

# **THE STATIONS OF THE CROSS**

## **Based on Reflections from the Corona Virus Pandemic**

### **OPENING PRAYER**

Jesus came with his disciples to a country place called Gethsemane, and he said to them, "Sit down here, while I go over yonder and pray." Then he took with him Peter and the two sons of Zebedee, and he began to be saddened and exceedingly troubled. He said to them, 'My soul is sad, even unto death. Wait here and watch with me.' He went forward a little, and falling prostrate he prayed, saying, "Father, if it is possible, let this cup pass away from me; yet not as I will but as you will." (Mt. 26, 36 to 39)

(KNEEL AND PAUSE)

Jesus, You embraced the sorrowful cup of suffering in Your passion and death. As I walk these stations in Your footsteps, I unite all of my suffering, fears, inconveniences, and hardships to Your Cross. Remind me Jesus during this pandemic that "nothing is impossible with God" and that my sacrifices are redemptive when I unite them to You.

(STAND AND SING)

*Jesus Lord, condemned, defiled,  
May we too be meek and mild  
As we tread your holy Way.*

*May we feel no bitter hatred,  
When we too are persecuted,  
Left alone to walk with You.*

### **FIRST STATION**

#### **Jesus is condemned to death**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

Again the high priest began to ask him, and said to him, "Are you the Christ, the Son of the Blessed One?" And Jesus said to him, "I am. And you shall see the Son of Man sitting at the right hand of the Power and Coming with the clouds of heaven," But the high priest tore his garments and said, "What further need have we of witnesses? You have heard the blasphemy. What do you think?" And they all condemned him as liable to death. (Mark 14:61-64)

(KNEEL AND PAUSE)

How ironic that the high priest was intimidated by You who are the ultimate High Priest. He felt threatened by Your Divine Power and yet how often I feel threatened when things are out of my control.

This pandemic has made me fearful as I realize how powerless I am to control the unknown. Jesus, please help me to let go of my pride so that I can trust in You.

Let us pray. Jesus, You freely gave control to your enemies knowing that Your Father's Will would ultimately be done. Help us to give over our pride when we try to control our daily lives. By Your grace, teach us to Trust in You and not in ourselves. Amen.

(STAND AND SING)

*Now the Cross as Jesus bore it  
Has become for us who share it,  
The jeweled Cross of Victory.*

## **SECOND STATION**

### **Jesus carries His Cross**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

And Pilate said to the Jews, "Behold, your king!" But they cried out, "Away with him! Away with him! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. And so they took Jesus and led him away, bearing the cross for himself. (John 19:14-17)

(KNEEL AND PAUSE)

The people cried out that they had no king but Caesar. When I place my trust in science, medicine, the economy, politics, careers, finances and not in God; I make the same response. I am powerless to stop the pandemic and I am only trying to do my part to slow down the rate of infection. Jesus, please help me to place my trust in You and not in the security of this passing world.

Let us pray. Jesus, Your authority was rejected by mankind and yet You truly are the King of the Universe. Help us to acknowledge our sins when we place our trust in the creature instead of the Creator. By Your grace, teach us to place You above all else, as the King of our hearts. Amen.

(STAND AND SING)

*Weakened, prodded, cursed, and fallen,  
His whole Body bruised and swollen,  
Jesus tripped and lay in pain.*

## **THIRD STATION**

### **Jesus falls the first time**

We adore You, O Christ, and we praise You. (GENUFLECT)

Because by your holy Cross You have redeemed the world.

If the world hates you, know that it has hated me before you. If you were of the world, the world would love what is its own. Because you are not of the world, but I have chosen you out of the world, therefore the world hates you. Remember the word that I have spoken to you: No servant is greater than his master. If they have persecuted me, they will persecute you also. (John 15:18-20)

(KNEEL AND PAUSE)

How heavy that cross must have been. Not only were You carrying the weight of the timber but also the weight of my sins. During this pandemic, I am overwhelmed by the weight of all my anxieties, worries, and fears while I forget what You did for me on the Cross. Jesus, please help me to carry the crosses in my life; reminding me that I never carry them alone.

Let us pray. Jesus, You were all alone and there was no one to help you to carry Your cross at first. Help us to believe that we are never alone and that You are the one who is helping us to carry our crosses. By Your grace, teach us to acknowledge You when our crosses are both heavy and light. Amen.

