

THE STATIONS
of
THE CROSS

According to the Method of
St. Francis of Assisi

PREPARATORY PRAYER

O Most merciful Jesus, with a contrite heart and penitent spirit,
I bow down in profound humility before Your divine majesty.

I adore You as my supreme Lord and Master;
I believe in You, I hope in You, I love You above all things.

I am heartily sorry for having offended You,
my Supreme and Only Good.

I resolve to amend my life,
and although I am unworthy to obtain mercy,
yet the sight of Your holy cross, on which You died,
inspires me with hope and consolation.

I will, therefore, meditate on Your sufferings
and visit the stations of Your passion in company
with Your sorrowful Mother and my guardian angel,
with the intention of promoting Your honor and saving my soul.

I desire to gain all the indulgences granted for this holy exercise
for myself and for the Poor Souls in Purgatory.

O Merciful Redeemer, who said,
“And I, if I be lifted from earth, will draw all things to Myself;”
draw my heart and my love to You,
that I may perform this devotion as perfectly as possible,
and that I may live and die in union with You.

Amen.

FIRST STATION

Jesus is Condemned to Death

℣. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

Jesus, most innocent, who neither did
nor could commit a sin,
was condemned to death, and moreover,
to the most disgraceful death of the cross.

To remain a friend of Caesar,
pilate delivered Him into the hands of His enemies.
A fearful crime to condemn Innocence to death,
and to offend God in order not to displease men!

O innocent Jesus, having sinned, I am guilty of eternal death,
but You willingly accepted the unjust sentence of death,
that I might live.

For whom, then, shall I from this moment on live,
if not You, my Lord?
Should I desire to please men, I could not be Your servant.
Let me, therefore, rather displease men and all the world,
than not please You, O Jesus.

℣. Lord Jesus Crucified,
℞. **Have mercy on us!**

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



SECOND STATION

Jesus is Made to Carry His Cross

℣. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

When our divine Savior beheld the cross,
He most willingly stretched out His bleeding arms,
lovingly embraced it, and tenderly kissed it,
and placing it on His bruised shoulders,
He, although almost exhausted, joyfully carried it.

O my Jesus, I cannot be Your friend and follower,
if I refuse to carry the cross.
O dearly beloved cross! I embrace you, I kiss you,
I joyfully accept you from the hands of my God.
Far be it from me to glory in anything,
save in the cross of my Lord and Redeemer.
By it the world shall be crucified to me and I to the world,
that I may be Yours forever.

℣. Lord Jesus Crucified,
℞. **Have mercy on us!**

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



THIRD STATION

Jesus Falls the First Time

℣. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

Our dear Savior, carrying the cross,
was so weakened by its heavy weight
as to fall exhausted to the ground.
Our sins and misdeeds were the heavy burden
which oppressed Him:
the cross was to Him light and sweet,
but our sins were galling and insupportable.

O my Jesus, You bore my burden
and the heavy weight of my sins.
Should I, then, not bear in union with You,
my easy burden of suffering
and accept the sweet yoke of Your commandments?
Your yoke is sweet and Your burden is light:
I therefore willingly accept it.
I will take up my cross and follow You.

℣. Lord Jesus Crucified,
℞. **Have mercy on us!**

Oh, how sad and sore distressed
Was that Mother highly blessed
Of the sole-begotten One!



FOURTH STATION

Jesus Meets His Sorrowful Mother

℣. We adore Thee, O Christ, and we praise Thee,
℞ **Because by Thy holy cross Thou hast redeemed the world.**

How painful and how sad it must have been for Mary,
the sorrowful Mother, to behold her beloved Son,
laden with the burden of the cross!

What unspeakable pangs
her most tender heart experienced!

How earnestly did she desire to die in place of Jesus,
or at least with Him!

Implore this sorrowful Mother
that she assist you in the hour of your death.

O Jesus, O Mary, I am the cause of the great
and manifold pains which pierce your loving hearts!

