

Stations of the Cross based on Pope Francis Urbi et Orbi

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

When Pilate condemned Jesus to death, it seemed like there was no hope. He stood alone unjustly judged, falsely accused.

Prayer: Dear Lord, when we are misjudged or falsely accused we are standing in darkness. Give us the strength to bear the injustice with tolerance, as our way of following You, on the way to the cross.

Jesus Christ Son of God we remember your journey. Guide us on our way.

Our Father - Hail Mary - Glory Be ...

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

Jesus carried the heavy cross out of love for us. So too must we put up with the trials and crosses we face in following Him. In this way our individual crosses can become a means of salvation for us.

Prayer: We bring to mind those who carry a cross today. Those who have suffered a bereavement, lost a job or who are terminally ill. We remember those who feel lonely or carry the burden of past mistakes. May they be reminded of the words of Pope Francis "The Cross is our Hope" Jesus Christ Son of God we remember your journey. Guide us on our way.

Our Father..

The Third 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. Jesus Christ Son of God we remember your journey. Guide us on our way.

Hail Mary..

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

How Mary must have grieved to see her Son, Jesus, being led to his crucifixion. Our Lady shared the pain with her son, and so she will also share 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. Jesus Christ Son of God we remember your journey. Guide us on our way.

Glory Be ...

The Fifth 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

Simon's strength eases some of the burden for Jesus as he follows behind in his footsteps. We know nothing about Simon except that on this day he found himself helping a beaten and abused prisoner. You press on knowing the worst is yet to come.

Prayer: Jesus, we pray that, just like Simon, we can help others by sharing the burden of their crosses. Just spending time with and supporting those who are lonely and distressed, the homeless and refugees can ease the weight of their crosses. Jesus Christ Son of God we remember your journey. Guide us on our way.

Our Father..

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***

Veronica had the courage to step out of the crowd and wipe the blood and sweat from the face of Jesus.

Jesus rewarded Veronica with the imprint of his face on the cloth.

Prayer: Imprint your face dear Lord on our hearts, so we will work among the suffering people in our communities - the lonely, the sick, the disabled and the housebound. Show us how to help others wipe away their tears of sadness and loneliness. Jesus Christ Son of God we remember your journey. Guide us on our way.

Hail Mary ...

The Seventh 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 on the steep hill to Golgotha. It is so difficult for him to get up again but he does.

Prayer: Dear Lord we pray for all who 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 build their family relationships again.

Jesus Christ Son of God we remember your journey. Guide us on our way.

Glory Be ...

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***

The heart of Jesus was full of pity for the sufferings he knew His people were destined to undergo. So, too, does he have immense pity for us, those for whom He suffered and died. Ask Him to help you when times are hard.

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. We pray for the people in The Holy Land and those suffering in Ukraine and Russia. 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. Jesus Christ Son of God we remember your journey. Guide us on our way.

Our Father ...

The Ninth 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! Exhaustion builds 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 Jesus we pray for Pope Francis; we pray that his strength will soon return. Sometimes we can all feel wretched and 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. Jesus Christ Son of God we remember your journey. Guide us on our way.

Hail Mary ...

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***

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. We must take stock of what is important.

Prayer: Dear Jesus, we pray for all those who are 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. Jesus Christ Son of God we remember your journey. Guide us on our way.

Glory Be..

The Eleventh 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***

After carrying the very heavy cross the soldiers nailed Christ to that very cross. Never had he known such pain and agony. He was unable to move hand or foot and was exhausted. We fix our eyes on the symbol of the cross not as a symbol of distress, hatred or condemnation but rather as a symbol of “hope” By His cross we have been redeemed.

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. Jesus Christ Son of God we remember your journey. Guide us on our way.

Our Father ..

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***

In his distress Jesus cried out “My God, My God, why have you forsaken me?” but then continued “Father into Your Hands I commend my Spirit.” Then he surrendered to the will of God, bowed his head and died.

Prayer: Dear Jesus, we pray for all those who have died alone - for families who have lost a loved one - for those with mental health problems- for those in prison .. Lord, when we cry in anguish “My God, My God, why have you forsaken me?” we remember that we will never be abandoned by God – He will not leave us in the mercy of the storm- we will never be alone. Jesus Christ Son of God we remember your journey. Guide us on our way.

Hail Mary ...

The Thirteenth 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***

You gently rest in your mother arms when taken down from the cross, in pain no more. Christ’s death is the final proof of His humanity. Unless He was human, he could not have died. Unless He was God, His death would profit us nothing. “Ours were the sufferings He bore.”

Prayer: Lord may we always appreciate your unconditional love and be truly grateful for those who have stood by us and prayed for us when times were difficult. As we look at her sorrowful eyes, Mary might say to us: “Here is my son who died for you” Thank you Jesus. Jesus Christ Son of God we remember your journey. Guide us on our way.

Glory Be -...

The Fourteenth 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.

Jesus Christ Son of God we remember your journey. Guide us on our way.

**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 ...**

This is God’s strength; turning to good everything that happens to us, even the bad things. He brings serenity into our storms, because with God life never dies.

Sign of the Cross

Stations of the Cross based on Pope Francis Urbi et Orbi