

# THE STATIONS

## OF THE CROSS

+St. Michael Catholic Church+

### PREFATORY 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 the 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  
should 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 Mother 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 to 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 kneel in 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.  
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!

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

### Thirteenth Station

*Jesus is Taken 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 womb 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 hear 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 people's intentions  
Our Father, Hail Mary, Glory Be  
St. Michael the Archangel,  
defend us in battle.  
Be our protection against the  
wickedness  
and malice 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.

