

LENT - The Way of the Cross

For online: Please pause in silence and ponder what you see and add your personal prayers to each station. If doing PRIVATELY.

The Sign of the Cross.

We adore you, O Christ and we praise Thee, for by Thy Holy Cross you have redeemed the World.

- 1. Jesus is condemned to death:** Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. Make me charitable Lord. **Lord have mercy...**
- 2. Jesus receives the cross:** Consider how Jesus, in making this journey with the Cross on his shoulders, thought of us, and offered for us to his Father the death he was about to undergo. May I accept Your Holy Will. **Lord have mercy...**
- 3. Jesus falls the first time:** Consider the first fall of Jesus under his Cross. His flesh was torn by the scourges; his head was crowned with thorns; he had lost a great quantity of blood. So weakened he could scarcely walk, yet He had to carry this great load upon his shoulders. The soldiers struck him rudely and He fell. May I never hesitate to seek your Divine Mercy. **Lord have mercy...**
- 4. Jesus is met by his Blessed Mother:** Consider this meeting of the Son and the Mother, which took place on this journey. Their looks brought comfort to their wounded hearts which loved each other so tenderly. May I show compassion at all times. **HAIL MARY...**
- 5. The Cross is laid upon Simon of Cyrene:** Consider how his cruel tormentors, seeing that Jesus was on the point of expiring, and fearing He would die on the way (whereas they wished Him to die the shameful death of the Cross) constrained Simon of Cyrene to carry the Cross behind our Lord. Let me never shrink from duty and responsibility. **I love you Jesus my love above all thing and I repent with my whole heart for having offended you. Never permit me to be separated from you again. Grant that I may love you always, and then do with me what you will. Amen**
- 6. Veronica wipes the face of Jesus:** Consider how the holy woman named Veronica seeing Jesus so ill-used and bathed in sweat and blood wiped His face with a towel on which was left the impression of His holy countenance. Let me do whatever I can in the face of great human need. **Lord have mercy.**
- 7. Jesus falls a second time:** Consider the second fall of Jesus under the cross. A fall which renews the pain of all the wounds in His head and body. May I never feel I will never change old weaknesses. **I love you Jesus...**
- 8. The Women of Jerusalem weep for Our Lord:** Consider how these women wept with compassion at seeing Jesus in such a pitiable way. Streaming with blood

as He walked along. `Daughters of Jerusalem, weep not for me but for yourselves and for your children`. May I never give into despair. **Glory be to the Father...**

9. Jesus falls the Third time: Consider the third fall of Jesus Christ, His weakness was extreme and the cruelty of His executioners excessive; they tried to hasten Jesus`s painful journey when He could scarcely move. Let me allow your mercy to touch my most insoluble worries and concerns. **I love you Jesus...**

10. Jesus is stripped of His garments: Consider the violence with which Jesus is stripped by the soldiers. His inner garments adhered to His torn flesh and they tore them off so roughly that the skin came with them. Take pity on our Saviour so cruelly treated. Accompany all who suffer indignity. **Lord have mercy.**

11. Jesus is nailed to the Cross: Consider how Jesus, being placed upon 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, securing the cross allowed Him to die with anguish on the infamous gibbet. Let me see my part in this terrible scene. **I love you Jesus...**

12. Jesus dies on the cross: Consider how Jesus, being consumed with anguish after three hours` agony on the cross, abandoned Himself to the weight of His body to alleviate the burden of our sins. Our Blessed Lord bowed His head and died. For all the faithful departed. **Our Father ...**

13. Jesus is taken down from the cross.

Consider how after our Lord had died, two of His disciples Joseph and Nicodemus took Him down from the cross and placed Him in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him to Her bosom. For all who mourn and cannot come to terms with loss. **Hail Mary...**

14. Jesus is placed in the Tomb.

Consider how the disciples accompanied by His Holy Mother carried the Body of Jesus to bury it. They closed the tomb and all came sadly away. For the needs of the world.

For the Pope Intentions: Our Father, Hail Mary & Glory Be to the Father.

Let us pray: **Almighty God, merciful Father, Who has given us Your Beloved Son as an example of humility, obedience and patience as a means to show us the Way of Life bearing the Cross: grant that we make take on the sweet yoke of His Gospel, following Him as true disciples so that one day we may rise with Him in glory, world without end. Amen.**