

IMMACULATE CONCEPTION  
ROMAN CATHOLIC CHURCH



THE WAY OF THE CROSS

# **A SCRIPTURAL WAY OF THE CROSS**

**with Meditations by Saint Alphonsus Liguori**

Opening Hymn: *Take Up Your Cross*

**Take up your cross, be not ashamed!  
Let not disgrace your spirit fill!  
For God himself endured to die  
Upon a cross, on Calvary's hill.**

**Take up your cross, and follow Christ,  
Nor think till death to lay it down;  
For only they who bear the cross  
May hope to wear the glorious crown.**

My Dear Friends, echoing the prayer of Saint John Paul II, we pray:  
“We are here because we are convinced that the Way of the Cross of the Son of God was not simply a journey to the place of execution. We believe that every step of the Condemned Christ, every action and every word, as well as everything felt and done by those who took part in this suffering and death too, Christ reveals to us the truth about God and man.

What does it mean to have a part in the Cross of Christ? It means to experience, in the Holy Spirit, the love hidden within the Cross of Christ. It means to recognize, in the light of this love, our own cross, It means to take up that cross once more and strengthened by this love, to continue our journey... To journey through life, in imitation of the one who “endured the cross, despising the shame, and is seated at the right hand of the throne of God” (Heb. 12:2).”

*Brief pause of silence.*

Let us pray:

Lord Jesus Christ, fill our hearts with the light of your Spirit, so that by following you on your final journey way may come to know the price of our Redemption and become worthy of a share in the fruits of your passion, Death and Resurrection. You who live and reign for ever and ever.

All: **Amen**

*All:* + In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

### **Prayer**

*All:* My Lord Jesus Christ, You have made this journey to die for me with love unutterable, and I have so many times unworthily abandoned You; but now I love You with my whole heart; and, because I love You, I repent sincerely for having ever offended You. Pardon me, my God; and permit me to accompany You on this journey. You go to die for love of me; I wish also, 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.**

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## **The 1<sup>st</sup> Station:**

### **Jesus Is Condemned To Death**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* For God so loved the world that He gave His only Son, so that everyone who believes in Him might not perish but might have eternal life (John 3:16).

#### **Meditation**

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

#### **Prayer**

*All:* My Jesus, it was not Pilate, it was my sins that condemned You to die. I beg You, by the merits of this sorrowful journey, to assist my soul in its journey toward eternity. I love You, my beloved Jesus; I love You more than myself; 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 what You will.

**Through her heart, His sorrow sharing,  
All His bitter anguish bearing,  
Now at length the sword had passed.**

## **The 2<sup>nd</sup> Station:**

### **Jesus Carries His Cross**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* "If anyone wishes to come after Me, he must deny himself and take up his cross daily and follow Me" (Luke 9: 23).

#### **Meditation**

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

#### **Prayer**

*All:* My beloved Jesus, I embrace all the tribulations You have destined for me until death. I beg You, by the merits of the pain You suffered in carrying Your Cross, to give me the necessary help to carry mine with perfect patience and resignation. I love You, Jesus my love; I repent of having offended You. Never permit me to separate myself from You again. Grant that I may love You always; and then do with me what You will.

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

## **The 3<sup>rd</sup> Station:**

### **Jesus Falls The First Time**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* We had all gone astray like sheep, each following his own way; But the Lord laid upon Him the guilt of us all (Isaiah 53:6).

#### **Meditation**

Consider 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.

#### **Prayer**

*All:* My beloved Jesus, it is not the weight of the Cross, but my sins, which have made You suffer so much pain. By the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love You, O my Jesus, with my whole heart; I repent of having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

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

## **The 4<sup>th</sup> Station:**

### **Jesus Meets His Sorrowful Mother**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* Come, all you who pass by the way, look and see whether there is any suffering like My suffering (Lamentations 1: 12).

#### **Meditation**

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.

#### **Prayer**

*All:* My most loving Jesus, by the sorrow You experienced in this meeting, grant me the grace of a truly devoted love for your most holy Mother. And you, my Queen, who were overwhelmed with sorrow, obtain for me by your intercession a continual remembrance of the Passion of your Son. I love You, Jesus, my love; I repent of ever having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

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

## **The 5<sup>th</sup> Station:**

### **Simon Helps Jesus To Carry The Cross**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* Bear one another's burdens, and so you will fulfill the law of Christ (Galatians 6: 2).

#### **Meditation**

Consider how his executioners, 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.

#### **Prayer**

*All:* My beloved Jesus, I will not refuse the Cross. I accept it, I embrace it. I accept in particular the death You have destined for me; with all the pains that may accompany it; I unite it to Your death, 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; I repent of having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

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

## **The 6<sup>th</sup> Station:**

### **Veronica Wipes The Face Of Jesus**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* His look was marred beyond that of man, and His appearance beyond that of mortals (Isaiah 52: 14).

#### **Meditation**

Consider how 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.