Oh, that also my heart would feel and experience
at least some of your sufferings!

O Mother of Sorrows, let me participate in the sufferings
which you and your Son endured for me,
and let me experience your sorrow, that afflicted with you,
I may enjoy your assistance in the hour of my death.

℣. Lord Jesus Crucified,

℞ **Have mercy on us!**

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



FIFTH STATION

Simon of Cyrene Helps Jesus to Carry His Cross

℣. We adore Thee, O Christ, and we praise Thee,

℟. Because by Thy holy cross Thou hast redeemed the world.

Simon of Cyrene was compelled
to help Jesus carry His cross,
and Jesus accepted his assistance.

How willingly would He also permit
you to carry the cross:

He calls, but you hear not;

He invites you, but you decline.

What a reproach, to bear the cross reluctantly!

O Jesus! whoever does not take up his cross and follow You,
is not worthy of You.

Behold, I join You in the Way of Your Cross;

I will be Your assistant, following Your bloody footsteps,
that I may come to You in eternal life.

℣. Lord Jesus Crucified,

℟. Have mercy on us!

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



SIXTH STATION

Veronica Wipes the Face of Jesus

℣. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

Veronica, driven by devotion and compassion,
presents her veil to Jesus to wipe His disfigured face.
And Jesus imprints on it His holy countenance:
a great recompense for so small a service.
What return do you make to your Savior
for His great and manifold benefits?

Most merciful Jesus!
What return shall I make for all the benefits
You have bestowed upon me?
Behold, I consecrate myself entirely to Your service.
I offer and consecrate to You my heart:
imprint on it Your sacred image,
never again to be disgraced by sin.

℣. Lord Jesus Crucified,
℞. **Have mercy on us!**

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



SEVENTH STATION

Jesus Falls the Second Time

∇ We adore Thee, O Christ, and we praise Thee,
℞ **Because by Thy holy cross Thou hast redeemed the world.**

The suffering Jesus, under the weight of His cross,
again falls to the ground;
but the cruel executioners
do not permit Him to rest a moment.
Pushing and striking Him, they urge him onward.
It is the frequent repetition of our sins
which oppresses Jesus.
Witnessing this, how can I continue to sin?

O Jesus, Son of David, have mercy on me!
Offer me Your helping hand, and aid me,
that I may not fall again into my former sins.
From this very moment, I will earnestly strive to reform:
nevermore will I sin!
You, O sole support of the weak,
by Your grace, without which I can do nothing,
strengthen me to carry out faithfully this my resolution.

∇ Lord Jesus Crucified,
℞ **Have mercy on us!**

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



EIGHTH STATION

The Women of Jerusalem Weep Over Jesus

∇ We adore Thee, O Christ, and we praise Thee,
℞ **Because by Thy holy cross Thou hast redeemed the world.**

These devoted women, moved by compassion,
weep over the suffering Savior.

But he turns to them saying:

“Weep not for Me, Who am innocent,
but weep for yourselves and for your children.”

Weep, for there is nothing more pleasing to Our Lord
and nothing more profitable for yourself,
than tears shed from contrition for your sins.

