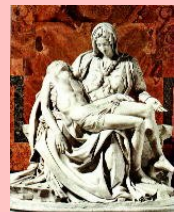


The Way of the Cross



The Way of the Cross is a way of prayer...

I walk, in spirit, with Jesus on His journey to Calvary and meditate on His suffering and death. Each meditation can be a personal meeting with Jesus and a new discovery of His presence in my life. Each meditation can be deeply personal by recalling specific persons, places and experiences in my own life.



Prayers

Sign Of The Cross:

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

Opening Scripture Reading:

The Son of Man is destined to suffer grievously, to be rejected, and to be raised up on the third day. If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, that man will save it.

Luke 9, 22-24

Opening Prayer:

Lord Jesus, help me to be open to your closeness and presence...
as I begin this journey to Calvary with you. Help me to find in your Passion and Death the strength to take up my cross and follow you.

Before Each Meditation:

I adore you, Lord Jesus, and I praise you.
Because by your Holy Cross, You have redeemed the world.

After Each Meditation:

Say one Our Father:

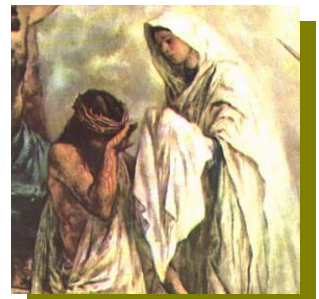
Our Father, who art in Heaven; hallowed by Thy name; Thy kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil. Amen.

Say one Hail Mary:

Hail Mary, full of grace, the Lord is with you. Blessed art Thou among 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. Amen.

Say one Glory Be:

Glory be to the Father, to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen.





Station 1 [I] Jesus is Condemned to Death

Meditation:

Lord Jesus, often I judge others and fail to be understanding or loving. Help me to see the people in my life through your eyes, not the eyes of a Pontius Pilate.



Station 2 [II] Jesus is Made to Bear His Cross

Meditation:

Lord Jesus, you embrace your cross to redeem the world. Help me to embrace the crosses in my life - the hardships, struggles, disappointments, pain. Only by recognizing my own weakness, can I discover your strength.



Station 3 [III] Jesus Falls for the First Time

Meditation:

Lord Jesus, you know how often I fall trying to follow you. Yet you are always there to lift me up. Help me always to trust in your loving care for me.



Station 4 [IV] Jesus is Met by His Blessed Mother

Meditation:

Lord Jesus, your mother Mary's grief was surpassed by her love for you. So often you come to me in others and their love gives me new life. Help me to see how often you love me through the people in my life.



Station 5 [V] Simon Helps Jesus to Carry the Cross

Meditation:

Lord Jesus, sometimes I am indifferent to the needs of others in my life. I even neglect those whom I love. Help me to see that loving others is the surest way to find you in my life.

**Station 6 [VI]
Veronica Wipes the Face of Jesus**



Meditation:

Lord Jesus, at times I am afraid to reach out to others. I do nothing when I should act, I say nothing when I should speak out. Give me a deeper and more courageous faith. Help me to trust that you are with me. **Veronica pious act of wiping the Holy Face of Jesus... originate the Holy Face of Jesus. The very image of God.**

**Station 7 [VII]
Jesus Falls the Second Time**



Meditation:

Lord Jesus, failure and disappointment sometimes lead me to despair. I hide behind my pride and self-pity, withdrawing from you and others. Give me the hope I need and help me never to be afraid to begin again.

**Station 8 [VIII]
Jesus Speaks to Women of Jerusalem**



Meditation:

Lord Jesus, your great compassion for others overwhelms me. I feel petty and selfish when I think of you and the way you love. Help me to pour out my love, that you might fill me with your love.

**Station 9 [IX]
Jesus Falls the Third Time**



Meditation:

Lord Jesus, your failing strength makes me see how helpless I am. Without you, I can do nothing. Help me to rely on your strength, to see how much I need you.

**Station 10 [X]
Jesus is Stripped of His Garments**



Meditation:

Lord Jesus, seeing you so cruelly humiliated makes me realize how I cling to my accomplishments, my possessions, my way. Help me to let go of those things in my life that prevent me from growing closer to you and others.



Station 11 [XI] Jesus is Nailed to the Cross

Meditation:

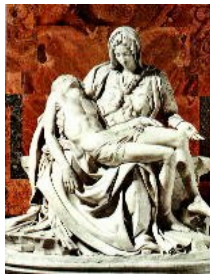
Lord Jesus, I can never doubt your great love for me when I see you crucified. Help me to see your cross as the great sign of your love for me.



Station 12 [XII] Jesus Dies on the Cross

Meditation:

Lord Jesus, your broken and lifeless body calls me to deeper faith. You chose death, even on the cross. Help me to see my crosses as ways of loving you.



Pieta

Station 13 [XIII] Jesus is Laid in the Arms of His Mother

Meditation:

Lord Jesus, seeing your body taken from the cross reminds me how fearful I am of letting go of my own life. I am frightened when I think of being unimportant, useless, helpless, Help me to place my life in your hands.



Station 14 [XIV] Jesus is Laid in the Sepulchre

Meditation:

Lord Jesus, when I see the great stone sealing your tomb, I feel alone and abandoned. Even though you sometimes seem distant or absent in my life, help me always to believe in your closeness and loving presence.

Closing Scripture Reading... The Appearance to Mary of Magdala

11 But Mary stayed outside the tomb weeping.

And as she wept, she bent over into the tomb 12 and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. 13 And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." 14 When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. 15 Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him." 16 Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher.

17 Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'"

18 Mary of Magdala went and announced to the disciples,
"I have seen the Lord," and what he told her.

John 20, 11-18

Closing Scripture Reading

Lord Jesus, help me to walk with you each day of my life, even to Calvary. The sorrow and joy, the pain and healings, the failures and triumphs of my life are truly small deaths and resurrections that lead me to closeness with you. Give me the faith and trust I need to walk with you always. Amen.