Third Grade
Diocese of Madison
Catechetical Standards

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Introduction

Thank you for answering the call of God to be a teacher of the Faith, which involves leading children closer to Christ! Catechesis is the art of teaching the Faith in order to facilitate a personal encounter with Jesus Christ. The teaching should lead to understanding who Christ is in light of God’s word (what He has revealed to us in Sacred Scripture and Sacred Tradition) in order to be changed through His grace and become more and more like Him. Transformed by the working of grace, “the Christian thus sets himself to follow Christ and learns more and more within the Church to think like Him, to judge like Him, to act in conformity with His commandments, and to hope as He invites us to” (On Catechesis in Our Time, Bl. John Paul II, 20. Hereafter CT). “The definitive aim of catechesis is to put people not only in touch but in communion, in intimacy, with Jesus Christ: only He can lead us to the love of the Father in the Spirit and make us share in the life of the Holy Trinity” (CT, 5).

How are catechists to teach in a way that leads children and young people into communion with Jesus Christ?

1. Holiness of life is essential in order for the catechist’s teaching to bring others into intimacy with Jesus Christ. Catechists must first and foremost be witnesses. “Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses” (Pope Paul VI, EN, 41). Thus, a parish or school catechist must first be a practicing Catholic, that is, “a Catholic in good standing who participates fully in the worship and life of the Church, and who understands and accepts the teachings of the Church and moral demands of the Gospel, as articulated in the Catechism of the Catholic Church” (Standards For Educators in Catholic Parishes and Schools, Wisconsin Catholic Conference, 2008, 3). They must also be “prepared for their apostolate by appropriate catechetical training (Diocesan Certification) and their spiritual life should be characterized by a “love of God—Father, Son, and Holy Spirit—and of Christ’s Church, our Holy Father, and God’s holy people,” a personal prayer life, missionary zeal, and devotion to the Blessed Virgin Mary (See The National Directory for Catechesis, pp. 228-229, 231).

2. An overview of Salvation History is to be presented at the beginning of each grade. Each and every teaching of the Faith that follows should be presented in light of this Story of God’s Plan for us (The General Directory for Catechesis, 128. Hereafter, GDC). This gives students the context for all the content of our catechesis.

3. The doctrinal content of our standards and thus our overall catechesis is found in the Catechism of the Catholic Church, which is the “sure norm for teaching the Faith” (GDC, 121). All Catholic School administrators, teachers, DRE’s, CRE’s, catechists and Youth Ministers should regularly utilize the Catechism when teaching the Faith (GDC, 121).

4. The generous utilization of Sacred Scripture should have a pre-eminent position in all of our catechesis. The students need to know that the teachings of the Church flow from Sacred Scripture and Sacred Tradition which together constitute the “supreme rule of faith” (Dei Verbum, 21). When the word of God is spoken, grace is given, and students authentically encounter Jesus Christ. While forming our children in the Catholic faith is an honor and a privilege, we must also acknowledge that this task cannot be accomplished solely through the dedicated efforts of parish priests, catechists, and Catholic school teachers, but resides most importantly in the amount of time and effort parents devote to learning and practicing the faith at home.

Catechetical standards and benchmarks identify the expectations for the formation of Catholic youth and include specific grade level competencies that every youth should know and be able to demonstrate. They are intended to strengthen the partnership between the primary educators of children—the parents—and the supporting educators of children—Catholic parish and school personnel. These standards and benchmarks will assist parents and catechists to work together toward these learning competencies and the creative developing of different curriculum to ensure successful catechesis and thus, most naturally, a deeper communion and intimacy with Jesus Christ the Savior of the World.
**3rd Grade**

**Characteristics of a 3rd Grader**

- Take on Group identity at this age
- Because of Group consciousness they like to do events and activities where they plan and complete the activity
- Looks forward to social activities and situations
- Learning at this age to take responsibilities seriously, their self image is fragile and can be easily disturbed or hurt by an influential adult at this age. Support and encouragement is needed.
- Are learning “good girl” and “nice boy” social expectations (may be critical or judge themselves according to these standards)
- Tend to identify with groups of friends of the same sex and dislike being identified with the opposite sex
- May be moody and sensitive at this age
- Begin to enjoy reading and writing for entertainment
- Have independent computer knowledge and technology skills
- Increased self confidence and less cautious than younger children
- Greater physical energy and growing curiosity in various interests
- Developing ability to feel empathy and compassion

**Faith & Moral Development Needs**

- Eight year olds need stimulating personal and group relationships that foster feelings of belonging and being cared for and caring for others
- They need positive reassurance for their fragile self images—from adults who also do the discipline and correction. They need examples of firm discipline with unconditional love.
- They need positive experiences of the Christian community and the Church (exposure to catechists, priests and bishops who love and support the community)
- Children at this time are starting to appreciate independent and “alone time”. They need opportunities to grow in meditative prayer and reading scripture. It is helpful for 3rd graders to be given opportunities to reflect, pray, and write about what has been presented to them.
- Confidence and social awareness may foster attitudes of arrogance or categorizing of others: Children need for charity and love of all people to be enforced—to see all people, even though they are different are God’s creation and deserve respect.
- Children at this age need to learn that true joy and peace in life come from a relationship and life lived with God. Following Christ and living his commands bring us real happiness.
- Instructors go beyond just forming virtuous habits in the children, they now need it posed as a choice all are called make. To be virtuous is to choose to do good things.
Need to be taught the differences between choosing worldly attitudes and choosing to have a Godly attitude. They are capable of recognizing that those who love God are different than those who choose to not know God.