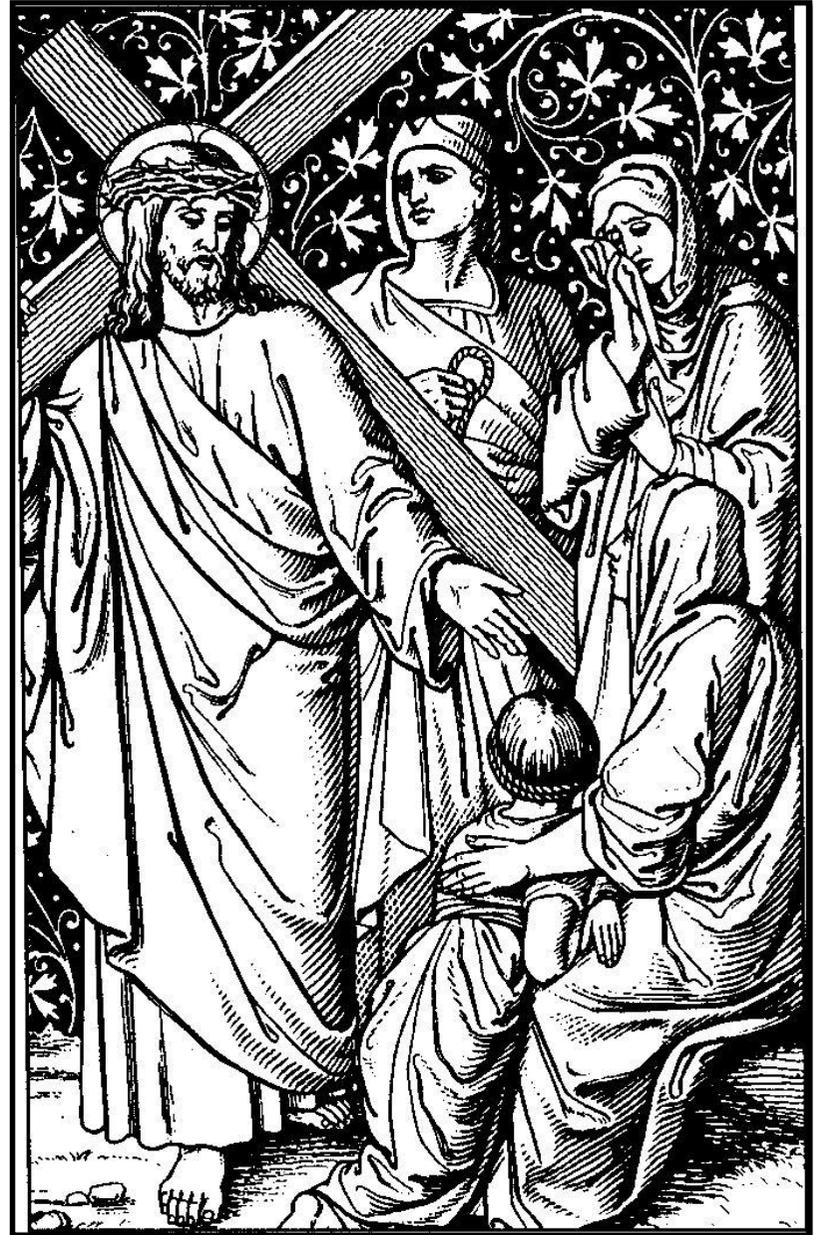
O Jesus, who shall give to my eyes a torrent of tears,
day and night I may weep for my sins?

I beseech You, through Your bitter and bloody tears,
to move my heart by Your divine grace,
so that from my eyes tears may flow abundantly,
and that I may weep all my days over Your sufferings,
and still more over their cause, my sins.

∇ Lord Jesus Crucified,

℞ **Have mercy on us!**

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



NINTH STATION

Jesus Falls the Third Time

℣. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

Jesus, arriving exhausted at the foot of Calvary
falls for the third time to the ground.

His love for us, however,
is not diminished, not extinguished.

What a fearfully oppressive burden our sins must be
to cause Jesus to fall so often!

Had He, however, not taken them upon Himself,
they would have plunged us into the abyss of Hell.

Most merciful Jesus,
I offer You infinite thanks
for not permitting me to continue in sin
and to fall as I have so often deserved, into the depths of Hell.
Enkindle in me an earnest desire of amendment;
let me never again relapse,
but grant me the grace to persevere in penance
to the end of my life.

