

# STATIONS OF THE CROSS

Archdiocese of Kingston - Lent 2021

For Individual Recitation

## INTRODUCTION

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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

## **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.

SCRIPTURE: Mark 14: 61-64

The high priest asked Jesus, "Are you the Messiah, the Son of the Blessed One?" Jesus said, "I am; and 'you will see the Son of Man seated at the right hand of the Power,' and 'coming with the clouds of heaven.'" Then the high priest tore his clothes and said, "Why do we still need witnesses? You have heard his blasphemy! What is your decision?" All of them condemned him as deserving death.

*My Lord Jesus Christ, I see you condemned as a common criminal. Often I have condemned you, when I have gossiped about others. Give me strength never to act unjustly or condemn others out of jealousy or cowardice or for my own gain. Grant that I may never neglect to defend the needs of others by my inaction. Kindle in my heart a more fervent love.*

## **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.

SCRIPTURE: John 19: 14-17

Pilate said to the Jews, "Here is your King!" They cried out, "Away with him! Away with him! Crucify him!" Then he handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull.

*My Lord Jesus Christ, although I see you rejected by the crowd, still you accept to bear the humiliation, pain and tribulations of those who suffer so much in this world. Give me the*

*courage and determination to help others in carrying your Cross with patience and resignation. Grant that daily I may embrace the crosses you have destined for me.*

## **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.

SCRIPTURE: John 15: 18-21

If the world hates you, be aware that it hated me before it hated you. If you belonged to the world, the world would love you as its own. Because you do not belong to the world, but I have chosen you out of the world—therefore the world hates you. Remember the word that I said to you, 'Servants are not greater than their master.'

*My Lord Jesus Christ, as a servant and slave you take the sins of the world upon your shoulders. Give me the grace to act more like a servant than a master, willing to serve those suffering from hunger, loneliness, illness or rejection. Grant that I may have the humility to accept my own weaknesses and the things that are beyond my control.*

## **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.

SCRIPTURE: John 19. 25b-27

When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

*My Lord Jesus Christ, I see the depth of love exchanged between you and your Mother. Pour into my heart a love like your Mother's for all my brothers and sisters. May I imitate her compassion, humility and wisdom and give myself completely in service of the Gospel. During times of isolation may I grow in love for and appreciation of my family members and reach out to those far away or who have no one.*

**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.

SCRIPTURE: Mark 15: 20-22

After mocking Jesus, they led him out to crucify him. They compelled a passer-by, who was coming in from the country, to carry his cross.; it was Simon of Cyrene.

*My Lord Jesus Christ, you invite me to take up your Cross and so lose my life in order to save it. So often I do not wish to place my life on the line, sacrifice for others or become involved in their problems. May I see you in the dejected and those who are isolated, no matter what difficulty it may cause for me. Grant that I may joyfully endure the inconveniences this pandemic imposes on me for my health and safety of others.*

**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.

SCRIPTURE: Matthew 25: 37b-40

“Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

*My Lord Jesus Christ, I see the effect that one small act of kindness can have on another person. May I, like Veronica, also perform small kindnesses throughout the day. Move me to assist those whom the world thinks insignificant for they too share your Passion. Grant that I may see your face in all the people I encounter, especially those who put their life on the line in health care, retail and food services and delivery of goods. Through the difficulties of life may your image and likeness be imprinted in my life.*

**SEVENTH STATION - Jesus falls the second time**

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

SCRIPTURE: Isaiah 53: 4-6

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

*My Lord Jesus Christ, once again I see you fall under the burden and guilt of others that you carry. As I know that I will fall over and over again, grant that I may accept the repeated faults and weaknesses of others. As you have forgiven me, so may I forgive and love. Make me tolerant when others grow tired, weary or impatient in serving me, that your loving kindness in me may be a sign of hope and life for all people.*

**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.

SCRIPTURE: Luke 23: 27-29

A great number of the people followed Jesus, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.’

