



## THE STATIONS OF THE CROSS

*According to the Method of*

**ST. ALPHONSUS LIGUORI**

### PREPARATORY PRAYERS

*Let each one, kneeling before the high altar, make an Act of Contrition, and form the intention of gaining the indulgences connected to this devotion, whether for himself or for the souls in Purgatory.*

### ACT OF CONTRITION

**O** MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

*Following the act of contrition say:*

**M**Y LORD JESUS CHRIST, \* Thou hast made this journey to die for me with love unutterable; \* and I have so many times unworthily abandoned Thee; \* but now I love Thee with my whole heart, \* and because I love Thee, \* I repent sincerely for having ever offended Thee. \* Pardon me, my God, \* and permit me to accompany Thee on this journey. \* Thou goest to die for love of me; \* I wish also, my beloved Redeemer, \* to die for love of Thee. \* My Jesus, \* I will live and die always united to Thee. \*

**FIRST STATION**  
**JESUS IS CONDEMNED TO DEATH**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT JESUS, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (*Kneel*)

*All say:*

**M**Y ADORABLE JESUS, \* it was not Pilate, \* no, it was my sins, that condemned Thee to die. \* I beseech Thee, by the merits of this sorrowful journey, \* to assist my soul in its journey towards eternity. \* I love Thee, my beloved Jesus; \* I love Thee more than myself; \* I repent with my whole heart of having offended Thee. \* Never permit me to separate myself from Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Stabat Mater dolorosa  
Juxta crucem lacrymosa  
Dum pendebat Filius.

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT JESUS, in making this journey with the cross on His shoulders, thought of us and offered for us to His Father the death that He was about to undergo. (*Kneel*)

*All say:*

**M**Y MOST BELOVED JESUS, \* I embrace all the tribulations that Thou hast destined for me until death. \* I beseech Thee, \* by the merits of the pain Thou didst suffer in carrying Thy cross, \* to give me the necessary help \* to carry mine with perfect patience and resignation. \* I love Thee, Jesus, my love; \* I repent of having offended Thee. \* Never permit me to separate myself from Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Cujus ánimam geméntem,  
Contristátam et doléntem  
Pertransívit gladius.

*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

V. We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

R. Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THIS FIRST FALL OF JESUS under His cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that He could scarcely walk, and yet He had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey. (*Kneel*)

*All Say:*

**M**Y BELOVED JESUS, \* it is not the weight of the cross, \* but of my sins, \* which has made Thee suffer so much pain. \* Ah, by the merits of this first fall, \* deliver me from the misfortune of falling into mortal sin. \* I love Thee, O my Jesus, with my whole heart; \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

V. Lord Jesus, crucified,

R. Have mercy on us!

(*Rise*)

O quam tristis et afflícta  
Fuit illa benedícta  
Mater Unigéniti!

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

## FOURTH STATION

### JESUS MEETS HIS SORROWFUL MOTHER

V. We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

R. Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

CONSIDER THE MEETING of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

(*Kneel*)

*All Say:*

MY MOST LOVING JESUS, \* by the sorrow Thou didst experience in this meeting, \* grant me the grace of a truly devoted love for Thy most holy Mother. \* And Thou, my Queen, \* who wast overwhelmed with sorrow, \* obtain for me by thy intercession \* a continual and tender remembrance of the Passion of Thy Son. \* I love Thee, Jesus, my love; \* I repent of ever having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

V. Lord Jesus, crucified,

R. Have mercy on us!

(*Rise*)

Quae mœrébat, et dolébat,  
Pia Mater dum vidébat  
Nati pœnas ínclyti.

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT THE JEWS, seeing that at each step Jesus, from weakness, was on the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the cross, constrained Simon the Cyrenian to carry the cross behind Our Lord. (*Kneel*)

*All Say:*

**M**Y MOST SWEET JESUS, \* I will not refuse the cross as the Cyrenian did; \* I accept it, I embrace it. \* I accept in particular the death that Thou hast destined for me, \* with all the pains which may accompany it. \* I unite it to Thy death; \* I offer it to Thee. \* Thou hast died for love of me! \* I will die for love of Thee, and to please Thee. \* Help me by Thy grace. \* I love Thee, Jesus, my love; \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Quis est homo qui non fleret  
Matrem Christi si vidéret  
In tanto supplicio?