℣. Lord Jesus Crucified,
℞. **Have mercy on us!**

O thou Mother! Fount of love,
Touch my spirit from above.
Make my heart with thine accord:



TENTH STATION

Jesus is Stripped of His Garments

℣. We adore Thee, O Christ, and we praise Thee,
℞ **Because by Thy holy cross Thou hast redeemed the world.**

When Our Savior had arrived on Calvary,
He was cruelly stripped of His garments.
How painful this must have been
because they adhered to His wounded and torn body,
and with them parts of his bloody skin were removed!

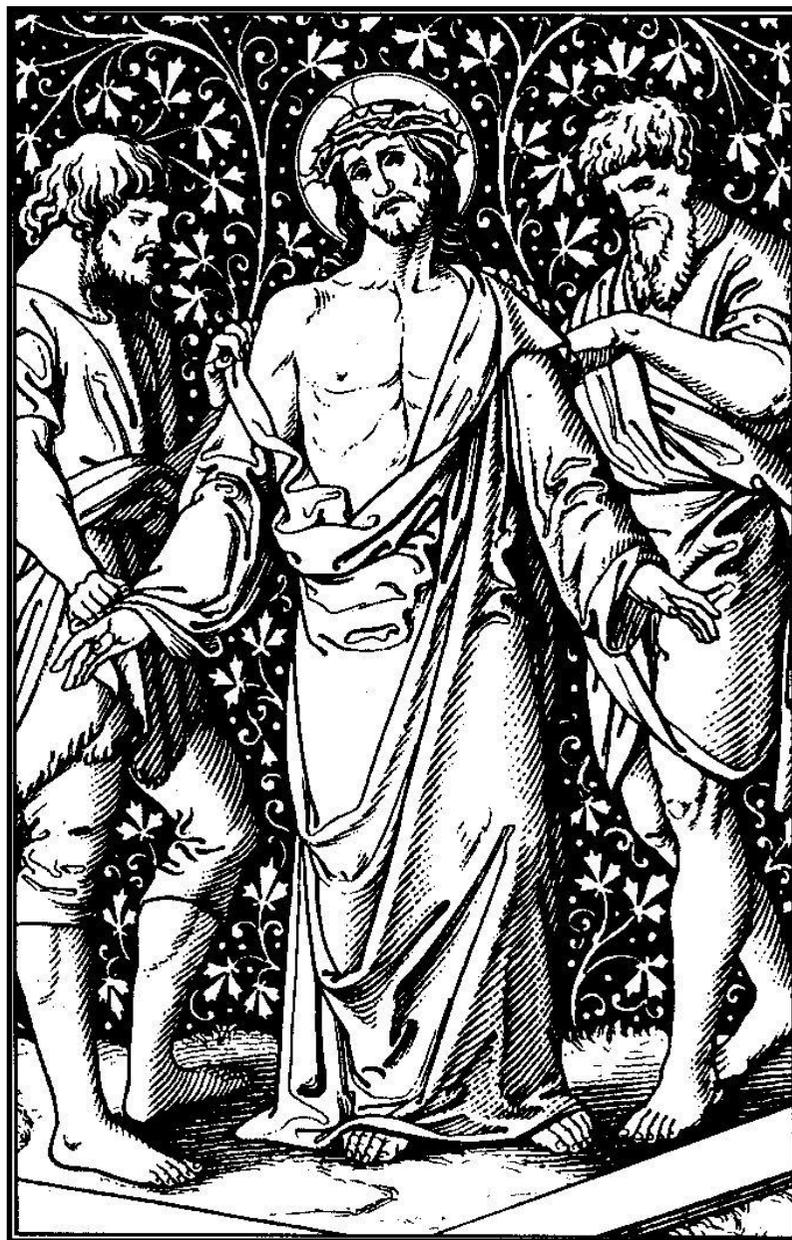
All the wounds of Jesus are renewed.
Jesus was stripped of His garments
that He might die possessed of nothing;
how happy will I also die
after laying aside my former self
with all evil desires and sinful inclinations!

Induce me, O Jesus, to lay aside my former self
and to be renewed according to Your will and desire.
I will not spare myself, however painful this should be for me:
stripped of things temporal, in order to live for You forever.

