Stations of the Cross

St. Mary's Parish - Iowa City, Iowa
STATIONS OF THE CROSS

SIGN OF THE CROSS


OPENING PRAYER:
ALL: 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.

THE FIRST STATION: PILATE CONDEMNS JESUS TO DEATH
Priest: We adore you, Lord Jesus, and we praise you.
All: Because by your holy cross you have redeemed the world.

MEDITATION

PAUSE

ALL: 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.

THE SECOND STATION: JESUS ACCEPTS HIS CROSS
Priest: We adore you, Lord Jesus, and we praise you.
All: Because by your holy cross you have redeemed the world.

MEDITATION

PAUSE

ALL: 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 by 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.
THE THIRD STATION: JESUS FALLS THE FIRST TIME

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

MEDITATION

PAUSE

All: 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.

THE FOURTH STATION: JESUS MEETS HIS MOTHER

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

MEDITATION

PAUSE

All: 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.

THE FIFTH STATION: SIMON HELPS JESUS CARRY HIS CROSS

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

MEDITATION

PAUSE

All: 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.

THE SIXTH STATION: VERONICA WIPES THE FACE OF JESUS

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

MEDITATION

PAUSE

All: 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.
THE SEVENTH STATION: JESUS FALLS THE SECOND TIME

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

MEDITATION
PAUSE

All: 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.

THE EIGHTH STATION: JESUS SPEAKS TO THE WOMEN

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

MEDITATION
PAUSE

All: 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.

THE NINTH STATION: JESUS FALLS THE THIRD TIME

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

MEDITATION
PAUSE

All: 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 on head and back He bore
Near to death, He fell once more
Yet obedient to God’s will.

THE TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

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

MEDITATION
PAUSE

All: 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.
THE ELEVENTH STATION: JESUS IS CRUCIFIED
Priest: We adore you, Lord Jesus, and we praise you.
All: Because by your holy cross you have redeemed the world.

MEDITATION

PAUSE

ALL: 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.

THE TWELFTH STATION: JESUS DIES ON THE CROSS
Priest: We adore you, Lord Jesus, and we praise you.
All: Because by your holy cross you have redeemed the world.

MEDITATION

PAUSE

ALL: Lord Jesus, your broken and lifeless body calls me to deeper faith.
You chose death, even death on the 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.

THE THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS
Priest: We adore you, Lord Jesus, and we praise you.
All: Because by your holy cross you have redeemed the world.

MEDITATION

PAUSE

ALL: 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, and 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.

THE FOURTEENTH STATION: JESUS IS PLACED IN THE TOMB
Priest: We adore you, Lord Jesus, and we praise you.
All: Because by your holy cross you have redeemed the world.

MEDITATION

PAUSE

ALL: Lord Jesus, when I see the great stone sealing your tomb, I feel alone and abandoned. Even 
thought 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.

CLOSING PRAYER: All

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.