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT the holy woman named Veronica, seeing Jesus so afflicted and His face bathed in sweat and blood, presented Him with a towel, with which He wiped His adorable face, leaving on it the impression of His holy countenance. (*Kneel*)

*All Say:*

**M**Y MOST BELOVED JESUS. \* Thy face was beautiful before, \* but in this journey it has lost all its beauty, \* and wounds and blood have disfigured it. \* Alas! my soul also was once beautiful, \* when it received Thy grace in Baptism; \* but I have disfigured it since by my sins. \* Thou alone, my Redeemer, \* canst restore it to its former beauty. \* Do this by Thy Passion, O Jesus. \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Quis non posset contristári,  
Christi Matrem contemplári  
Doléntem cum Fílio?

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

**SEVENTH STATION**  
**JESUS FALLS THE SECOND TIME**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER the second fall of Jesus under the cross – a fall which renews the pains of all the wounds of the head and members of our afflicted Lord. (*Kneel*)

*All Say:*

**M**Y MOST GENTLE JESUS, \* how many times Thou hast pardoned me, \* and how many times have I fallen again, \* and begun again to offend Thee! \* Oh, by the merits of this new fall, \* give me the necessary helps to persevere in Thy grace until death. \* Grant that in all temptations which assail me \* I may always commend myself to Thee. \* I love Thee, Jesus, my love, with my whole heart; \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Pro peccātis suæ gentis  
Vidit Jésum in torméntis,  
Et flagéllis súbditum.

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

**EIGHTH STATION**  
**THE WOMEN OF JERUSALEM**  
**WEEP OVER JESUS**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT those women wept with compassion at seeing Jesus in so pitiable a state, streaming with blood, as He walked along. But Jesus said to them, "Weep not for Me, but for your children." (*Kneel*)

*All Say:*

**M**Y JESUS, \* laden with sorrows, I weep for the offenses that I have committed against Thee, \* because of the pains which they have deserved, \* and still more because of the displeasure which they have caused Thee, \* Who hast loved me so much. \* It is Thy love, more than the fear of Hell, \* which causes me to weep for my sins. \* My Jesus, I love Thee more than myself; \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Vidit suum dulcem natum  
Moriendo, desolatum,  
Dum emisit spiritum.

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THE THIRD FALL of Jesus Christ. His weakness was extreme, and the cruelty of His executioners excessive, who tried to hasten His steps when He had scarcely the strength to move. (*Kneel*)

*All Say:*

**A**H, MY OUTRAGED JESUS, \* by the merits of the weakness that Thou didst suffer in going to Calvary, \* give me strength sufficient to conquer all human respect \* and all my wicked passions, \* which have led me to despise Thy friendship. \* I love Thee, Jesus, my love, with my whole heart; \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Eia, Mater, fons amoris  
Me sentíre vim doloris.  
Fac, ut tecum lúgeam.

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THE VIOLENCE with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. Compassionate your Savior thus cruelly treated, and say to Him: (*Kneel*)

*All Say:*

**M**Y INNOCENT JESUS, \* by the merits of the torment which Thou hast felt, \* help me to strip myself of all affection to things of earth, \* in order that I may place all my love in Thee. \* Who art so worthy of my love. \* I love Thee, O Jesus, with my whole heart; \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Fac, ut árdeat cor meum  
In amándo Christum Deum,  
Ut sibi compláceam.

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT JESUS, after being thrown on the cross, extended His hands, and offered to His eternal Father the sacrifice of His life for our salvation. These barbarians fastened Him with nails, and then, raising the cross, left Him to die with anguish on this infamous gibbet. (*Kneel*)

*All Say:*

**M**Y JESUS, loaded with contempt, \* nail my heart to Thy feet, that it may ever remain there \* to love Thee and never quit Thee again. \* I love Thee more than myself; \* I repent of having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Sancta Mater istud ages,  
Crucifíxi fige plagas  
Cordi meo válide.

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER HOW THY JESUS, after three hours of agony on the cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies. (*Kneel*)

*All Say:*

**O**MY DYING JESUS, \* I kiss devoutly the cross on which Thou didst die for love of me. \* I have merited by my sins to die a miserable death, \* but Thy death is my hope. \* Ah, by the merits of Thy death, \* give me the grace to die, embracing Thy feet \* and burning with love for Thee. \* I commit my soul into Thy hands. \* I love Thee with my whole heart; \* I repent of ever having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Tui nati vulneráti,  
Tam dignáti pro me pati,  
Pœnas mecum dívide.