℣. Lord Jesus Crucified,

℞ **Have mercy on us!**

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



ELEVENTH STATION

Jesus is Nailed to the Cross

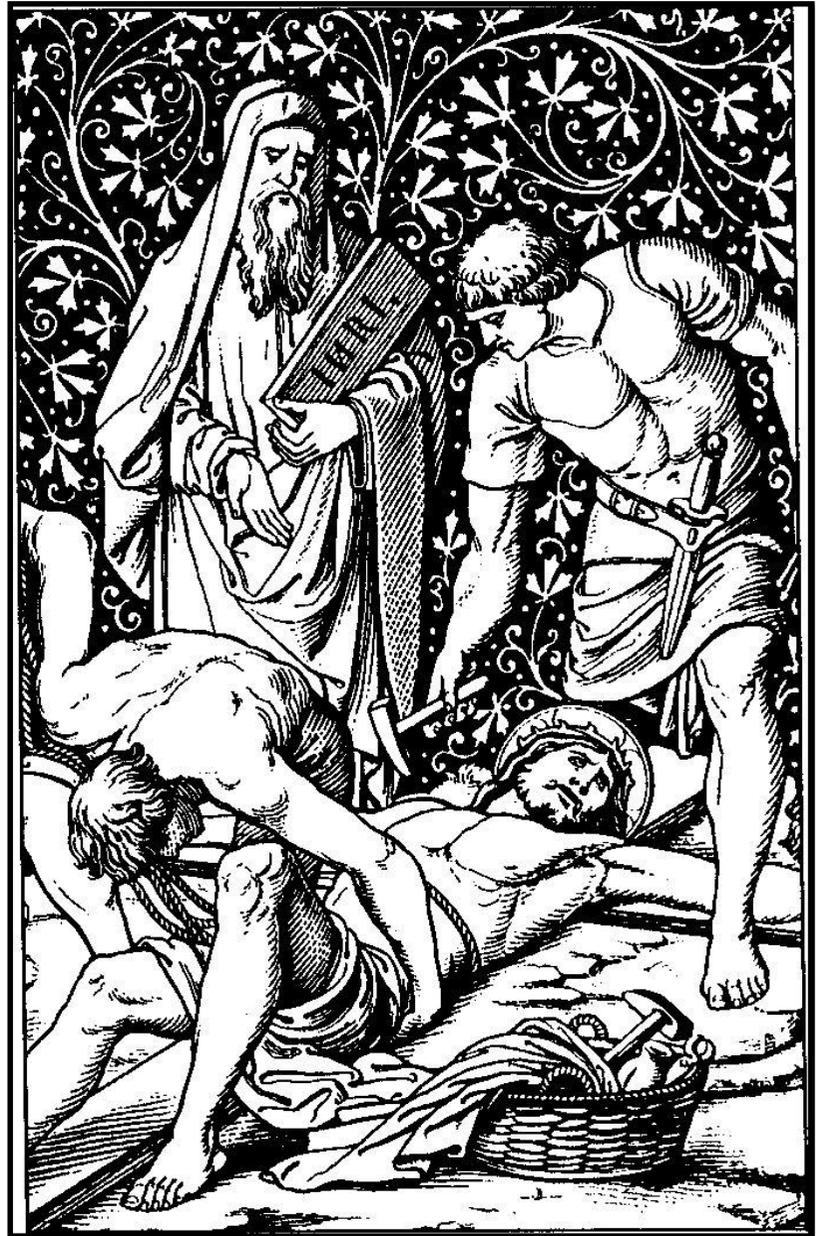
✠ We adore Thee, O Christ, and we praise Thee,
✠ Because by Thy holy cross Thou hast redeemed the world.

Jesus, being stripped of His garments,
was violently thrown upon the cross
and His hands and feet nailed to the cross.
In such excruciating pains He remained silent,
because it pleased His heavenly Father.
He suffered patiently, because He suffered for me.
How do I act in sufferings and in troubles?
How fretful and impatient, how full of complaints I am!