Need to be taught to resist temptations that may be presented in a group

3rd graders are in a phase when they begin to emulate “heroes”; they need to be presented with Godly heroes who will help them to be the saints they are called to be

Lives of the saints
Priests, bishops, popes
Parents, friends, family who live the faith

**Catechetical Implications**

As a prime role model for the Children, the teacher of the faith needs to have a strong relationship with God through prayer and active involvement with a faith community.

Catechists should be practicing Catholics in good standing with the Church
God’s Plan of Salvation History

It is very important that before you dive into the curriculum and the catechetical standards that the year be introduced by the Story. The context of the Story of salvation History will provide the proper foundation for the rest of your catechetical instruction. The Story can be taught as a one day lesson, or a week long lesson. Each teacher must make a determination of how long they will take to present the Story to their students. Work in the Textbook should not begin until your students have their story-God’s story of Salvation History. An overview of God’s Plan of Salvation History is to be presented at the beginning of each year. Please make the presentation appropriate to the grade level.

1. God is a communion of Persons: God the Father, God the Son, and God the Holy Spirit. The three Persons in one God is the Blessed Trinity. God has no beginning and no end. (CCC 234, 232, 237)

2. God is our Father Who loves us and cares for us. God created each person to be united with Him. (CCC 426, 301, 759, 305, 375, 2014)

3. God created everything out of nothing. (CCC 296-298, 338)

4. God created angels as spiritual beings. Angels are God’s messengers. We all have our own personal guardian angel. Our guardian angel keeps constant, watchful care over us and guides us and protects us on our journey to God in Heaven. (CCC 328-329, 331-333, 336)

5. All of the angels were put to a test to see if they would be faithful to God. Lucifer and some of the angels completely rejected God and they became Satan and his demons. (Revelation 12:7-9) (CCC 391-395)

6. God created Adam and Eve in His image and likeness. He created Adam and Eve and the whole human race to know, love and serve Him so that we can be united with Him both here and forever in Heaven. Adam and Eve were united fully with God through sanctifying grace within their souls, a participation in God’s Divine Life. (CCC, 362-366, 356-357, 374-376, 1934)

7. Adam and Eve were put to a test to see if they would be faithful to God. Adam and Eve were tempted by Satan and they disobeyed God. The first sin of Adam and Eve (the Original Sin) separated them from God. They and all their descendents lost the union with God that they had been created for. They no longer had sanctifying grace within their souls. (CCC 396-400, 402-406, 418)

8. God alone could fix the problem of sin and reunite mankind with Himself. Thankfully, God promised a Savior (Genesis 3:15). Only the Savior could bring us back to the purpose for which we were created being united with God (communion with God). In the Old Testament, God began to form His people through Abraham. Moses was given the Law so that the people knew how to live in order to be faithful to the one true God. The Israelites could not be faithful to the God’s Law because they did not have sanctifying grace, a share in God’s life, to strengthen them. The prophets told the people to prepare for the Messiah, Who would bring about a salvation which would include all the nations. Through the Savior, God would keep His promise to reunite us with Himself as adopted children. (CCC 410-412, 420-421, 54-64, 2570-2589)

9. Jesus is God. Jesus was born as man on the first Christmas as our Savior. This is called the Incarnation. (CCC 464, 461, 463, 443-445)

10. Mary’s “yes” to God to be the Mother of Jesus made our salvation possible. Since Mary is the Mother of Jesus and Jesus is God, we rightly call Mary the Mother of God. (CCC 494-495, 497, 509, 485, 723)
11. Jesus began the foundation of the Church by preaching the Good News, instituting the seven sacraments and establishing the Church with a structure. The structure consisted of the twelve Apostles with Peter as the head. (CCC 763-766, 759, 1114)

12. Jesus suffered, died on the cross and rose on Easter Sunday. Jesus did this to save us from the power of sin and death and to reunite us with Himself. (CCC 612, 616, 619, 629, 639-640, 654)

13. The Church was born from the flow of blood and water from the open side of the crucified Christ: the water of Baptism and the Blood of the Eucharist. (CCC 766)

14. Christ’s work of redemption was accomplished primarily by His Suffering, Death, Resurrection and Ascension into Heaven. These four events are called the Paschal Mystery. (CCC 1067)

15. Forty days after the Resurrection Jesus ascended to His Father, which we celebrate on the Ascension. Ten days later, Jesus sent the Holy Spirit on Pentecost to remain with us until the end of time. (CCC 665, 731-732, 233)

16. At Pentecost the Holy Spirit strengthened the Apostles to imitate Christ. The Holy Spirit empowered them to administer the Sacraments, to teach what Jesus had taught them and to lead the Church. Pentecost is when we celebrate the public manifestation of the Catholic Church. (CCC 767, 747, 771-773, 1585, 780, 1076)

17. This was the first time that mankind received sanctifying grace, a participation in God’s Divine Life, since the original sin of Adam and Eve. We are only able to live the Christian life with the aid of supernatural grace received through the Church by the Sacraments and from actual grace through a life of daily prayer. (CCC 1226-1228, 1265-1266, 747, 1996-2000)

18. Jesus will come again in glory with the Kingdom of God in its fullness. He will judge the living and the dead and those who have chosen to follow Jesus will reign forever with Him. He will bring His Family into full union with Him and put an end to suffering and death forever. (CCC 1040, 1042-1045)
Catholic school/parish catechetical students in the Diocese of Madison will know and understand the fundamental teachings of Jesus Christ in His Church, according to the articles of our Profession of Faith.

