

# STATIONS OF THE CROSS

A reading from the Holy Gospel  
according to Luke.  
(Luke 9:22-24)



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, will save it.

Lord Jesus, help us to be open to your closeness and presence as we begin this journey to Calvary with you. Help us to find in your Passion and Death the strength we need to take up our crosses and follow you.

## *First Station: Pilate Condemns Jesus to Death*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Before Pilate Jesus stood,  
unbowed, unbroken, unafraid.  
“Are you a king?” Pilate cried.  
“I am,” the reply.  
“We have no king but Caesar.  
Crucify him! Crucify him!”  
Then, before Jesus, PILATE stood,  
bowed, broken, and afraid.  
He handed him over first to be scourged  
and then to be crucified.**

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.

*Judge of all He stands convicted,  
Of the sin that we've committed.  
All for love He bears our guilt.*

## *Second Station: Jesus Accepts His Cross*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Large, heavy, rough,  
weight unbearable,  
That cross had stood,  
Waiting the unfortunate, the criminal,  
the victim of the court.  
Silently, Jesus shouldered it.  
The march began,  
to Golgotha.  
He struggled on, painfully, quietly,  
alone.**

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

*Now the cross as Jesus bore it,  
Has become for us who share it,  
Symbol of our victory.*

## *Third Station: Jesus Falls the First Time*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Here, here on Calvary's way  
Jesus falls for the first time,  
not yet exhausted,  
still alert to every pain, still quickened  
by the lash.  
Tripped on a stone, perhaps,  
or stunned by a soldier's blow.  
Jesus struggles, he stands,  
he moves along.**

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

*For the sins of His own nation,  
Jesus walked in desolation,  
'Til He fell upon His knees.*

## *Fourth Station: Jesus Meets His Mother*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION :**

**Mary,  
mothering her son in his last moments –  
unable to touch, except with saddened  
eyes.**

**Jesus, body torn, heart broken,  
eyes on his mother,  
comforted and comforting.**

**No word is spoken;  
none is needed.**

**Jesus meets his mother.**

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.

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

## *Fifth Station: Simon Helps Jesus Carry His Cross*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Strong and likely Simon stood,  
chance watcher of that strange  
procession on its way to Calvary.  
“Carry the cross,” they said,  
words empowered by whips  
and lances and numbers.  
And he did.  
He shouldered the cross  
and followed behind Jesus.**

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.

*Simon bears with hesitation,  
Glorious sign of our salvation,  
That which we should bear with joy.*

## *Sixth Station: Veronica Wipes the Face of Jesus*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**His face stained with blood,  
grime-weary, tired,  
Jesus shuddered, step by step, along.  
Veronica, hesitantly tender,  
alive to opportunity,  
from the shadows stepped,  
and with her woman's veil  
touched the face  
and bathed the sorrow  
to the tempo of her tears.  
Veronica, Veronica, so tender, so loving.**

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.

*With the cloth she wipes His face,  
Tears of pain she can't erase,  
From the face of love on earth.*

## *Seventh Station: Jesus Falls the Second Time*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Tired now, beaten, bruised,  
body broken,  
Jesus falls a second time.  
Even without the cross, the shoulders  
ache,  
the head drops blood, the knees buckle.  
Jesus falls again.  
A whip is lashed,  
A hard word is spoken,  
a fist, a lance's blunted end.  
Jesus rises, moves on again.**

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.

*Jesus falls upon the ground,  
Struggles forth without a sound,  
To continue on His way.*

## *Eighth Station: Jesus Speaks to the Women*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Old, worn women leaning on each other,  
young, vital women,  
children at the knees,  
babies at the breast,  
Women of Jerusalem, weeping.  
See Jesus struggle on,  
see the sadness of his eyes,  
see the knotting of his body.  
Women of Jerusalem, weeping.  
And yet, he speaks, not they.  
“Weep not for me,  
but for you and for your children.”**

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.

*Like the women at His passion,  
Loving hearts within us fashion,  
That we might share others' pain.*

## *Ninth Station: Jesus Falls the Third Time*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Jesus, reaching the limit of endurance,  
tired beyond tired,  
hanging onto consciousness,  
falls the third time.**

**Pain has passed beneath the body  
and seared the edges of the soul.  
Weariness has broken the resistance  
of a strong, well-trained body  
and overwhelmed the man.**

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.

*Pain in head and back He bore,  
Near to death, He fell once more,  
Yet obedient to God's will.*

## *Tenth Station: Jesus is Stripped of His Garments*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Bits of flesh and matted hair,  
Clots of hardened blood,  
Grime from city's soil,  
are torn from his quivering frame.  
Stripped of his garments,  
naked before the crowd,  
common criminal,  
folly of a foolish people,  
Jesus, Son of God.**

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.