O Jesus, gracious Lamb of God,
I renounce forever my impatience.
Crucify, O Lord, my flesh and its desires;
scourge, scathe, and punish me in this world,
but spare me in the next.
I commit my destiny to You,
resigning myself to Your holy will:
may it be done in all things!

✠ Lord Jesus Crucified,
✠ Have mercy on us!

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



TWELFTH STATION

Jesus is Raised Upon the Cross and Dies

+All pause and if possible kneel in reverent silence.+

℣. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

Behold Jesus crucified!

Behold His wounds, received for love of you!

His whole appearance betokens love:

His head is bent to kiss you;

His arms are extended to embrace you;

His Heart is open to receive you.

O superabundance of love, Jesus, the Son of God,
dies upon the cross, that man may live
and be delivered from everlasting death!

O most loving Jesus!

Who will grant me that I may die for You!

I will at last endeavor to die to the world.

How must I regard the world and its vanities,
when I behold You hanging on the cross,
covered with wounds?

O Jesus, receive me into Your wounded Heart:

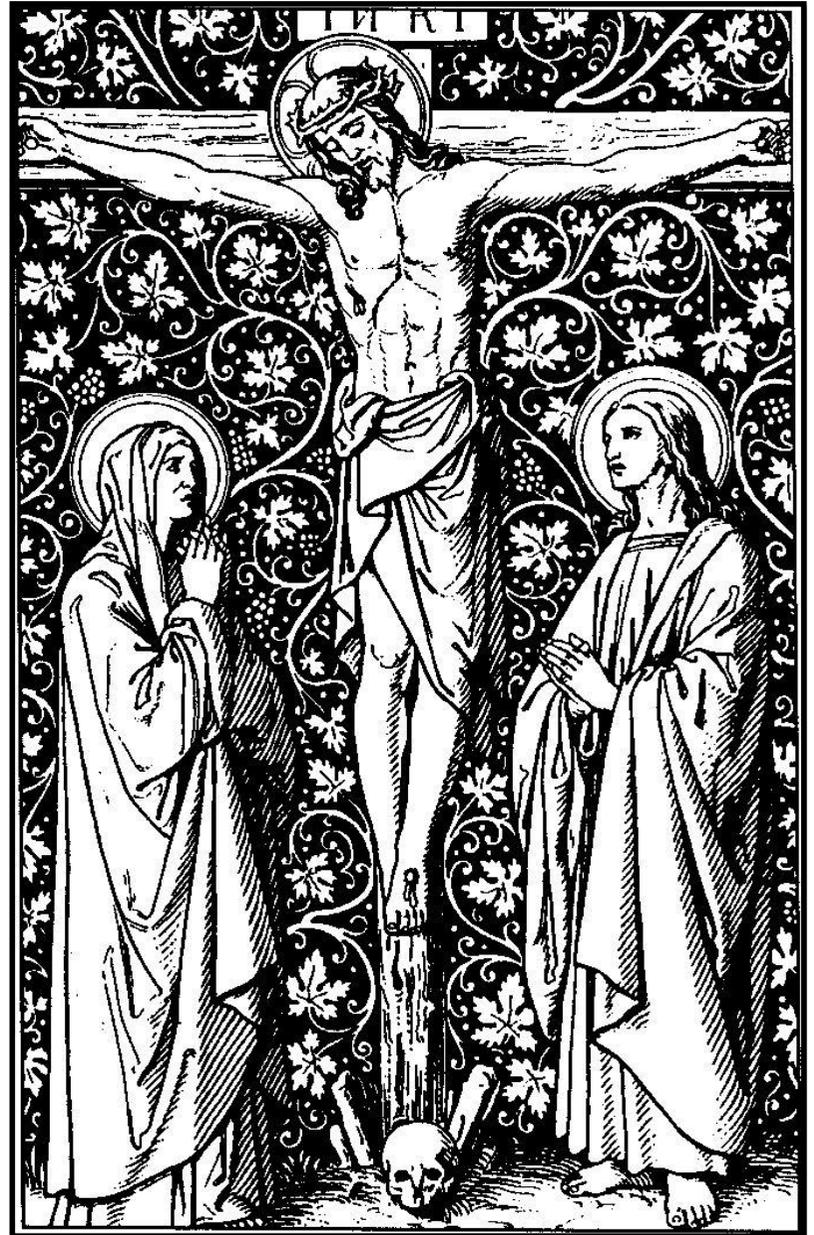
I belong entirely to You;