A. Understand revelation as God’s action to make Himself known in creation, in his relationship with Israel, and in the Person of Jesus Christ.

1. Know and retell the Story of Salvation History
2. Explain that God speaks to us by sending his beloved Son, through Holy Scripture, and through the Church. It is through these sources that we know about him and his will. (CCC 50)

B. Understand Faith as an assent to God who reveals Himself.

1. Demonstrate how Mary is the perfect model of faith. (CCC 144, 148, 149, 165)

C. Understand Sacred Scripture as witness to God’s Self-Revelation.

1. Retell and explain the Bible stories of:
   a. The Lord’s Passion, Death, and Resurrection (Mt. 27-28; Mk. 15-16; Lk. 23-24; Jn. 18-20)

D. Be familiar with the structure and contents of Sacred Scripture and be able to use it.

1. Locate passages in the Bible according to books, chapters, and verses.
2. Describe the Old Testament as God’s relationship with his chosen people, the Hebrews, as a preparation for Jesus Christ while the New Testament as a witness to Jesus, the fullness of all revelation. (CCC 121, 124)
E. Know and understand the articles of the Apostles’ Creed.

1. Recognize and articulate that the Apostles’ Creed is divided into three parts: the first speaks of the Father and creation; the second of the Son and redemption; the third of the Holy Spirit and sanctification. (CCC 190, 197)

“I Believe in God the Father”
2. Recognize and acknowledge that God is Holy, that he is everlasting and the he is present to everyone/everything he has made. (CCC 208, 212, 300)
3. Recognize that the Holy Spirit is the third person of the Trinity, worshiped with the Father and the Son. (CCC 243, 245, 263)
4. Explain how “The beauty of creation reflects the infinite beauty of the Creator.” (CCC 341)
5. Demonstrate how “Sin is selfishness; it is to prefer ourselves to God.” (CCC 398)

Believe in Jesus Christ, the Only Son of God”
6. Communicate that the Good News is that God has sent his beloved Son and that, he the Word became flesh to save us from our sins. (CCC 422, 457)
7. Name women of the Old Testament who prefigure Mary (eg. Eve, Sarah, Hannah, Deborah, Ruth, Judith and Esther) (CCC 489)
8. Explain that Jesus’ obedience to Mary and Joseph in their family life at Nazareth is a model for us. (CCC 531-33, 564)
9. Define the Paschal mystery, the death and Resurrection of Jesus who died and rose for everyone. (CCC 571, 605, 629)
10. Demonstrate that we share in the Paschal mystery by dying to sin and selfishness and living in union with the risen Jesus. (CCC 618)
11. Identify the Ascension as the return of Jesus to the Father, 40 days after his resurrection. (CCC 659, 665)
12. Explain that this world will come to end when Jesus returns to judge the living and dead. (CCC 682)

“I Believe in the Holy Spirit.”
13. Explain that Jesus was born through the Holy Spirit working in Mary. (CCC 721-26)
14. Recalls that the title Emmanuel means “God with us.” (CCC 744)
15. Explain that Jesus sends the Holy Spirit live in us to make us like Himself. (CCC 736, 740)

“I believe in the Holy Catholic Church”
16. Explain that through the church, God calls all people to communion with Himself. (CCC 836)
17. Recall that we become members of the Church through Baptism. (CCC 782, 804)
18. Recognize that every Christian is called to take part in the Church’s mission. (CCC 900, 941)
19. Recognize that Mary models the love of God for the Church, because no one loves Jesus more than his mother does. (CCC 829)
20. Recognize, the Church honors saints, and especially Mary, for their holiness. (CCC 828-29)
21. Identify the Pope as the pastor of the entire Church. (CCC 882)
22. Explain that the Church is the “communion of saints” which is brought about by the sacraments, especially the Eucharist. (CCC 946, 947, 950, 960)
Catholic school/parish catechetical students in the Diocese of Madison will know and appreciate the centrality of the Eucharist and the importance of the sacraments in the life of Catholics.

F. Understand and participate in liturgical seasons, feasts, and celebrations. (CCC 1076-1199, 1273)

1. Discuss how the Mass helps us remember and be thankful for the life, death, and resurrection of Jesus. (CCC 1066, 1068, 1073) Discuss how in the Mass we share in the prayer of Jesus to the Father in the Holy Spirit. (CCC 1066, 1068, 1073)
2. Identify the two main parts of the Mass, the Liturgy of the Word and the Liturgy of the Eucharist. (CCC 1345-55, 1408)
3. Connect our duty to worship God with the Church’s requirement that we participate at weekly Mass and Holy Days of Obligation. (CCC 1389)
4. Define Paschal Mystery as the life, passion, death, and resurrection, and ascension of Jesus. (CCC 1067)

G. Name, define, and describe each of the seven sacraments of the Church and will know how to participate in the celebration of each (CCC Baptism 1210-84, Confirmation 1285-1321, Eucharist 1322-1419, Reconciliation 1422-98, Anointing of the Sick 1499-1532, Holy Orders 1536-1600, Matrimony 1601-66)

1. Identify and explain the meaning of the signs and symbols that correlate to Baptism, Eucharist, and Reconciliation. (CCC 1234-45, 1278, 1333, 1465)
2. Recall that God gave Marriage to the human race at the beginning. (CCC 1603)
3. Explain how the Church cares for the sick and prays with them in the sacrament of the Anointing of the Sick. (CCC 1509)
4. List the 3 degrees (bishop, priest and deacon) of the sacrament of Holy Orders. (CCC 1536, 1554, 1593)
5. Compare the stages of natural life and the stages of sacramental life. (CCC 1212)
H. Understand the Eucharist has a special and central place in the life of the Church and in their own lives because it contains the very act of redemption which Jesus accomplished in his life, death, and resurrection. (CCC: 1322-1419)