*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**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT Our Lord having expired, two of His disciples, Joseph and Nicodemus, took Him down from the cross and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness and pressed Him to her bosom. (*Kneel*)

*All Say:*

**O** MOTHER OF SORROWS, \* for the love of this Son, \* accept me for thy servant, \* and pray to Him for me. \* And Thou, my Redeemer, \* since Thou hast died for me, \* permit me to love Thee; \* for I wish but Thee, my Jesus, \* and I repent of ever having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Fac me tecum pie flere,  
Crucifixo condolére,  
Donec ego víxero.

*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 SEPULCHRE**

*V.* We adore Thee, O Christ, and we praise Thee, (*Genuflect*)

*R.* Because by Thy holy cross Thou hast redeemed the world. (*Rise*)

*Priest:*

**C**ONSIDER THAT the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands. They then closed the tomb, and all withdrew. (*Kneel*)

*All Say:*

**A**H, MY BURIED JESUS, \* I kiss the stone that encloses Thee. \* But Thou didst rise again the third day. \* I beseech Thee, by Thy resurrection, \* make me rise glorious with Thee at The Last Day, \* to be always united with Thee in Heaven, \* to praise Thee and love Thee forever. \* I love Thee, \* and I repent of ever having offended Thee. \* Never permit me to offend Thee again. \* Grant that I may love Thee always, \* and then do with me what Thou wilt. \*

*Our Father. Hail Mary. Glory Be.*

*V.* Lord Jesus, crucified,

*R.* Have mercy on us!

(*Rise*)

Juxta crucem tecum stare,  
Et me tibi sociare  
In planctu desidero.

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

*After this, return to the high altar and, to complete the devotion, say the Our Father, Hail Mary, and Glory Be five times in honor of the Passion of Jesus Christ.*



### **PRAYER TO JESUS CHRIST CRUCIFIED**

Behold, O kind and most sweet Jesus, \* I cast myself upon my knees in Thy sight, \* and with the most fervent desire of my soul, \* I pray and beseech Thee that Thou wouldst impress upon my heart \* lively sentiments of faith, hope and charity, \* with true contrition for my sins \* and with a firm purpose of amendment; \* while with deep affection and grief of soul, \* I ponder within my self and mentally contemplate Thy five wounds, \* having before my eyes the words which David the prophet \* put on Thy lips concerning Thee: \* “They have pierced My hands and My feet, \* they have numbered all My bones.”

*At the end, one Our Father and Hail Mary, at least, should be said for the intention of the Sovereign Pontiff; this will fulfill the requirements for a plenary indulgence connected to this devotion – so long as a person also fulfills the other requirements.*

## SABAT MATER

Virgo virginum praeclara  
Mihi jam non sis amara  
Fac me tecum plangere;

Fac, et portem Christi mortem,  
Passionis fac consortem,  
Et plagas recolare.

Fac me plagis vulnerary,  
Fac me cruce inebriari,  
Et cruore Filii.

Flammis ne urar succensus  
Per te, Virgo, sim defensus  
In die iudicii.

Christe, cum sit hinc exire,  
Da per Matrem me venire  
Ad palmam victoriae.

Quando corpus morietur,  
Fac ut animae donetur  
Paradisi gloria. Amen.

*V.* Ora pro nobis, Virgo  
dolorosissima.

*R.* Ut digni efficiamur  
promissionibus Christi.

Virgin of all virgins blest!  
Listen to my fond request:  
Let me share thy grief divine;

Let me, to my latest breath,  
In my body bear the death  
Of that dying Son of thine.

Wounded with His every  
wound,  
Steep my soul till it hath  
swooned  
In His very Blood away.

Be to me, O Virgin, nigh,  
Lest in flames I burn and die,  
In His awful Judgement Day.

Christ, when Thou shalt call  
me hence,  
Be Thy Mother my defense,  
Be Thy cross my victory.

While my body here decays,  
May my soul Thy goodness  
praise,  
Safe in paradise with Thee.  
Amen

*V.* Pray for us, Virgin most  
sorrowful.

*R.* That we may be made  
worthy of the promises of  
Christ.



## INDULGENCES

*A Plenary indulgence is granted to the faithful who make the pious exercise of the Way of the Cross. Those who are impeded can gain the same indulgence if they spend at least one half an hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ.*

Enchiridion Indulgentiarum, no. 63