(STAND AND SING)

*Jesus meets his grieving Mother,  
She who made the Lord our Brother;  
Now the sword her heart has pierced.*

## **FOURTH STATION**

### **Jesus meets his afflicted mother**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

Now there were standing by the cross of Jesus his mother and his mother's sister, Mary of Cleophas, and Mary Magdalene. When Jesus, therefore, saw his mother and the disciple standing by, whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. (John 19:25-27)

(KNEEL AND PAUSE)

It is even more painful for me to watch a loved one suffer. I cannot imagine the pain that Your mother Mary went through as she saw You beaten and bloody. I am afraid of losing the ones I love and this pandemic reminds me of how fragile life really is. Jesus, please help me to not be afraid to suffer out of love and console me when I lose those closest to me.

Let us pray. Jesus, even as You hung upon the cross, You never stopped thinking about us. In the final moments of Your life, You gave us Your mother to be our mom. By Your grace, remind us that there is no hardship or difficulty that will ever take us away from You or our dear Mother Mary. Amen.

(STAND AND SING)

*Simon stopped in hesitation,  
Not foreseeing his proud station,  
Called to bear the Cross of Christ.*

## **FIFTH STATION**

### **Simon of Cyrene helps Jesus carry His Cross**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

And when they had mocked Jesus, they took the purple cloak off and put his own clothes on him and they led him out to be crucified. Then they forced a certain passer-by, Simon of Cyrene, coming from the country, to take up his cross. They brought Jesus to the place called Golgotha, a name meaning "the place of the skull." (Mt. 15:20-22)

(KNEEL AND PAUSE)

It must have been such an inconvenience for Simon to carry Your Cross when he had others things to do. There are many inconveniences that I face due to this pandemic and how often I complain about them. Jesus, please teach me to offer up all of my inconveniences as an act of love for You and for those who are struggling more than myself.

Let us pray. Jesus, Simon did not understand his role in salvation history as he helped You to carry the Cross. Often times we overlook how our small sufferings and inconveniences can be united to Your Cross. By Your grace, help us to intentionally offer all of our struggles for the salvation of the world. Amen.

(STAND AND SING)

*Brave but trembling came the woman,  
None but she would flaunt the Roman,  
Moved by love beyond her fear.*

## **SIXTH STATION**

### **Veronica wipes the face of Jesus**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

"Lord, when did we see you hungry, and feed you; or thirsty, and give you drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when did we see you sick, or in prison, and come to you?" And answering the king will say to them, "Amen, I say to you, as long as you did it for one of these, the least of my brethren, you did it for me." (Mt. 25:37-40)

(KNEEL AND PAUSE)

Despite the angry mob, Veronica did not worry about herself when she wiped Your face. This was a bold move that I am not sure I would have done in her shoes. Often times I am worried about only myself and how others will look at me. This pandemic is a reminder that the sacrifices that I am making are for my brothers and sisters around the world. Jesus, please teach me to be focused on others and that when I do, I am ultimately serving You.

Let us pray. Jesus, Veronica consoled You as she wiped Your bloody face. Remind us that we console You every time we serve our neighbor in Your Name. By Your grace, may our focus be on others in their time of greatest need so that we too may be like Veronica, who did not count the cost. Amen.

(STAND AND SING)

*Prostrate on the dust He crumbled,  
Flogged in Body He resembled  
All our brothers poor and scorned.*

## **SEVENTH STATION**

### **Jesus falls the second time**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

It was our weaknesses that he carried, our sufferings that he endured, while we thought of him as stricken, as one struck by God and afflicted. But he was pierced for our offenses, crushed for our sins; upon him was the punishment that makes us whole, by his stripes we were healed. We had all gone astray like sheep, each following his own way; but the Lord laid upon him the guilt of us all. (Is. 53:4-6)

(KNEEL AND PAUSE)

What made You get back up after You fell the second time? How often I want to give up when I am faced with adversity. There are so many hardships surrounding this pandemic. Some have lost their jobs while others have lost their loved ones. I am tempted to despair when I look at my own struggles. Jesus, please remind me that when I fall prey to these temptations, You are the one who picks me back up.

Let us pray. Jesus, You allowed Yourself to be weak and vulnerable so that You could take on our sufferings. When we are tempted to despair, remind us that we can endure all things in You. By Your grace, may we become strong in You by humbly admitting that we are weak and vulnerable in this time of suffering. Amen.

