

CAFOD WAY OF THE CROSS J & P 1st April 2023

† In the name of the Father, and of the Son, and of the Holy Spirit. Amen

The first Station: Jesus is condemned to death

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Do we also wash our hands of our brothers and sisters or seek to act in solidarity to tackle the causes of hunger?

Prayer: Jesus, you know what it means to stand alone in front of those who reject you and don't understand you.

Walk with us.

When we feel that we can't make a difference, help us to keep going. Teach us to share your love.

I love You, Jesus, my love above all things, I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me what You will

The second Station: Jesus carries his cross

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

We all have burdens to carry. We also place burdens on others. In what ways do I place unnecessary loads on other people?

Prayer: Jesus, your love led you to take up the cross.

Walk with us.

When we feel afraid, help us to be brave. Give us the courage to speak out to change our world, so that all our sisters and brothers can experience justice.

The third Station: Jesus falls for the first time

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

The choices we make and the words we use can have a real impact on other people both near and far. In what way do my words cause others to stumble?

Prayer: Jesus, you know how it feels to struggle and to fall.

Walk with us.

Show us how to walk with others to know what it feels like to be in another's shoes.

You reach out to us with caring hands. Show us how to join our hands with communities around the world who are bringing hope to their people.

Our Father who art in heaven, hallowed by thy name ...

The fourth Station: Jesus meets his mother

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Let us look to the example of Mary and not turn our faces away from those who are suffering

Prayer: Jesus, you looked through the crowd and saw your mother's eyes. Her love gave you the strength to carry on.

Walk with us.

When we don't want to listen, open our ears to hear.

When it would be easier to look away, open our eyes to see.

Hail Mary, full of grace, the Lord is with you...

The fifth Station: Simon of Cyrene carries the cross

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Do we also look for opportunities to help others, or do we try to keep out of the way, telling ourselves that it is not our responsibility?

Prayer: Jesus, you know what it means to depend on someone and to need their help.

Walk with us.

When my friends need help, teach me to work with them to lighten their load. Show me how to listen carefully so that I can offer what they need. We are your global family of many different colours, cultures and religions. Make us one family united in you.

The sixth Station: Veronica wipes the face of Jesus

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Do we also look for opportunities to do small acts of generosity and love? Are we attentive to the face of Christ in our brothers and sisters?

Prayer: Jesus, you know how it feels to be hurt and to cry out in pain and fear.

Walk with us.

Show us how to walk together with others. Show us how to love the people around us and to be there for those who need us.

Glory be to the Father ...

The seventh Station: Jesus falls for the second time

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

How in our daily lives can we live in solidarity with those who feel despondent or invisible?

Prayer: Jesus, you stumbled and fell. You lost strength and became tired. And yet you carried on.

Walk with us.

When we find it hard to keep going, give us the strength we need to finish our work as well as we can and show love to others.

The eighth Station: Jesus meets the women of Jerusalem

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

What causes us to weep? Which situations in the world make us cry out to God?

Prayer: Jesus, you cared and spoke out, even on the road to your death.

You knew and felt the struggles of others.

Walk with us.

As we hear the stories of our sisters and brothers who live in poverty, give us the courage to raise our voices, so that together we can work for change.

Our Father who art in heaven, hallowed by thy name ...

The ninth Station: Jesus falls the third time

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Love gave Jesus the strength to stand again and continue onwards. We pray for ourselves, and for all those who need strength and courage, that in the face of so many struggles, Christ's love will urge us on.

Prayer: Jesus, you felt the darkness around you, the crowds surrounded you. You fell once more.

Walk with us.

When we lose hope, when everything is just too difficult, show us how to reach out to each other and hold hands, so that none of us have to do everything on our own.

Help us to know that you walk alongside us even when we feel most alone.

The tenth Station: Jesus is stripped of his garments

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Do we recognise the dignity of all human life? What am I being called to do for those who are excluded and on the margins, those who have been stripped of even basic respect from those around them?

Prayer: Jesus, you sacrificed everything and endured mockery for our sake. Walk with us.

When we value possessions more than people, or look down on someone who is different or has less, show us your face in theirs.

I love You, Jesus, my love above all things, I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me what You will

The eleventh Station: Jesus is nailed to the cross

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Prayer: Jesus, you cry out in pain.

Walk with us.

Challenge us –when we hold people back, when we don't treat them with respect. Help us to remember that everyone is equal, that we are all made in the image of God.

I love You, Jesus, my love above all things, I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always and then do with me what You will

The twelfth Station: Jesus dies on the cross

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Pause for silent prayer

Prayer: Jesus, you know what it's like to feel alone, lost and afraid, betrayed and abandoned. Walk with us and show us how to walk with others, who live in fear and face death through hunger, thirst and conflict.

Show us how to pray for sisters and brothers that we have never met, but who are always loved by you.

Our Father who art in heaven ...

The thirteenth Station: Jesus' body is taken down from the cross

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Prayer: Jesus, you knew what it meant to have friends, who risked their own lives to take your body from the cross.

Walk with us.

Show us how to be friends to those close to us and to those far away. Teach us to see you in everybody, to be kind, loving and strong. To be like you.

The fourteenth Station: Jesus' body is laid in the tomb

We adore you, O Christ, and we praise you, because by your Holy Cross you have redeemed the world.

Prayer: Jesus, as you were sealed in the tomb those who loved you felt sad and alone. They did not know what to do.

Walk with us.

Guide us in difficult times, so that we can share you with our sisters and brothers when they feel sad and alone.

Hail Mary full of grace ...

Closing Prayer: Jesus rises from the dead

Prayer: Jesus, you share your life, your light and your peace with us all.

Walk with us.

Show us how to live out your love so that our sisters and brothers, here and around the world, may know the joy of new life. May we all be changed by living in your light and may peace be brought to our world.

Glory be to the Father ...