*My Lord Jesus Christ, I see you console others in this moment of extreme pain and humbly accept their assistance and compassion. I pray for all those who have died without their families. Grant that I may extend comfort to the sorrowful and mourn with those who suffer the death of a loved one, but also accept the kindness of others. Thus may I allow others to be instruments of your mercy as well.*

### ***NINTH STATION - Jesus falls the third time***

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

SCRIPTURE: Psalm 119: 25-28

My soul clings to the dust; revive me according to your word. When I told of my ways, you answered me; teach me your statutes. Make me understand the way of your precepts, and I will meditate on your wondrous works. My soul melts away for sorrow; strengthen me according to your word.

*My Lord Jesus Christ, in utter exhaustion I see you fall again as you fulfill your mission in obedience to your Father's will. Give me the patience to bear all wrongs, never to hold a grudge and always to forgive those who have injured me. Grant that I may work with others to build up your Church, subjecting myself to your divine will and learning how to put aside my own aspirations for the spiritual welfare of my brothers and sisters.*

### ***TENTH STATION - Jesus is stripped of his clothing***

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

SCRIPTURE: Matthew 27: 33-36

When they came to a place called Golgotha (which means Place of a Skull), they offered Jesus wine to drink, mixed with gall; but when he tasted it, he would not drink it. And when they had crucified him, they divided his clothes among themselves by casting lots; then they sat down there and kept watch over him.

*My Lord Jesus Christ, although you are the Son of God, you did not cling to your equality to God but emptied yourself and accepted our human condition. Now I see you stripped of all dignity like so many people today who are deprived of human rights. Grant that I may never strip the dignity of others as children of our Father. Rather strip from me the sin of pride when I think I am better than others. Then may I be clothed with the riches of your kingdom.*

### ***ELEVENTH STATION - Jesus is nailed to the Cross***

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

SCRIPTURE: Luke 23. 32-34

Two others, who were criminals, were led away to be put to death with Jesus. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, "Father, forgive them; for they do not know what they are doing."

*My Lord Jesus Christ, lifted high on the Cross, I see that you are mercy crucified, bringing salvation to all people. May your pierced hands embrace all those who are ill, distressed or imprisoned. Give me eyes to see the needs of others and words to affirm, appreciate and encourage those around me. Release me from the fears that bind me to inaction, so that the fruits of your death may be shared with all humanity through what I say and do.*

### ***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.

SCRIPTURE: Luke 23: 44-48

Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, "Certainly this man was innocent." And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts.

*My Lord Jesus Christ, in your death I see you surrender completely to the Father's will and entrust your spirit into his hands. As with your last breath you breathed out the Spirit on all humanity, so pour out the Spirit of your love into my heart, that I may never be indifferent to the plight of others or shrink from suffering but rather rejoice, that I have been counted worthy to suffer for your name's sake.*

### **THIRTEENTH STATION - The body of 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.

SCRIPTURE: John 19: 31-33, 37

Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body.

*My Lord Jesus Christ, I see the blood and water flowing from your pierced side, that cleanses the human race of its sins. Remove the violence, hatred and illness that shrouds the earth, touches the lives of so many people and brings death and destruction. Grant that all who have shared your death may rise with you to the glory of your Kingdom. May I remember them in love and prayer, for we are one in the Communion of Saints.*

### **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.

SCRIPTURE: John 19: 38-42

Because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there. 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.

*My Lord Jesus Christ, descending to the depths of death, you liberate the souls of the just who awaited salvation. Raise up the spirits of those today who are depressed, ill, imprisoned or despised. Grant that all may experience the new*

*light which your resurrection brings so that they may enjoy the victory you won over sin and death. And when it seems that our efforts bear no fruit, may we know that you are still at work in the world and that our labours and sacrifices in your name are never in vain, for you are with your people.*

### **CONCLUSION**

#### **THE RESURRECTION (Optional)**

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

SCRIPTURE: Mark 16. 1-6

When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. They had been saying to one another, "Who will roll away the stone for us from the entrance to the tomb?" When they looked up, they saw that the stone, which was very large, had already been rolled back. As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed. But he said to them, "Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil.

Deliver us, Lord from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us in time of trial, as we wait in joyful hope for the coming of our Saviour, Jesus Christ.

For the kingdom, the power and glory are yours now and for ever.

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