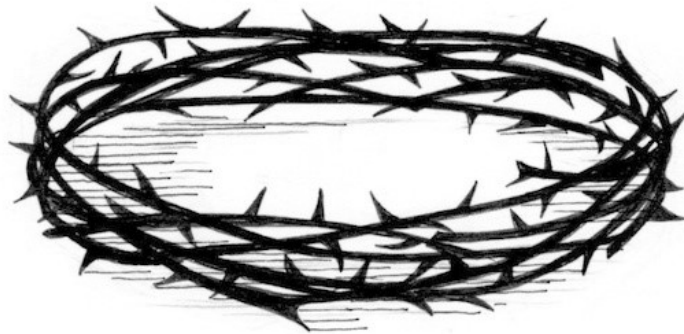


THE WAY OF THE CROSS
St. Alphonsus Liguori



ST. MARY HYDE PARK

PREPARATORY PRAYER

All: My Lord Jesus Christ, you have made this journey to die for me with unspeakable love, and I have again and again ungratefully abandoned you. But now, I love you with all my heart, and because I love you, I am sorry for having sinned. Pardon me, my God, and allow me to go with you on this journey. You accepted your cross because of your great love for me; I desire, my beloved Redeemer, to die for love of you. My Jesus, I will live and die always united to you.

All sing: At the cross her station keeping,
Stood the mournful mother weeping,
Close to Jesus to the last.

Through her heart, his sorrow sharing,
All his bitter anguish bearing,
Now at length the sword had passed.



THE FIRST STATION

Pilate Condemns Jesus to Die

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider Jesus, scourged and crowned with thorns, being unjustly condemned to die on the cross.

All: My adorable Jesus, it was not Pilate, no, it was my sins that condemned you to die. By the merits of this sorrowful journey, help my soul on its journey to eternity. I love you, my beloved Jesus; I love you more than myself, and I repent with all my heart of ever having offended you. Never allow me to be separated from you again. Grant that I may love you always, and then do with me as you will.



THE SECOND STATION

Jesus Accepts His Cross

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider Jesus making this journey with the cross on his shoulders, thinking of us and offering to his Father, in our behalf, the death he was about to undergo.

All: My beloved Jesus, I embrace all the sufferings you have destined for me until death. I implore you, by all you suffered in carrying your cross, to help me carry mine with perfect patience and resignation. I love you, Jesus my love, and I repent of ever having offended you. Never allow me to separate myself from you again. Grant that I may love you always, and then do with me as you will.



THE THIRD STATION

Jesus Falls the First Time

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider the first fall of Jesus. His flesh had been torn by the scourges, his head crowned with thorns, and he had lost a great quantity of blood. He had been so weakened he could scarcely walk, and yet he had to carry that great load upon his shoulders. The soldiers struck him cruelly, and so he fell several times.

All: My beloved Jesus, it was not the weight of the cross but the weight of my sins which made you suffer all that pain. By the merits of this fall, keep me from the misfortune of falling into mortal sin. I love you, O Jesus with all my heart, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always, and then do with me as you will.



THE FOURTH STATION

Jesus Meets His Afflicted Mother

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: 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.

All: My most loving Jesus, by the sorrow which you suffered in this meeting, grant me the grace of a truly devoted love for your most holy Mother. And you, my Queen, who were overwhelmed with sorrow, obtain for me by your prayers a tender and lasting remembrance of the passion of your divine Son. I love you, Jesus my love, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always, and then do with me as you will.

**All sing: Is there one who would not weep,
 'Whelmed in miseries so deep,
 Christ's dear Mother to behold?**

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



THE FIFTH STATION

Simon Helps Carry the Cross

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider how weary Jesus was. At each step, he was at the point of death. Fearing that he would die on the way, when they wished him to die the shameful death of the cross, the soldiers forced Simon of Cyrene to help carry the cross behind our Lord.

All: My most sweet Jesus, I will not refuse the cross as Simon did. I accept it; I embrace it. I accept in particular the death that you have destined for me, with all the pains that may accompany it. I unite it to your death; I offer it to you. You have died for love of me; I will die for love of you and to please you. Help me by your grace. I love you, Jesus my love, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always, and then do with me as you will.



THE SIXTH STATION

Veronica Offers Her Veil to Jesus

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider the compassion of the holy woman, Veronica. Seeing Jesus all afflicted, with his face bathed in sweat and blood, she presented him with her veil. Jesus took the veil, wiped his face, and left upon the cloth the imprint of his adorable countenance.

All: My most beloved Jesus, your face was beautiful before you started this journey, but now it has lost all its beauty, as wounds and blood have disfigured it. At one time, my soul was beautiful as well when it received your abundant grace in baptism, but I have since disfigured it by my sins. You alone, my Redeemer, can restore it to its former beauty. Do this by the merits of your passion, and then do with me as you will.