1. Recall that the priest speaks and acts for Jesus leading us in the celebration of Eucharist. (CCC 1348, 1350)
2. Demonstrate that we adore Christ by making visits to the Blessed Sacrament (CCC 1378, 1418)
3. Explain that the celebration of the Eucharist remains the center of the Church's life. (CCC 1343)
Morality – Life in Christ

Section three is about how we should respond to Jesus’ love by the way we live. As his children, we should live as he has asked. The moral life is not an arbitrary list of rules, but laws of love that help us to know how to live to stay close to Jesus. Living life as Jesus asks us to live leads to true joy and peace.

Catholic school/parish catechetical students in the Diocese of Madison will understand and reflect the dignity of the human person and his vocation to freely know, love and serve God and neighbor. With the help of grace, they will seek holiness by avoiding sin, growing in virtue, and entrusting themselves to the mercy of God.

I. Understand the dignity of every human person stemming from their creation in the image and likeness of God. (CCC 1691-1876)

1. Identify virtues as habitual and firm dispositions to do good. (CCC 1803, 1833)
2. Describe the consequences of sin on our relationships with God and neighbor. (CCC 1861, 1863, 1865, 1872, 1876)
3. Recall that Jesus came to heal our wounds from sin and restore our relationship to God through His grace. (CCC 1708)
4. Recall how through His grace, God offers us the gift of eternal life. (CCC 1727)
5. Explain that the "good News" (Gospel) revealed in Jesus Christ is God's mercy to sinners. (CCC 1846)

J. Understand that the human person is made for communion, both with God and the human community. (CCC 1877-1948)

1. Describe God's desire for us to be in communion with Him and each other. (CCC 1878-1879, 1890-91)
2. Recognize how the mutual love of the Father, Son and Holy Spirit is the model for harmony among human persons. (CCC 1878, 1890)
3. Discuss how we share with others not only our material goods but also our spiritual goods. (CCC 1942, 1948)

K. Understand that wounded by sin, man needs salvation by God who comes to him in Christ who teaches us the law of love and recreates us in his image through the gift of his grace. (CCC 1949-2051)

1. Give an example of a Gospel parable.
2. Explain the nature and effects of grace. (CCC 1996-97, 2021)
L. Understand how to judge the morality of acts and how the conscience is properly formed. (CCC 1730-1802)

Not at this level.

M. Understand the Ten Commandments. (CCC 2052-2557)

1. Recite the Ten Commandments. (CCC 2052-2557)
2. Explain that Jesus gave two great commandments: the love of God and the love neighbor. (CCC 2055)

1st Commandment
   Not at this level

2nd Commandment
   3. Discuss how since "God calls each one by name" everyone's name is sacred. (CCC 2158, 2167)

3rd Commandment
   4. Describe how at Sunday Mass we gather together with our parish in celebration of the Lord's Day. (CCC 2179)

4th Commandment
   5. Recognize the family is the "domestic church". (CCC 2204)
   6. State how children should respect their brothers and sisters. (CCC 2219)

5th Commandment
   7. Defend every human life as being sacred because it has been created in the image of God. (CCC 2258, 2319)
   8. Give examples of how we follow Jesus' call to love even our enemies. (CCC 2262)

6th Commandment
   9. Explain that a child is the "supreme gift of marriage". (CCC 2378)

7th Commandment
   10. Connect gratitude for God's creation to good stewardship. (CCC 2415, 2456)

8th Commandment
   11. Recognize that flattery and boasting are opposed to the eighth commandment. (CCC 2480-81)

9th Commandment
   Not at this level

10th Commandment
   Not at this level
Christian Prayer

Prayer is an essential way we respond to God who loved us first. Prayer is necessary if we are to know God personally and to do His will. Living the Christian Life is almost impossible without prayer.

Catholic school/parish catechetical students in the Diocese of Madison will understand the revelation and tradition of the Catholic life of prayer.

N. Understand what prayer is and the revelation of prayer. (CCC 2559 – 2649)

1. Connect God’s creation and prayer. (CCC 2569)
2. Describe prayer as our conversation with God, and examine the five forms of prayer. (CCC 2564)
3. Create a personal prayer of petition. (CCC 2629)

O. Understand the Catholic Christian tradition of prayer (CCC 2650 – 2696)

1. Discuss how the Holy Spirit prays in us and teaches us how to pray. (CCC 2650, 2652, 2661)
2. Give examples of a sacramental and their use in prayer. (CCC 1677–78)
3. Describe how under the guidance of the Holy Spirit, priests are among those who teach us to pray. (CCC 2686)

P. Understand and experience the Catholic Christian life of prayer (CCC 2697 – 2758)

1. Give examples of how religious devote their lives to prayer. (CCC 2687)

Q. Understand the Lord’s prayer as a summary of the whole gospel and its many uses within the Christian life (CCC 2759 – 2865)

1. Recite the Nicene and Apostles Creeds.
2. Describe the Stations of the Cross.
Prayers to Learn

Children in Third Grade should be introduced to the following Prayers and should be able to recite:

