

# THE STATIONS OF THE CROSS



**ST. XENIA OF ROME**  
**Independent Catholic Orthodox Mission**



## ***The First Station: Jesus is Condemned to Death***



**Pontius Pilate connived with the will of the Jewish leaders. He sentenced Jesus Christ to death though He was innocent.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, You were sentenced to death though You were innocent. They framed up lies against You, punished and persecuted You as if you were a criminal.**

**We cannot understand why You did not complain or even utter words of self-defense. You accepted freely the punishment which You did not deserve.**

**You suffered much for our sinfulness. You care for us very much. May we learn from Your meekness and humility.**

**Help us to refrain from tale-bearing, backbiting or any other act that will destroy the dignity of our neighbor. Grant us the courage to speak for the truth rather than deny it. Give us the grace to recognize You in our brothers and sisters.**

***All: For the sake of Christ being condemned to death, have mercy on us and on the whole world.***



## ***The Second Station: Jesus Takes Up His Cross***



**Jesus accepted His Cross which was too heavy for His frail body. Christ suffered carrying the heavy Cross to redeem us.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, You accepted Your cross which was too heavy for Your frail body. We ourselves have made Your cross heavy because You carried the burden of our sins. Yet, in spite of all these, you love us and you are forgiving our sins.**

**How good You are to us. But what have we given you in return?**

**Help us Lord, to get out of our self-centeredness, and learn to lift up the burden of others.**

***All: For the sake of Christ carrying the Cross, have mercy on us and on the whole world.***



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



**Weakened, prodded, cursed, and fallen, His whole Body bruised and swollen, Jesus tripped and lay in pain because of our sins. Dust and blood were seen in His Holy Face when He looked up in heaven asking God the Father to let Him redeem us sinners.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, because of the weight of the cross you were completely drained of Your strength. And You collapsed under the wooden cross. Yet, You rose again. This is a lesson for us when we fall into sin: we should not remain where we have fallen; but, learn and grow from it. Together with Your help, we will rise from a senseless life to a life that is God-directed. We want to throw the things that enslave us such as gambling, drunkenness, self-indulgence and many other vices. Like You, we will carry our own**

**crosses patiently and rise with You when discouragement comes in.**

***All: For the sake of Christ first fall under the weight of the Cross, have mercy on us and on the whole world.***



## ***The Fourth Station: Jesus Meets His Sorrowful Mother***



**There on the road to Calvary, Jesus met His afflicted Mother. They looked at each other's teary eyes. We must meditate on the sadness felt by our loving Virgin Mother in meeting her suffering Son; like a sharp pointed knife that pierced her heart.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Holy Mary, Mother of God! Because of the great pain you felt when you saw your beloved Son, our Lord Jesus Christ carrying the Cross; have pity on us and let us feel in our hearts the pain you experienced so we will be able to acknowledge our sins that made Him suffer, and we will be sorry for them; and that we may be given the grace not to sin again.**

***All: For the sake of Christ meeting His afflicted***

***Mother, have mercy on us and on the whole world.***



## ***The Fifth Station: Simon of Cyrene Carries the Cross***



**On their way out they met a Cyrenian named Simon; this man they pressed into service to carry the cross. (Mt 27:32)**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord, Your strength is gone and You can no longer bear the cross alone. The road to Calvary is still a long way and yet You have really to reach it. How greatly You have appreciated Simon of Cyrene who helped You carry the cross even if he did not volunteer to do it. How much more happy You are if the help is offered freely.**

**Let us learn to love You by standing by You. Help us to learn to get involved when our help is needed. May we not be afraid nor reluctant to give a helping hand. Give us inner strength and courage to do what is pleasing to God.**

***All: For the sake of Christ accepting help in carrying the Cross, have mercy on us and on the whole world.***



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



**Veronica hastily went near Jesus and wiped His face with a piece of cloth. The face of Jesus was imprinted in the cloth.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, we feel Your love and understanding in the consolation and support we receive from one another. Give us, we beg You the courage and dedication to sacrifice and suffer with those who are in need, the least of Your people.**

***All: For the sake of Christ receiving mercy from Veronica, have mercy on us and on the whole world.***

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

**Jesus falls the second time. His pain and suffering we cannot fathom.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus Christ, You shared in our weaknesses and accepted our guilt. Grant us the favor of rejoicing over our human weaknesses, so that in all we do, Your strength, dwelling in us, may be shown to all others.**

***All: For the sake of Christ second fall under the weight of the Cross, have mercy on us and on the whole world.***





## ***The Eighth Station: Jesus Meets the Women of Jerusalem***



**A great crowd of people followed Him, including women who beat their breasts and lamented over Him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me. Weep for yourselves and for your children." (Lk 23:27-28)**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, what You said to the women of Jerusalem is also applicable to us. Instead of crying over Your sufferings, we should cry over our sins. It is a contrite heart that will please You more than our expression of sympathy. Forgive us for our infidelities, Lord.**

