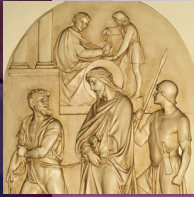


HOW TO PRAY THE STATIONS OF THE CROSS

Make the Sign of the Cross and then announce the each station, and say:

☩ We adore you, O Christ, and we praise you. (Genuflect)
☩ Because by your holy cross you have redeemed the world.



First Station: Jesus is condemned to death.

☩ We adore you, O Christ, and we praise you. (Genuflect)
☩ Because by your holy cross you have redeemed the world.
After having been scourged and crowned with thorns, we reflect on how Jesus was unjustly condemned by Pilate.

After each reflection:

Our Father, Hail Mary, and Glory Be to the Father

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



Second Station: Jesus carries his cross.

Take a moment to imagine the weight of that cross on Jesus' shoulders and how he thought of us, and what He was about to offer for our sake.

Our Father, Hail Mary, and Glory Be to the Father

*O how sad and sore distressed
Was that Mother highly blest,
Of the sole-begotten One!*



Third Station: Jesus falls the first time.

Pause here to reflect on how Jesus stumbled under the weight of the cross. He was so weakened, battered, and bloody yet he persevered.

Our Father, Hail Mary, and Glory Be to the Father

*Christ above in torment hangs,
She beneath beholds the pangs
Of her dying glorious Son.*



Fourth Station: Jesus meets his mother, Mary.

Contemplate the sorrow of Mary as she meets her son on the road to Calvary. Ask Mary to accompany us in our sorrows and challenges.

Our Father, Hail Mary, and Glory Be to the Father

*Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?*



Fifth Station: Simon helps Jesus carry the cross.

Reflect on how Simon of Cyrene stepped in to help Jesus. Let's pray for the grace to help others in their times of need. Lord, teach us to be like Simon, willing to lend a helping hand.

Our Father, Hail Mary, and Glory Be to the Father

*Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?*



Sixth Station: Veronica wipes the face of Jesus.

Imagine Veronica's act of kindness and courage. Pray for the courage to show mercy to others. Lord, help us see your face in those who suffer.

Our Father, Hail Mary, and Glory Be to the Father

*Bruised, derided, cursed, defiled
She beheld her tender Child
All with bloody scourges rent.*



Seventh Station: Jesus falls the second time.

Pause to reflect on Jesus' second fall. Pray for the strength to persevere in our own trials. Jesus, strengthen us in our weakness.

Our Father, Hail Mary, and Glory Be to the Father

*For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.*



Eighth Station: Jesus meets the women of Jerusalem.

Reflect on Jesus' compassion for the women who mourned for him. Pray for compassion towards others in their sorrows. Lord, help us to comfort those who weep.

Our Father, Hail Mary, and Glory Be to the Father



Ninth Station: Jesus falls the third time.

Pause to reflect on Jesus' final fall under the weight of the cross. Pray for the grace to persevere, even in our most difficult moments. Jesus, be our strength in times of despair.

Our Father, Hail Mary, and Glory Be to the Father



Tenth Station: Jesus is stripped of his garments.

Contemplate the humiliation and vulnerability of Jesus as he is stripped of his clothes. Pray for the courage to bear our own vulnerabilities with dignity.

Our Father, Hail Mary, and Glory Be to the Father



Eleventh Station: Jesus is nailed to the cross.

Reflect on the agony of Jesus as he is nailed to the cross. Pray for the grace to endure suffering with patience and faith. Jesus, grant us the courage to embrace our crosses with love.

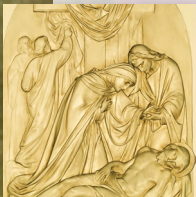
Our Father, Hail Mary, and Glory Be to the Father



Twelfth Station: Jesus dies on the cross.

Pause to contemplate Jesus' ultimate sacrifice for our salvation. Pray in gratitude for his love and mercy. Lord Jesus, thank you for giving your life for us.

Our Father, Hail Mary, and Glory Be to the Father



Thirteenth Station: Jesus is taken down from the cross.

Reflect on the sorrow of Mary as she receives Jesus' lifeless body. Let's pray for the grace to console others in their grief. Mary, Mother of Sorrows, be with us in our times of loss.

Our Father, Hail Mary, and Glory Be to the Father



Fourteenth Station: Jesus is laid in the tomb.

Contemplate the silence and darkness of the tomb where Jesus was laid. Pray for hope in the midst of darkness, trusting in Jesus' promise of resurrection.

Our Father, Hail Mary, and Glory Be to the Father

*Oh thou Mother! fount of Love,
Touch my spirit from above.
Make my heart with yours accord:*

*Make me feel as though hast felt;
Make my soul to glow and melt
With the love of Christ, my Lord.*

*Holy Mother, pierce me through!
In my heart each wound renew
Of my Savior crucified.*

*Let me share with thee His pain,
Who for all our sins was slain.
Who for me in torments died.*

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

*By the cross with you stay,
There with you to weep and pray,
Is all I ask of you to give.*

*Virgin of all virgins blest!
Listen to my fond request:
Let me share your grief divine.*