#### **Prayer**

*All:* My beloved Jesus, Your face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. My soul also was once beautiful, when it received Your grace in Baptism; but I have disfigured it since by my sins; You alone, my Redeemer, can restore it to its former beauty. Do this by Your Passion. O Jesus, I repent of having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

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

## **The 7<sup>th</sup> Station:**

### **Jesus Falls The Second Time**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* We do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin (Hebrews 4:15).

#### **Meditation**

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.

#### **Prayer**

*All:* My most gentle Jesus, how many times You have pardoned me, and how many times have I fallen again, and begun again to offend You! By the merits of this new fall, give me the necessary help to persevere in your grace until death. Grant that in all temptations which assault me I may always commend myself to You. I love You, Jesus my love, with my whole heart; I repent of having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

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

## **The 8<sup>th</sup> Station:**

### **The Women Of Jerusalem Weep Over Jesus**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children" (Luke 23:28).

#### **Meditation**

Consider how those women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them: "Weep not for me, but for your children."

#### **Prayer**

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

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

## **The 9<sup>th</sup> Station:**

### **Jesus Falls The Third Time**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* I am like water poured out; all my bones are racked. My heart has become like wax. My throat is dried up like baked clay. My tongue cleaves to my jaws; to the dust of death, you have brought me down (Psalm 22.15-16).

#### **Meditation**

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.

#### **Prayer**

*All:* My outraged Jesus, by the merits of the weakness You suffered in going to Calvary, give me strength sufficient to conquer all human respect, and all my wicked passions, which have led me to despise your friendship. I love You, Jesus my love, with my whole heart; I repent of having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

**O thou Mother! fount of love!  
Touch my spirit from above;  
Make my heart with thine accord.**

## **The 10<sup>th</sup> Station:**

### **Jesus Is Stripped Of His Garments**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* They divided my garments among them, and for my vesture they cast lots (Psalm 22:19).

#### **Meditation**

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

#### **Prayer**

*All:* My innocent Jesus, by the merits of the torment You have felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in You, who are so worthy of my love. I love You, O Jesus, with my whole heart; I repent of having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

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

## **The 11<sup>th</sup> Station:**

### **Jesus Is Nailed To The Cross**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* "Father, forgive them, for they do not know what they are doing"  
(Luke 23: 34).

#### **Meditation**

Consider how Jesus, after being thrown on the Cross, extended His hands, and offered to His Eternal Father the sacrifice of His death for our salvation. These barbarians fastened Him with nails, and them, raising the Cross, allowed Him to die with anguish on this infamous gibbet.

#### **Prayer**

*All:* My Jesus! loaded with contempt, nail my heart to your feet, that it may ever remain there, to love You, and never leave You again. I love You more than myself; I repent of having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

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

## **The 12<sup>th</sup> Station:**

### **Jesus Is Raised Upon The Cross, and Dies**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* "Father, into Your hands I commend My spirit" (Luke 23: 46).

#### **Meditation**

Consider how your Jesus, after three hours of Agony on the Cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

#### **Prayer**

*All:* O my dying Jesus, I kiss devoutly the Cross on which You died for love of me. I have merited by my sins to die a miserable death; but your death is my hope. By the merits of your death, give me grace to die, embracing Your feet, and burning with love for You. I yield my soul into your hands. I love You with my whole heart; I repent of having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

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

## **The 13<sup>th</sup> Station:**

### **Jesus Is Taken Down From The Cross**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* “Did not the Christ have to suffer those things before entering into His glory?” (Luke 24: 26).

#### **Meditation**

Consider how, after the death of our Lord, 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.

#### **Prayer**

*All:* O mother of sorrow, for the love of this Son, accept me for your servant, and pray to Him for me. And You, my Redeemer, since You have died for me, permit me to love You; for I wish only You, and nothing more. I love You, my Jesus, and I repent of ever having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

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

## **The 14<sup>th</sup> Station:**

### **Jesus Is Laid In The Tomb**

*Leader:* We adore You, O Christ, and we bless You,

*All:* because by your holy Cross, You have redeemed the world.

*Reader:* "Unless the grain of wheat falls into the ground and dies, it remains alone. But if it dies, it brings forth much fruit" (John 12: 24-25).

#### **Meditation**

Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged It in the sepulcher with her own hands. They then closed the tomb, and all withdrew.

#### **Prayer**

*All:* Oh, my buried Jesus, I kiss the stone that encloses You. But You rose again the third day. I beg You, by Your resurrection, make me rise glorious with You at the last day, to be always united with You in heaven, to praise You and love You forever. I love You, and I repent of ever having offended You. Never permit me to offend You again. Grant that I may love you always; and then do with me what You will.

**Christ, when Thou shalt call me hence,  
Be Thy Mother my defense,  
Be Thy cross my victory.**

Let us pray: Dear and loving God. You gave your life to set us free, and we are unspeakably grateful. Read our hearts, hear our prayers, help us to always remember your love, Amen.

Closing Chant:

**Jesus, remember me when you come into your kingdom.  
Jesus, remember me when you come into your kingdom.**

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**At the Cross Her Station Keeping** - STABAT MATER

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