

## **PARISH FRIENDS WAY OF THE CROSS**

**In the name of the Father, the Son and the Holy Spirit Amen. Dear Jesus, what have we done to deserve so much of your love. You gave yourself totally to us and died on a cross because you love us. Through our sufferings help us to come closer to you.**

### **1st 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.** Jesus, though He was innocent, was falsely accused and unjustly judged. Yet, He trusted in His heavenly Father to rescue Him from the designs of the wicked. Let us imitate Jesus' faith in God.

**PRAYER: Dear Lord, when we are misunderstood, misjudged or falsely accused give us the strength to bear the injustice with patience as our way of following You, on the way to the cross.**

**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. Our Father - Hail Mary - Glory Be ...**

### **2nd Station - Jesus carries His Cross**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** Just as Jesus embraced the cross out of love for us so must we put up with the trials and tribulations we meet in following Him. Thus our individual crosses can become a means of salvation for us.

**PRAYER: When we are faced with an agonising problem, like a sick child or parent, or the loss of a job, we question, "Why me, God?" or "Why us?" Help us like Jesus to accept our cross with love and bear our trials with prayer.**

**Our Father**

### **3rd Station - Jesus Falls the First Time**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** Jesus, our Lord, fell beneath the weight of His heavy cross. He knows we need His help when we stumble and fall in following Him. When we turn to Him in our distress, He will not fail to come to our aid.

**PRAYER: Jesus, you took our human nature so you know what it means to fall when one is weak. There are times when we fall when we ignore the needs of others in our community. Help us Jesus to always be present for the distressed, lonely and housebound in the parish and wider community.**

**Hail Mary**

### **4th Station - Jesus Meets His Mother**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** How Mary must have grieved to see her Son, Jesus, being led to crucifixion. Our Lady shared the pain with her son, and so she also shares in His triumph over death. Our Saviour gives us this same opportunity.

**PRAYER: Mother Mary, we can only imagine the sorrow that you carried in your heart, as you followed Jesus on the way to the cross. Please give us all the grace to have faith and trust in God when things go wrong and we watch our families and friends in hardship or pain. May we surrender our loved ones totally to God, as you did with your son.**

**Glory Be ...**

### **5th Station - Simon of Cyrene Helps Jesus to carry his cross**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** Jesus' yoke became slightly easier, and His burden lighter as Simon helped him with his cross. Though we naturally resist pain and hardship, we will find that when we take up our cross God will help us to carry it and our worries will become less painful.

**PRAYER: Jesus, we pray that, just like Simon, we can help others by sharing the burden of their crosses. Just being with those who are lonely or distressed and giving them our time will ease the weight of their cross..**

**Our Father..**

### **6th 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.** Anything we can do for those in need counts as done for you Jesus. To help those in pain or trouble is always an act pleasing to God, one that will not go without a reward.

**PRAYER: Jesus, you rewarded Veronica with the imprint of your face. Imprint your face dear Lord in our hearts, so we will work among the suffering people in our communities - the lonely, the sick, the disabled, the housebound, the refugees and the aged.**

**Hail Mary ...**

### **7th Station - Jesus Falls a Second Time**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** Our Lord fell again under the weight of His cross. When we weaken, falter and fall Our Saviour knows how hard our way is. He will strengthen us in our sorrow and come to our aid. He will be our strength.

**PRAYER: Dear Lord we pray for all who suffer when they fall due to addictions - alcohol, gambling hoarding and drugs. They have separated family members from each other and caused heartache, despair and loneliness to their loved ones. Lord we pray that with your blessings they can get the help required to build their family relationships again.**

**Glory Be ...**

### **8th 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.** The heart of Jesus was full of pity for the sufferings His people were destined to undergo. So, too, does he have immense pity for us, those for whom He suffered and died. Ask Him now to help you.

**PRAYER: Dear Jesus our hearts break when we see families in tears as they are driven from their homes due to lack of money, war and indifference. When this happens Jesus, help us to remember that we are all one family in You, and we must do all we can to support those in desolation and despair.**

**Our Father ...**

### **9th Station - Jesus Falls a Third Time**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** How frail at this stage is Christ in His human nature! Yet, He endured despite His weakness and failing strength. So must we carry on to do God's work in spite of our infirmity and failings.

**PRAYER: Dear Lord, sometimes we feel so wretched and so weak with our burdens, that we just don't have the strength or spirit to get up again. Give us the wisdom to know that it is in our utmost weakness, that we experience Your immense love and mercy for us.**

**Hail Mary ...**

### **10th 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.** Just as Christ's clothing was taken away, so one day will we be separated from all our possessions. Nothing we own belongs to us permanently, so we must each be generous with the gifts and talents God gives us.

**PRAYER: Dear Jesus, we pray for all who are sick, elderly or vulnerable. They often feel stripped of their dignity and a burden to their families. Lord help us to be the arms to hold them, the ears to hear them and the tongue to speak for them at all times.**

**Glory Be..**

### **11th Station - Jesus is Nailed to His Cross**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** The soldiers nailed Christ to the cross and he knew the pain and anguish of being unable to move hand or foot. When it comes to our turn to die, let us meet death as Jesus did, trusting in God for deliverance.

**PRAYER: Dear Lord, while we follow you on your way of the cross we know that someday you will deliver us from the sufferings of this world. When that time comes close, please help us to remember that 'death' is only the entrance to our new life with you.**

**Our Father ..**

**12th 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.** In his distress Jesus cried out “My God, My God, why have you forsaken me?” Then he surrendered to the will of God, bowed his head and died.

**PAUSE FOR SILENT REFLECTION**

**PRAYER:** Dear Jesus, we pray for all those who are struggling and anxious - for families who have lost a loved one, for those with mental health problems, for those in prison, for the homeless .. Lord, when we cry in anguish “My God, My God, why have you forsaken me?” help us to remember your agony on the cross.

**Hail Mary ...**

**13th Station - Jesus 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.** Christ’s death is the final proof of His humanity. Unless He was human, he could not have died. Unless He was also God, His death would profit us nothing. “Ours were the sufferings He bore.”

**PRAYER:** You gave yourself totally to us Jesus, and now your lifeless body lies in the hands of your sorrowful mother. As her heart agonised in sorrow, and as she held her son's dead body, we wonder what went on in her mind? As we look at her sorrowful eyes, Mary might say to us: “Here is my son who died for you”. Mary our Mother, lead us with your gentle hand towards Jesus.

**Glory Be -...**

**14th Station - Jesus is Laid in the Tomb**

We adore you, O Christ, and we praise you. **Because by your holy cross you have redeemed the world.** Christ’s lifeless body is laid to rest. The King of the universe is laid in a borrowed tomb.

**PRAYER:** Even at that most sorrowful time – a mother’s anguish was satisfied. Help us Lord to remain humble, even through the most sorrowful experiences. It is during the saddest times in our life – that we experience the love and care of family, friends and even strangers like Joseph of Arimathea.

**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**

**Father - Hail Mary - Glory Be ...**

**O Jesus Crucified - for us you suffered - for us you died - on the cross.**

**In the name of the Father the Son and the Holy Spirit Amen.**