THE SEVENTH STATION

Jesus Falls the Second Time

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider the second fall of Jesus under his cross. This fall renews the pain in all the wounds of the head and body of our afflicted Lord.

All: My most gentle Jesus, how many times you have forgiven me, and how many times I have fallen again and offended you! By the merits of this second fall, give me the grace to persevere in your love until death. Grant that, in all my temptations, I may call upon you in prayer. I love you, Jesus my love, and I repent of ever having offended you. Grant that I may love you always, and then do with me as you will.

**All sing: Holy Mother, pierce me through,
 In my heart each wound renew
 Of my Savior crucified.**

**Let me share with you his pain,
Who for all our sins was slain,
Who for me in torments died.**



THE EIGHTH STATION

Jesus Speaks to the Women

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider the women of Jerusalem. They wept with compassion at the pitiful sight of Jesus walking alone, bathed in his own blood. Jesus said to them, “Weep not so much for me, but rather for your children.”

All: My Jesus, laden with sorrows, I weep for the sins which I have committed against you, not only because of the pains they have deserved but still more because of the displeasure they have caused you who have loved me with an infinite love. It is your love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love you more than myself, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always, and then do with me as you will.



THE NINTH STATION

Jesus Falls the Third Time

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider the third fall of Jesus. His weakness was extreme, and the cruelty of his executioners was excessive: they tried to quicken his steps when he hardly had enough strength to move.

All: My outraged Jesus, by the weakness you suffered in going to Calvary, give me the strength to conquer all my desire for human respect and all my evil passions which have left me to despise your friendship. I love you, Jesus my love, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always, and then do with me as you will.



THE TENTH STATION

Jesus is Stripped of His Garments

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider the violence with which the executioners stripped Jesus of his clothes. The inner garments were blood-clotted with his torn flesh, and the soldiers tore them off so roughly that the skin came with them. Show compassion for your Savior so cruelly treated, and say to him:

All: My innocent Jesus, by the torment that you suffered in being stripped of your garments, help me to strip myself of all unnecessary attachment to earthly things, that I may give all my love to you who are so worthy of my love. I love you, O Jesus, with all my heart, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always, and then do with me as you will.

**All sing: Virgin of all virgins blest!
 Listen to my fond request:
 Let me share your grief divine.**

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



THE ELEVENTH STATION

Jesus is Nailed to the Cross

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider Jesus thrown upon the cross. He stretches out his arms and offers to his eternal Father the sacrifice of his life for our salvation. The executioners fastened him with nails and then, raising the cross, leave him to die in anguish.

All: My crucified Jesus, nail my heart to the cross, that it may always remain there to love you and never leave you again. I love you more than myself, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always, and then do with me as you will.



THE TWELFTH STATION

Jesus Dies Upon the Cross

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider that, after three hours' agony on the cross, Jesus is at length consumed with anguish, and abandoning himself to the weight of his body, he bows his head and dies.

All: My crucified Jesus, devoutly do I kiss the cross on which you have died for love of me. I have merited by my sins to die a terrible death, but your death is my hope. By your death, give me the grace to die embracing your feet and burning with love for you. I yield my soul into your hands. I love you with all my heart, and I repent of ever having offended you. Grant that I may love you always, and then do with me as you will.



THE THIRTEENTH STATION

Jesus is Taken Down from the Cross

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider that, after our Lord had died, two of his disciples, Joseph and Nicodemus, took him down from the cross and placed him in the waiting arms of his afflicted Mother. She received him with unspeakable tenderness and pressed him close to her breaking heart.

All: O Mother of Sorrows, for the love of your son, accept me as your servant, and pray to God for me. And you, my Redeemer, who have died for me, allow me to love you, for I desire only you and nothing more. I love you, Jesus my love, and I repent of ever having offended you. Never allow me to offend you again. Grant that I may love you always., and then do with me as you will.



THE FOURTEENTH STATION

Jesus is Placed in the Tomb

Leader: We adore you, O Christ and we praise you;

All: Because by your holy cross you have redeemed the world.

Leader: Consider the disciples carrying the body of Jesus to the place of burial. After his holy Mother arranges his body in the tomb with her own hands, they pull back the stone and depart.

All: My buried Jesus, I kiss the stone that entombs you. Yet I know that you rose glorious on the third day. I pray that by your resurrection, you will make me rise glorious on the last day, to be united with you, so to praise and love you forever. I love you, Jesus my love, and I repent of ever having offended you. Grant that I may love you always, and then do with me as you will.

**All sing: Christ, when you shall call me hence,
Be your Mother my defense,
Be your cross my victory.**

**While my body here decays,
May my soul your goodness praise,
Safe in heav'n eternally.**

