy Cross Thou hast redeemed the world.

Leader of the Devotion:

CONSIDER that the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands. They then enclosed the tomb and all withdrew.

Then all shall pray:

AH, my buried Jesus, I kiss the stone that encloses Thee. But Thou didst rise again the third day. I beseech Thee, by Thy resurrection, make me rise glorious with Thee at that last day, to be always united with Thee in heaven, to praise Thee and love Thee forever. I love Thee, and I repent of ever having offended Thee. Permit not that I ever offend Thee again. Grant that I may love Thee; and then do with me what Thou wilt.

¶ *Then shall all sing the fifteenth stanza of the Stabat Mater:*



15. Vir - go vir - gi - num prae-cla - ra, mi - hi iam non
15. When to dust my dust re - turn - eth, grant a soul that



15. sis a - ma - ra, fac me te - cum plan - ge - re.
15. to thee yearn - eth, in thy pa - ra - dise a place.

¶ After the Stations are completed, the leader of the devotion shall return to the High Altar (a lay leader goes to the lectern), kneels, and prays the following prayer:

LORD Jesus Christ, Thou who wast put to death for our sins: grant that we, who have meditated on Thy dreadful agony in these Stations of Thy Most Holy Cross, may be given the grace to detest our sins past, to fly from temptations to sin in present and to come, and that we may so order our lives as to be in imitation of Thee, who livest and reignest with the Father in the unity of the Holy Ghost, God, forever and ever.

All respond: Amen.

¶ Then all shall say the Our Father with the doxology.

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.
For thine is the kingdom, and the power,
And the glory, for ever and ever. Amen.

¶ Then all shall make the sign of the Cross and a Closing Hymn may be sung, before all depart in peace.