1. Sign of the Cross
2. Our Father
3. Hail Mary
4. Glory Be
5. Morning Offering
6. Prayer before meals
7. Prayer to Guardian Angel
8. Act of Contrition
9. Introduced to Apostles & Nicene Creed
10. Mass responses
11. Participate Stations of the Cross
12. Prayer to prepare for Mass
13. Mysteries of the Rosary: Joyful, Sorrowful, Glorious

Children of this age group should be participating in the following forms of prayer:

1. Spontaneous Prayer
2. Gestures: Genuflection, Sign of the Cross, blessing oneself with Holy water
3. Song as prayer
4. Reflection: thinking about God and listening while reading from Scripture
5. Silence: at Mass or in the Church (beginning to develop a sense of reverence)
6. Prayer Journaling
7. Participate in a Rosary: Joyful, Sorrowful, Glorious
8. Participate in Devotions: Stations of the Cross, Novenas
9. Saint intercession

Children of this age should know and recognize the following sacramentals:

1. Crucifix
2. Bible
3. Images of Jesus & Mary
4. Images of Saints, Icons
5. Rosary—as a way to pray with Mary
6. Items in the Church: Tabernacle, Presider’s chair, Holy Water font, Crucifix, candles (method of prayer)
7. Items used at Mass: vestments, chalice, ciborium, hosts, wine, ambo, altar, purify cator, corporal, cruets,thurible, incense, lectionary, sacramentary
Vocations

From the moment of our baptism, God has a special plan for each of us. God calls us to life in Christ, in order that, with Christ, we may offer our whole life in love of God and our neighbor. At our confirmation, God strengthens and increases that the life of the Holy Spirit within us, so that we will have the inspiration and strength to respond to God’s call.

The official definition of the word vocation according to the Catechism of the Catholic Church is: The calling or destiny we have in this life and hereafter. God has created the human person to love and serve him; the fulfillment of this vocation is eternal happiness (CCC 1, 358, 1700). Christ calls the faithful to perfection and holiness (CCC 825). The Vocation of the laity consists in seeking the Kingdom of God by engaging in temporal affairs and directing them according to God’s will (CCC 898). Priestly and religious vocations are dedicated to the service of the Church as the universal sacrament of Salvation (873, 931).

In Third Grade the children should be taught the church’s teaching on vocations as an independent session or incorporated into a daily plan. They should specifically learn: God has given each unique person, gifts and talents. God has a special plan for each person’s life to use these gifts in the service of others and the building of his kingdom. Along with the gifts he gives each person a call, a call to be holy and call to their lives. Some people are called to married, some to remain single, some to the priesthood and some to the religious life (sisters and brothers).

Bible & Catechism

Children in third grade should be familiar and comfortable with the bible. They should know it is the inspired word of God and the bible should be treated with reverence. In third grade they should begin looking up verses on their own with assistance from a teacher or parents. They should have basic knowledge that the bible is in two major sections: Old and New Testaments. They may not master looking up verses on their own but have a level of familiarity and comfort with it. They should be read to from scripture and be reflecting on what they hear (possibly in a prayer journal.)
### Mysteries of the Rosary

**THE GLORIOUS MYSTERIES**  
(Wed’s & Sundays):

1. The Resurrection  
2. The Ascension  
3. The Descent of the Holy Spirit on the Apostles  
4. The Assumption of the Blessed Virgin Mary  
5. The Coronation of Mary: Mary crowned Queen of Heaven

### Prayer Before Mass

Almighty and ever-living God,  
I approach the sacrament  
of Your only-begotten Son  
Our Lord Jesus Christ,  
I come sick to the doctor of life,  
unclean to the fountain of mercy,  
blind to the radiance of eternal light,  
and poor and needy to the Lord  
of heaven and earth.  
Lord, in your great generosity,  
heal my sickness,  
wash away my defilement,  
enlighten my blindness, enrich my poverty,  
and clothe my nakedness.  
May I receive the bread of angels,  
the King of kings and Lord of lords,  
with humble reverence,  
with the purity and faith,  
the repentance and love,  
and the determined purpose  
that will help to bring me to salvation.  
May I receive the sacrament  
of the Lord’s Body and Blood,  
and its reality and power.  
Kind God,  
may I receive the Body  
of Your only-begotten Son,  
our Lord Jesus Christ,  
born from the womb of the Virgin Mary,  
and so be received into His mystical body  
and numbered among His members.  
Loving Father,  
as on my earthly pilgrimage  
I now receive Your beloved Son  
under the veil of a sacrament,  
may I one day see him face to face in glory,  
who lives and reigns with You for ever.

Amen.
Stations of the Cross

Opening Prayer
Mary, my Mother, you were the first to live the Way of the Cross. You felt every pain and every humiliation. You were unafraid of the ridicule heaped upon you by the crowds. Your eyes were ever on Jesus and His Pain. Is that the secret of your miraculous strength? How did your loving heart bear such a burden and such a weight? As you watched Him stumble and fall, were you tortured by the memory of all the yesterdays - His birth, His hidden life and His ministry? You were so desirous of everyone loving Him. What a heartache it was to see so many hate Him - hate with a diabolical fury. Take my hand as I make this Way of the Cross. Inspire me with those thoughts that will make me realize how much He loves me. Give me light to apply each station to my daily life and to remember my neighbor's needs in this Way of the Pain. Obtain for me the grace to understand the mystery, the wisdom and the Divine love as I go from scene to scene. Grant that my heart, like yours, may be pierced through by the sight of His sorrow and the misery and that I may determine never to offend Him again. What a price He paid to cover my sins, to open the gates of heaven for me and to fill my soul with His own Spirit. Sweet Mother, let us travel this way together and grant that the love in my poor heart may give you some slight consolation.