*Garments stripped, He stands alone,  
Soldiers mock, no mercy shown,  
To the Son of God that day.*

## *Eleventh Station: Jesus is Crucified*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Hammers pounding,  
nails slicing through the flesh,  
hands clenched in ultimate agony,  
feet distended to conform  
to the rough contour of the cross.  
And then, the cross is hurled aloft,  
bannered in the face of God.  
Jesus is crucified.**

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.

*Arms spread wide our pain embracing,  
Stain of blood our sin erasing,  
Though nailed fast, His hands still heal.*

## *Twelfth Station: Jesus Dies on the Cross*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Jesus dies.**

**Silence.**

**The world is wordless.**

**It has lost the Word made flesh.**

**Only flesh remains.**

**Jesus dies upon the cross.**

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

*Word of Life, of death defiant,  
Bowed His head – the world is silent;  
Through His death came life anew.*

## *Thirteenth Station: Jesus is Taken Down from the Cross*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

**Dead, lifeless flesh, body without spirit,  
heart exposed as if to reveal  
the emptiness.**

**Gone the smiling face,  
the empasioned gesture,  
the vital step, the twisting agony.**

**Lifeless body, taken down,  
placed in the arms  
of his mother.**

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.

*Earth's sky black in midst of day,  
In His Mother's arms He lay,  
Now at length His suffering passed.*

## *Fourteenth Station: Jesus is Placed in the Tomb*



*We adore you, Lord Jesus,  
and we praise you.  
Because by your holy cross  
you have redeemed the world.*

### **MEDITATION:**

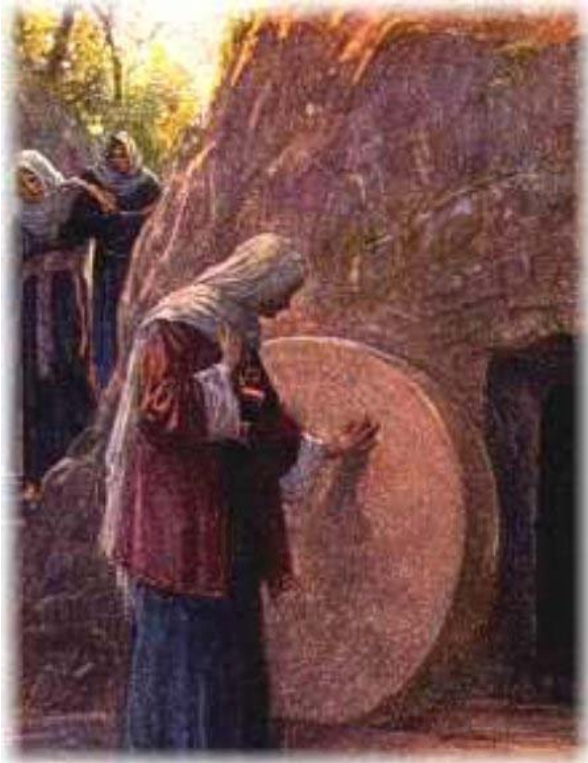
**It is over now.  
Body buried, neatly tombed.  
Spices ready.  
Cloths in proper place.  
Little things are done.  
No one can face the larger agonies,  
of loss,  
of loneliness,  
of anxiety.  
Faithful hands busy with tiny things.  
Jesus Christ is dead.**

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.

*Hidden from the sight of heaven,  
Earth's dark womb receives our victim,  
Now we wait for Him to rise.*

## *STATIONS OF THE CROSS*

**A reading from the Holy Gospel  
according to Luke.  
(Luke 24:1-8)**



**On the first day of the week, at the first sign of dawn, they went to the tomb with spices they had prepared. They found that the stone had been rolled away from the tomb. But, on entering, they discovered that the body of the Lord Jesus was not there. As they stood there not knowing what to think, two men in brilliant clothes suddenly appeared at their side. Terrified, the women lowered their eyes. But the two men said to them, “Why look among the dead for someone who is alive? He is not here; he has risen. Remember what he told you when he was still in Galilee: that the Son of Man had to be handed over into the power of sinful people and be crucified, and rise again on the third day?”**

**And they remembered his words.**

Lord Jesus, help us to walk with you each day, even to Calvary. The sorrows and joys, the pains and healings, the failures and triumphs of our lives are truly small deaths and resurrections that lead us to closeness with you. Give us faith and trust to walk with you always.

Amen.