for You alone do I desire to live and to die.

℣. Lord Jesus Crucified,

℞. **Have mercy on us!**

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



THIRTEENTH STATION

*Jesus is Take Down from the Cross
and Placed in the Arms of His Mother*

∞. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

Jesus did not descend from the cross
but remained on it until He died.
And when taken down from it, He in death as in life,
rested on the bosom of His divine Mother.

Persevere in your resolutions of reform
and do not part from the cross;
he who perseveres to the end shall be saved.
Consider, moreover, how pure the heart should be
that receives the body and blood of Christ
in the Adorable Sacrament of the Altar.

O Lord Jesus, Your lifeless body, mangled and lacerated,
found a worthy resting place
on the bosom of Your virgin Mother.
Have I not often compelled You to dwell in my heart,
full of sin and impurity as it was?
Create in me a new heart, that I may worthily receive
Your most sacred body in Holy Communion,
and that You may remain in me and I in You for all eternity.

∞. Lord Jesus Crucified,
℞. **Have mercy on us!**

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



FOURTEENTH STATION

Jesus is Laid in the Tomb

∞. We adore Thee, O Christ, and we praise Thee,
℞. **Because by Thy holy cross Thou hast redeemed the world.**

The body of Jesus is interred in a stranger's tomb.
He who in this world had not a place to rest His head,
would not even have a grave of His own,
because He was not from this world.
you, who are so attached to the world,
from this moment on despise it,
that you may not perish with it.

O Jesus, You have set me apart from the world;
what, then, shall I seek therein?