Amen.

The First Station: Jesus Is Condemned To Death

My Jesus, the world still has You on trial. It keeps asking who You are and why You make the demands You make. It asks over and over the question, If You are God's Son, why do You permit the world to be in the state it is in? Why are You so silent? Though the arrogance of the world angers me, I must admit that silently, in the depths of my soul, I too have these questions. Your humility frustrates me and makes me uncomfortable. Your strength before Pilate as You drank deeply from the power of the Father, gives me the answer to my question - The Father's Will. The Father permits many sufferings in my life but it is all for my good. If only I too could be silent in the face of worldly prudence - steadfast in the faith when all seems lost - calm when accused unjustly - free from tyranny of human respect - ready to do the Father's Will no matter how difficult.

Silent Jesus, give us all the graces we need to stand tall in the face of the ridicule of the world. Give the poor the strength not to succumb to their privation but to be ever aware of their dignity as sons of God. Grant that we might not bend to the crippling disease of worldly glory but be willing to be deprived of all things rather than lose Your friendship. My Jesus, though we are accused daily of being fools, let the vision of Quiet Dignity standing before Monstrous Injustice, give us all the courage to be Your followers.

Amen
The Second Station: Jesus Carries His Cross

How could any human impose such a burden upon Your torn and bleeding body, Lord Jesus? Each movement of the cross drove the thorns deeper into Your Head. How did You keep the hatred from welling up in Your Heart? How did the injustice of it all not ruffle your peace? The Father's Will was hard on You - Why do I complain when it is hard on me?

I see injustice and am frustrated and when my plans to alleviate it seems futile, I despair. When I see those burdened with poverty suffer ever more and cross is added to cross my heart is far from serene. I utterly fail to see the dignity of the cross as it is carried with love. I would so much rather be without it.

My worldly concept is that suffering, like food, should be shared equally. How ridiculous I am, dear Lord. Just as we do not all need the same amount of material food, neither do we need the same amount of spiritual food and that is what the cross is in my life, isn't it - spiritual food proportional to my needs.

Amen

The Third Station: Jesus Falls the First Time

My Jesus, it seems to me, that as God, You would have carried Your cross without faltering, but You did not. You fell beneath it's weight to show me You understand when I fall. Is it pride that makes me want to shine even in pain? You were not ashamed to fall- to admit the cross was heavy. There are those in world whom my pride will not tolerate as I expect everyone to be strong, yet I am weak. I am ashamed to admit failure in anything.

If the Father permits failure in my life just as He permitted You to fall, then I must know there is good in that failure which my mind will never comprehend. I must not concentrate on the eyes of others as they rest upon me in my falls. Rather, I must reach up to touch that invisible hand and drink in that invisible strength ever at my side.

Weak Jesus, help all men who try so hard to be good but whose nature is constantly opposed to them walking straight and tall down the narrow road of life. Raise their heads to see the glory that is to come rather than the misery of the present moment.

Your love for me gave You strength to rise from Your fall. Look upon all those whom the world considers unprofitable servants and give them the courage to be more concerned as to how they stand before You, rather than their fellowmen.

Amen
The Fourth Station: Jesus Meets His Afflicted Mother

My Jesus, it was a great sorrow to realize Your pain caused Mary so much grief. As Redeemer, You wanted her to share in Your pain for mankind. When You glanced at each other in unutterable suffering, what gave you both the courage to carry on without the least alleviation - without anger at such injustice?

It seems as if you desired to suffer every possible pain to give me an example of how to suffer when my time comes. What a humiliation for You when Your mother saw you in such a pitiable state - weak - helpless - at the mercy of sinful men - holiness exposed to evil in all hideousness.

Did every moment of that short encounter seem like an eternity? As I see so much suffering in the world, there are times I think it is all hopeless. There is an element of lethargy in my prayers for mankind that says "I'll pray, but what good will it do? The sick grow sicker and the hungry starve. " I think of that glance between You and Mary - the glance that said, "Let us give this misery to the Father for the salvation of souls. The Father's power takes our pain and frustration and renews souls, saves them for a new life - a life of eternal joy, eternal happiness. It is worth it all." Give perseverance to the sick so they can carry the cross of frustration and agony with love and resignation for the salvation of others.

Amen

The Fifth Station: Simon Helps Jesus Carry His Cross

My Jesus, Your tormentors enlisted a Simon of Cyrene to help You carry Your cross. Your humility is beyond my comprehension. Your power upheld the whole universe and yet You permit one of Your creatures to help You carry a cross. I imagine Simon was reluctant to take part in Your shame. He had no idea that all who watched and jeered at him would pass into oblivion while his name would go down in history and eternity as the one who helped his God in need. Is it not so with me, dear Jesus? Even when I reluctantly carry my cross as Simon did, it benefits my soul.

If I keep my eyes on You and watch how You suffered, I will be able to bear my cross with greater fortitude. Were you trying to tell all those who suffer from prejudice to have courage? Was Simon a symbol of all those who are hated because of race, color and creed?

Simon wondered as he took those beams upon his shoulders, why he was chosen for such a heavy burden and now he knows. Help me Jesus, to trust your loving Providence as you permit suffering to weave itself in and out of my life. Make me understand that You looked at it and held it fondly before You passed it on to me. You watch me and give me strength just as You did Simon. When I enter Your Kingdom, I shall know as he knows, what marvels Your Cross has wrought in my soul.