(STAND AND SING)

*May our sympathy for Jesus  
Turn to those who here now need us,  
May we see Christ bruised in them.*

## **EIGHTH STATION**

### **Jesus meets the women of Jerusalem**

We adore You, O Christ and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

There was following Jesus a great crowd of people, and among them were some women who were bewailing and lamenting him. Jesus turning to them said, "Daughters of Jerusalem, do not weep for me but weep for yourselves and for your children." (Luke 23:27-28)

(KNEEL AND PAUSE)

All I have to do is look at the media to see a world that is hurting. I cannot explain suffering nor can I avoid it. During this pandemic, the sadness is tangible as I see how everyone is negatively affected by it, including myself. It is a fight every day for me not to be depressed by this situation. Jesus, please ease my sadness and console me in my grief.

Let us pray. Jesus, You were worried about us in the moment of your greatest agony. Your heart still aches for Your children who continue to suffer around the world. Remind us that Your merciful gaze is upon us in our current trials and tribulations. By Your grace, may the pain and sadness in this life never stop us from Your consolation. Amen.

(STAND AND SING)

*Jesus falls again in weakness,  
Stumbling as we do, to lead us  
Through our sorrow and our pain.*

## **NINTH STATION**

### **Jesus falls a third time**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

I lie prostrate in the dust; give me life according to your word. I declared my ways, and you answered me; teach me your commands. Make me understand the way of your precepts, and I will meditate on your wondrous deeds. My soul weeps for sorrow; strengthen me with your words. (Ps. 118:25-28)

(KNEEL AND PAUSE)

These are unprecedented times and I have more questions than answers. I am trying to understand Your ways, O Lord, but I struggle to see You in the challenges of this pandemic. I know that You are trying to teach me but sometimes I am overwhelmed by my grief, stress, and anxiety. Jesus, please give me clarity to see You working when I am blinded by the struggles of life.

Let us pray. Jesus, You fell many times under the weight of the Cross on the road to Calvary. You were strengthened each time by our Father to continue the journey when it was difficult. Strengthen us in our greatest need when we are overwhelmed by life's challenges and uncertainties. By Your grace, never let despair and doubt stop us from Your love. Amen.

(STAND AND SING)

*Stripped and jeered by his own nation,  
Jesus stood in desolation,  
Giving all He had to give.*

## **TENTH STATION**

### **Jesus is stripped of His clothes**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

They gave Jesus wine to drink mixed with gall; but when he had tasted it, He would not drink. Then, after they had crucified him, they divided his clothes, casting lots, to fulfill what was spoken through the prophet: "They divided my clothes among them, and upon my garment they cast lots." (Mt. 27:34-35)

(KNEEL AND PAUSE)

You were stripped of everything that the world had to offer. How often I am fearful of losing the things that I have acquired or the prestige that I have gained from others. I have a fear that this pandemic might cause me to lose everything and everyone that I love. Jesus, please remind me that nothing can ever take me away from Your love, which is stronger than death itself.

Let us pray. Jesus, You gave away everything for us. You never counted the cost as You freely gave up Your life. Help us to remember what is most important in this life and to keep our eyes fixed on You and the eternal life to come. By Your grace, may none of our attachments to this life stop us from Your Divine life now and forever more. Amen.

(STAND AND SING)

*Pierced the hand that blessed and cured us,  
Pierced the feet that walked to free us,  
Walked the hill of Calvary.*

## **ELEVENTH STATION**

### **Jesus is nailed to the Cross**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

When they came to Golgotha, the place called the Skull, they crucified Jesus and the robbers, one on his right and the other on his left. And Jesus said, "Father, forgive them for they do not know what they are doing." (Luke 23:33-35; John 19:18)

(KNEEL AND PAUSE)

When something goes wrong, I immediately blame someone. You had every right to blame me for Your death and instead you forgave me. Because of this pandemic, I am so quick to judge leaders, governments, doctors, researchers, and those above me. Jesus, please teach me your ways from the cross: help me to be quick to forgive and slow to judge.

Let us pray. Jesus, You forgave us when You had every right to condemn. The world is hurting and the temptation is to place blame. You taught us to not condemn and in return we shall not be condemned. You are the ultimate judge and we plead for Your mercy that was offered on the Cross. By Your grace, may Your precious Blood make atonement for our sins and those of the whole world. Amen.