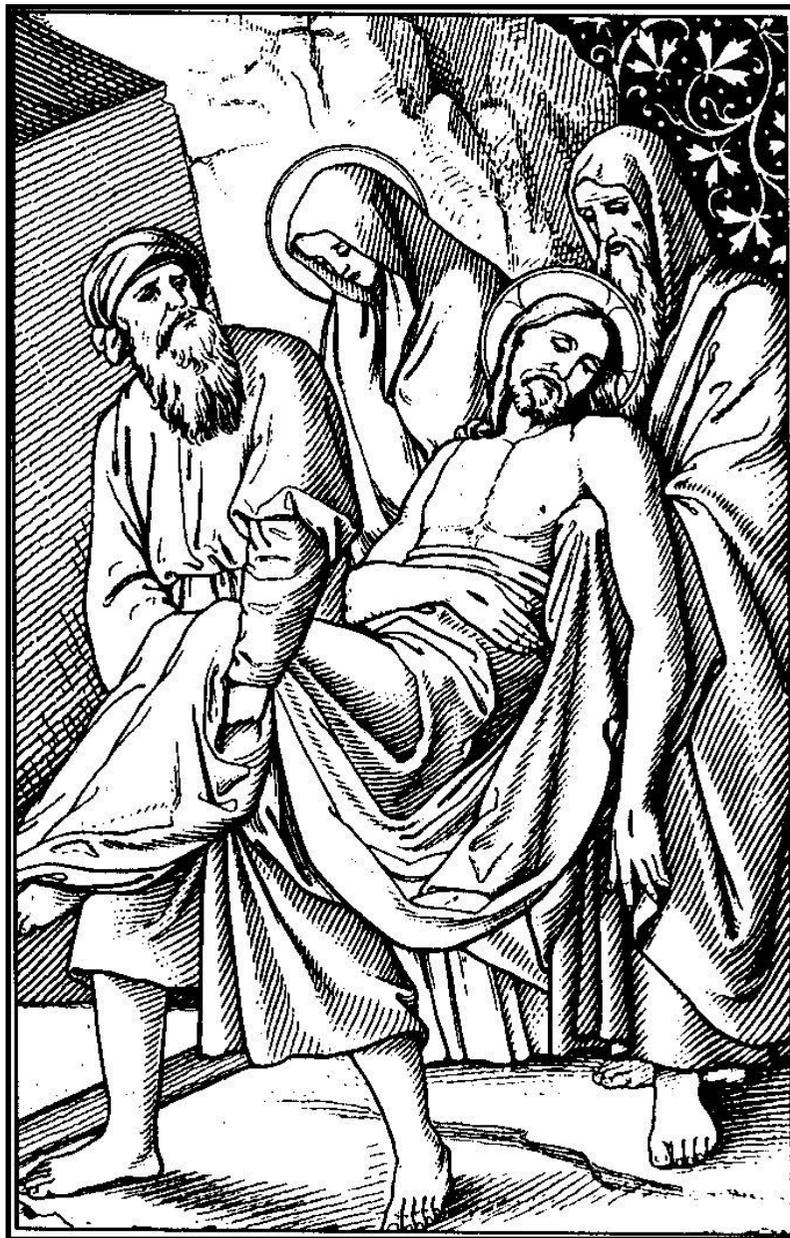
You have created me for Heaven;
what then, have I to do with the world?

Depart from me, deceitful world, with your vanities!
From this moment on I will follow the Way of the Cross
traced out for me by my Redeemer,
and journey onward to my heavenly home,
there to dwell forever and ever.

∞. Lord Jesus Crucified,

℞. **Have mercy on us!**

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



CONCLUDING PRAYER

Almighty and eternal God, merciful Father,
who has given to the human race Your beloved Son
as an example of humility, obedience, and patience,
to precede us on the way of life, bearing the cross:
Graciously grant us that we, inflamed by His infinite love,
may take up the sweet yoke of His Gospel
together with the suffering and wounds of the cross,
following Him as His true disciples,
so that we shall one day gloriously rise with Him
and joyfully hear the final sentence:
“Come, ye blessed of My Father, and possess the kingdom
which was prepared for you from the beginning,”
where You reign in unity with the Son and the Holy Spirit,
and where we hope to reign with You, world without end.
Amen.

For the pope's intentions

Our Father, Hail Mary, Glory Be

St. Michael the Archangel,
defend us in battle.

Be our protection against the wickedness
and snares of the Devil.

May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly hosts,
by the power of God,
cast into hell Satan, and all the evil spirits,
who wander through the world
seeking the ruin of souls.

Amen.

PRAYER DURING CORONAVIRUS

Holy Virgin of Guadalupe,
Queen of the Angels and Mother of the Americas.
We fly to you today as your beloved children.
We ask you to intercede for us with your Son,
as you did at the wedding in Cana.

Pray for us, loving Mother,
and gain for our nation and world,
and for all our families and loved ones,
the protection of your holy angels,
that we may be spared the worst of this illness.

For those already afflicted,
we ask you to obtain the grace of healing and deliverance.
Hear the cries of those who are vulnerable and fearful,
wipe away their tears and help them to trust.

In this time of trial and testing,
teach all of us in the Church to love one another
and to be patient and kind.
Help us to bring the peace of Jesus to our land
and to our hearts.

We come to you with confidence,
knowing that you truly are our compassionate mother,
health of the sick and cause of our joy.

Shelter us under the mantle of your protection,
keep us in the embrace of your arms,
help us always to know the love of your Son, Jesus.
Amen.