Amen
The Sixth Station: Veronica Wipes the Face of Jesus

My Jesus, where were all the hundreds of peoples whose bodies and souls were healed by you? Where were they when You needed someone to give You the least sign of comfort? Ingratitude must have borne down upon Your heart and made the cross nearly impossible to carry. There are times I too feel all my efforts for Your Kingdom are futile and end in nothingness. Did your eyes roam through the crowd for the comfort of just one individual - one sign of pity - one sign of grief?

My heart thrills with a sad joy when I think of one woman, breaking away from fear and human respect and offering You her thin veil to wipe Your bleeding Face. Your loving heart, ever watching for the least sign of love, imprinted the Image of your torn Face upon it! How can You forget Yourself so completely and reward such a small act of kindness?

I must admit, I have been among those who were afraid to know You rather than like Veronica. She did not care if the whole world knew she loved You. Heartbroken Jesus, give me that quality of the soul so necessary to witness to spread Your Word - to tell all people of Your love for them. Send many into Your Vineyard so the people of all nations may receive the Good News. Imprint Your Divine Image upon my soul and let the thin veil of my human nature bear a perfect resemblance to your loving Spirit.

Amen

The Seventh Station: Jesus Falls A Second Time

My Jesus, one of the beautiful qualities the people admired in You was Your strength in time of ridicule - Your ability to rise above the occasion. But now, You fall a second time - apparently conquered by the pain of the Cross. People who judged You by appearances made a terrible mistake. What looked like weakness was unparalleled strength!

I often judge by appearances and how wrong I am most of the time. The world judges entirely by this fraudulent method of discerning. It looks down upon those who apparently have given their best and are now in need. It judges the poor as failures, the sick as useless and the aged as a burden. How wrong that kind of judgment is in the light of your second fall! Your greatest moment wasYour weakest one. Your greatest triumph was in failure. Your greatest act of love was in desolation. Your greatest show of power was in that utter lack of strength that threw You to the ground.

Weak and powerful Jesus, give me the grace to see beyond what is visible and be more aware of Your Wisdom in the midst of weakness. Give the aged, sick, handicapped, retarded, deaf and blind the fruit of joy so they may ever be aware of the Father's gift and the vast difference between what the world sees and what the Father sees that they may glory in their weakness so the power of God may be manifest.

Amen
The Eighth Station: Jesus Speaks to the Holy Women

My Jesus, I am amazed at Your compassion for others in Your time of need. When I suffer, I have a tendency to think only of myself but You forgot Yourself completely. When You saw the holy women weeping over Your torments, You consoled them and taught them to look deeper into Your Passion. You wanted them to understand that the real evil to cry over was the rejection You suffered from the Chosen people - a people set apart from every other nation, who refused to accept God's Son.

The Act of Redemption would go on and no one would ever be able to take away Your dignity as Son of God, but the evil, greed, jealousy and ambition in the hearts of those who should have recognized You was the issue to grieve over. To be so close to God made man and miss Him completely was the real crime.

My Jesus, I fear I do the same when I strain gnats and then swallow camels - when I take out the splinter in my brother's eye and forget the beam in my own. It is such a gift - this gift of faith. It is such a sublime grace to possess Your own Spirit. Why haven't I advanced in holiness of life? I miss the many disguises you take upon Yourself and see only people, circumstances and human events, not the loving hand of the Father guiding all things. Help all those who are discouraged, sick, lonely and old to recognize Your Presence in their midst.

Amen

The Ninth Station: Jesus Falls the Third Time

My Jesus, even with the help of Simon You fell a third time. Were You telling me that there may be times in my life that I will fall again and again despite the help of friends and loved ones? There are times when the crosses You permit in my life are more than I can bear. It is as if all the sufferings of a life time are suddenly compressed into the present moment and it is more than I can stand.

Though it grieves my heart to see You so weak and helpless, it is a comfort to my soul to know that You understand my sufferings from Your own experience. Your love for me made You want to experience every kind of pain just so I could have someone to look to for example and courage.

When I cry out from the depths of my soul, "This suffering is more than I can bear," do You whisper, "Yes, I understand"? When I am discouraged after many falls, do you say in my innermost being, "Keep going, I know how hard it is to rise"?

There are many people who are sorely tried in body and soul with alcohol and drug weaknesses who try and try and fall again and again. Through the humiliation of this third fall, give them the courage and perseverance to take up their cross and follow You.

Amen
The Tenth Station: Jesus is Stripped of His Garments

It seems that every step to Calvary brought You fresh humiliation, my Jesus. How Your sensitive nature recoiled at being stripped before a crowd of people. You desired to leave this life as You entered it - completely detached from all the comforts of this world. You want me to know without a doubt that you loved me with an unselfish love. Your love for me caused You nothing but pain and sorrow. You gave everything and received nothing in return. Why do I find it so hard to be detached?

In your loving mind, dear Jesus, did You look up to the Father as You stood there on that windy hill, shivering from cold and shame and trembling from fear, and ask Him to have mercy on those who would violate their purity and make love a mockery? Did you ask forgiveness for those whose greed would make them lie, cheat and steal for a few pieces of cold silver?

Forgive us all, dear Jesus. Look upon the world with pity, for mankind has lost its way and the principles of this world make lust a fun game and luxury a necessity. Detachment has become merely another hardship of the poor and obedience the fault of the weak. Have mercy on us and grant the people of this day the courage to see and know themselves and the light to change.