(STAND AND SING)

*Life eternal, death defiant,  
Bowed his head - the world was silent,  
Through his death came life anew.*

## **TWELFTH STATION**

### **Jesus dies on the Cross**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, And the sun was darkened, and the curtain of the temple was torn in the middle. Jesus cried out with a loud voice and said, "It is finished. Father, into your hands I commend my spirit." Then, bowing his head, he died. (Luke 23:44-46; John 19:30b)

(KNEEL AND PAUSE)

What can I say in this moment? The moment You breathed Your last, the world stopped and there was a deafening silence. This pandemic has caused my world to stop again and I am wrestling with the reality of life and death. There is nothing to live for and nothing that has meaning without You. Jesus, please help me to stay focused on You and to see Your Crucifixion as the only glimmer of Hope in a world that desperately needs You.

Let us pray. Jesus, we are forever in Your debt. We will never be able to pay back what was offered us in Your Passion, Death, and Resurrection. In this great mystery of the Cross; You accepted death and gave us new life. By Your grace, may we cling to the light of Your Truth when the darkness of this world overshadows us. Amen.

(STAND AND SING)

*Stunned and stricken, Mary, Mother  
In your arms was placed our Brother  
Full of grace - now filled with grief.*

### **THIRTEENTH STATION**

#### **The body of Jesus is taken down from the Cross**

We adore you, O Christ, and we praise you. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

When the soldiers came to Jesus, they saw that he was already dead so that they did not break his legs, but one of them opened his side with a lance, and immediately there came out blood and water. Joseph of Arimathea, because he was a disciple of Jesus, although a secret one for fear of the Jews, besought Pilate that he might take away the body of Jesus And Pilate gave permission. (John 19:33-34,38a)

(KNEEL AND PAUSE)

Everyone went home on Good Friday and You were left alone on the Cross. Thanks to the courage of Joseph, You were taken down from the Cross and given a proper burial. This pandemic has caused me to experience the pains of isolation from family, friends, and other communities. Jesus, please make me aware of those in need around me, especially those who are alone and afraid.

Let us pray. Jesus, You are in solidarity with all those who are forgotten and alone in this world. Caught up in our busy lives, we often forget about those who are neglected and isolated from others. By Your grace, may we have the heart of your disciples to comfort others and be Your Presence in their time of loneliness. Amen.

(STAND AND SING)

*Jesus, Lord, your gift accepted,  
In three days, You resurrected.  
You did first what we shall do.*

### **FOURTEENTH STATION**

#### **Jesus is laid in the tomb**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

Joseph of Arimathea took the body of Jesus and wrapping it in a clean linen cloth he laid it in his new tomb, which he had hewn out of rock. Then he rolled a large stone against the entrance of the tomb and departed. (Mt. 27:59-60)

(KNEEL AND PAUSE)

Your burial must have been a particularly sad moment for your disciples. Not only were they burying their best friend but also their hopes of ministry with You. The three days in the tomb was a dark time in their lives. This pandemic, like many other tragedies in my life, are dark moments where I am tempted to give into doubt and despair. Jesus, please instill in me the light of hope in my darkest moments.

Let us pray. Jesus, on the edge of sadness when all seemed lost, You gave your disciples hope. We cry out to you to be our hope amidst the trials and tribulations of this life, especially during this global pandemic. By Your grace, may we all be comforted by Your abiding Presence in this life and strengthened with the hope of being with you in the next. Amen.

(STAND AND SING)

*Jesus Risen be our lover  
In your Food and in our brother,  
Lead us home to heaven with You.*

## **CLOSING PRAYER**

We adore You, O Christ, and we praise You. (GENUFLECT)  
Because by your holy Cross You have redeemed the world.

(STAND)

On my journey through life, all roads lead back to Calvary. It is on Calvary where I meet True Love and suffering finally has meaning and becomes redemptive. Every time I meditate on Your Passion and Death, I am reminded of how special I am to You and how much You love me. While I am fixated on this pandemic and how it will affect me, Jesus please remind me that “nothing will separate me from the Love of God.”

Let us pray. Jesus, You are the hope of all the nations. Our hope lies in Your Presence and the Truth that you overcame the greatest evils that threatened humanity; which is sin and death. Protect us against all the temporal evils in this world, especially from all pandemics and plagues, and remind us of your great love. A love crucified for our sake and one that is stronger than death. Amen.

*Our Father, Hail Mary, Glory Be for the intention of our Holy Father.*