***All: For the sake of Christ consoling the women, have mercy on us and on the whole world.***



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



**Jesus falls the third time. He was so exhausted and so weak to carry the heavy cross.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, You have been weakened in carrying the Cross, to save our souls. Help us to accept our weaknesses and faults and that we will love no one but You who lives and reigns with the Father in union with the Holy Spirit.**

***All: For the sake of Christ third fall under the weight of the Cross, have mercy on us and on the whole world.***



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



**When they reached the place called Golgotha which means skull, they offered Him wine mixed with gall. Jesus tasted it but would not take it. His Blood dripped as His sticking wounds opened when they tore off His clothes.**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, You were stripped off Your garments by the soldiers. But Your fellow Jews stripped You more: they stripped You of Your honor and dignity. They mocked You and insulted You. Yet You endured all of these for us.**

**Lord, help us to keep in mind that when we sin we are also stripping You. We are again nailing You to the cross. May we love You more and partake of Your love-offering in the Eucharist.**

***All: For the sake of Christ being stripped, have mercy on us and on the whole world.***



## ***The Eleventh Station: Jesus is Nailed to the Cross***



**When they came to Golgotha, they crucified Jesus and the two criminals, one on His right and the other on His left. And Jesus said, "Father forgive them for they know not what they do!" (Lk23:33-34; Jn19:18)**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord, while You were hanging on the Cross, You did not dwell on Your sufferings. Instead You were thinking of humankind. You cried out to God, "Father forgive them".**

**You have given us an example of pure love. We need this reminder for, sometimes, we refuse to forgive those who offended us. Do grant us the same forgiving heart that You have. Help us realize that a life of love is the best way to erase from our hearts the fear of death.**

***All: For the sake of Christ being crucified, have mercy on us and on the whole world.***



## ***The Twelfth Station: Jesus is Crucified and Dies upon the Cross***



It was now about twelve o'clock noon, and there was darkness over the whole land until three o'clock in the afternoon. And Jesus cried out in a loud voice, "*Eli, Eli, lema sabacthani?*", that is, "*My God, my God, why have You forsaken me?*" When some of those who stood there heard this they said, "This man is calling on Elijah," and one of them quickly ran to get a sponge, which he dipped in vinegar and putting it on a reed, gave it to him to drink. "Wait," said the rest of them, "and see if Elijah will come to save Him." But Jesus, again crying out in a loud voice, "*Father, into Thy hands I commend my Spirit!*" and He yielded up His spirit. (Mt 27: 45-50)

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: (Remain Kneeling with silent prayer)**

***All: For the sake of Christ death on the Cross, have mercy on us and on the whole world.***



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



When the soldiers came to Jesus, they saw that He was already dead so that they did not break His legs, but one of them opened His side with a lance, and immediately there came out Blood and Water. Joseph of Arimathea, because he was a disciple of Jesus (although a secret one for fear of the Jews), besought Pilate that he might take away the body of Jesus. And Pilate gave permission. The body of Jesus was then taken down from the Cross and laid in the arms of His sorrowful mother. (Jn 19:34, 38)

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

Let us pray: You died Jesus but the source of life flowed out for souls and the ocean of mercy opened up for the whole world. O Fountain of Life, immeasurable Divine Mercy, cover the whole world and empty Yourself out upon us. O Blood

and Water which gushed forth as a Fount of Mercy for us, we trust in You.

***All: For the sake of Christ's Sorrowful Passion, have mercy on us and on the whole world.***



## ***The Fourteenth Station: Jesus is Buried in the Tomb***



**Taking the body of Jesus, Joseph wrapped it in fresh linen and laid it in his own new tomb which have been hewn from a formation of rock. Then he rolled a huge stone across the entrance of the tomb and went away. (Mt 27:59-60)**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us pray: Lord Jesus, help us to make Your redemptive act be fruitful in our lives. May we not be found unfaithful and unloving when death comes to claim us.**

***All: For the sake of Christ being laid in the tomb, have mercy on us and on the whole world.***

***Our Father - Hail Mary - Glory Be  
Amen!***



## ***The Fifteenth Station (On Easter): Jesus is Raised from the dead***



**After the Sabbath and towards dawn on the first day of the week, Mary of Magdala, Mary the mother of James, and Salome brought spices that they might go and anoint Jesus. They were saying to one another, "Who will roll the stone back from the entrance of the tomb for us?" But looking up they saw that the stone had been rolled back and upon entering the tomb they were amazed to see a young man sitting at the right side and clothed in white robe. He said to them, "There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for He has risen, come and see the place where He lay, then go quickly and tell His disciples."**

***All: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ (GENUFLECT) - In atonement for our sins and those of the whole world.***

**Let us proclaim: Alleluia, Jesus Christ is Risen from the Dead..!**

***All: For the sake of His being raised from the dead, have mercy on us and on the whole world. "Holy God, Holy Mighty One, Holy Immortal One, Have mercy on us and on the whole world." (Repeat 3 times), Amen..!***