Amen

The Eleventh Station: Jesus is Nailed to the Cross

It is hard to imagine a God being nailed to a cross by His own creatures. It is even more difficult for my mind to understand a love that permitted such a thing to happen! As those men drove heavy nails into Your hands and feet, dear Jesus, did You offer the pain as reparation for some particular human weakness and sin? Was the nail in Your right hand for those who spend their lives in dissipation and boredom?

Was the nail in Your left hand in reparation for all consecrated souls who live lukewarm lives? Were You stretching out Your arms to show us how much You love us? As the feet that walked the hot, dusty roads were nailed fast, did they cramp up in a deadly grip of pain to make reparation for all those who so nimbly run the broad road of sin and self-indulgence?

It seems, dear Jesus, Your love has held You bound hand and foot as Your heart pleads for a return of love. You seem to shout from the top of the hill "I love you - come to me - see, I am held fast - I cannot hurt you - only you can hurt Me." How very hard is the heart that can see such love and turn away. Is it not true I too have turned away when I did not accept the Father's Will with love? Teach me to keep my arms ever open to love, to forgive and to render service - willing to be hurt rather than hurt, satisfied to love and not be loved in return.

Amen
The Twelfth Station: Jesus Dies on the Cross

God is dead! No wonder the earth quaked, the sun hid itself, the dead rose and Mary stood by in horror. Your human body gave up its soul in death but Your Divinity, dear Jesus, continued to manifest its power. All creation rebelled as the Word made Flesh departed from this world. Man alone was too proud to see and too stubborn to acknowledge truth.

Redemption was accomplished! Man would never have an excuse to forget how much You loved him. The thief on Your right saw something he could not explain - he saw a man on a tree and knew He was God. His need made him see his own guilt and Your innocence. The Promise of eternal life made the remaining hours of his torture endurable.

A common thief responded to Your love with deep Faith, Hope, and Love. He saw more than his eyes envisioned - he felt a Presence he could not explain and would not argue with. He was in need and accepted the way God designed to help him.

Forgive our pride, dear Jesus as we spend hours speculating, days arguing and often a lifetime in rejecting Your death, which is a sublime mystery. Have pity on those whose intelligence leads them to pride because they never feel the need to reach out to the Man of Sorrows for consolation.

Amen

The Thirteenth Station: Jesus is Taken Down From the Cross

My Jesus, it was with deep grief that Mary finally took You into her arms and saw all the wounds sin had inflicted upon You. Mary Magdalene looked upon Your dead Body with horror. Nicodemus, the man so full of human respect, who came to You by night, suddenly received the courage to help Joseph take You down from the Cross. You are once more surrounded by only a few followers. When loneliness and failure cross my path, let me think of this lonely moment and this total failure - failure in the eyes of men. How wrong they were - how mistaken their concept of success! The greatest act of love was given in desolation and the most successful mission accomplished and finished when all seemed lost. Is this not true in my life, dear Jesus? I judge my failures harshly. I demand perfection instead of holiness. My idea of success is for all to end well - according to my liking.

Give to all men the grace to see that doing Your Will is more important than success. If failure is permitted for my greater good then teach me how to use it to my advantage. Let me say as You once said, that to do the Will of the Father is my food. Let not the standards of this world take possession of me or destroy the good You have set for me - to be Holy and to accomplish the Father's Will with great love. Let me accept praise or blame, success or failure with equal serenity.

Amen
The Fourteenth Station: Jesus is Laid in the Sepulcher

My Jesus, You were laid to rest in a stranger's tomb. You were born with nothing of this world's goods and You died detached from everything. When You came into the world, men slept and angels sang and now as You leave it, Creation is silent and only a few weep. Both events were clothed in obscurity. The majority of men live in such a way. Most of us live and die knowing and known by only a few. Were You trying to tell us, dear Jesus, how very important our lives are just because we are accomplishing the Father's Will? Will we ever learn the lesson of humility that makes us content with who we are, where we are and what we are?

Will our Faith ever be strong enough to see power in weakness and good in the sufferings of our lives? Will our Hope be trusting enough to rely on Your Providence even when we have nowhere to lay our head? Will our Love ever be strong enough not to take scandal in the cross?

My Jesus, hide my soul in Your heart as You lie in the Sepulcher alone. Let my heart be as a fire to keep you warm. Let my desire to know and love You be like a torch to light up the darkness. Let my soul sing softly a hymn of repentant love as the hours pass and Your Resurrection is at hand. Let me rejoice, dear Jesus, with all the Angels in a hymn of praise and thanksgiving for so great a love - so great a God - so great a day!

Amen

Closing Prayer

My Jesus, I have traveled Your Way of the cross. It seems so real and I feel so ashamed. I complain of my sufferings and find obedience to the Father's Will difficult. My Mind bogged down by the poverty, sickness, starvation, greed and hatred in the world. There are many innocent people who suffer so unjustly. There are those born with physical and mental defects. Do we understand that You continue to carry Your cross in the minds and bodies of each human being? Help me to see the Father's Will in every incident of my daily life. This is what You did - you saw the Father's Will in Your persecutors, Your enemies and your pain. You saw a beauty in the Cross and embraced it as a desired treasure. My worldly mind is dulled by injustice and suffering and I lose sight of the glory that is to come. Help me to trust the Father and to realize that there is something great behind the most insignificant suffering. There is Someone lifting my cross to fit my shoulders - there is Divine Wisdom in all the petty annoyances that irk my soul every day. Teach me the lessons contained in my Cross, the wisdom of its necessity, the beauty of its variety and the fortitude that accompanies even the smallest cross. Mary, My Mother, obtain for me the grace to be Jesus to my neighbor and to see my neighbor in Jesus.

Amen.