

Fourteenth Station:

Jesus is buried in the sepulcher

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

Leader:

Consider how after this sad day the faithful followers of Jesus gather to honor His body. Joseph of Arimathea offers the Lord his own tomb. Nicodemus and Joseph both help His mother Mary, Mary Magdalene, John, and the other women to take His body to the tomb. Notice their reverence for His body, their care. This is the beginning of what will be the Church. Even in the burial, there is hope of the resurrection. Our Lady alone has this hope. Jesus is placed in the tomb quickly before the Sabbath comes. They hastily wash His body and wrap His head in a cloth and his body in a larger cloth. The tomb is closed and now they begin their Sabbath

(pause for silent prayer)

All:

Oh, my Lord, you are buried, in the earth. I pray for all my deceased relatives and all the dead in the tombs that they may share in your hope. You visited the righteous dead and brought them into Heaven. Bring the souls of my family members, loved ones, and those no one prays for into heaven. I want to offer up these Stations for them. Help me to leave in the tomb all my disordered passions, sinful tendencies, all my grudges and resentments. You died to forgive us. Give me the ability to forgive. Let your mercy triumph in my heart so that I may truly live a new life, a life of serving you. Let me be your instrument to bring your love to all souls.

*By the Cross with thee to stay,
there with thee to weep and pray,
is all I ask of thee to give.*



The Stations of the Cross

By

Fr. Victor C. Perez

Introductory Prayer:

My Lord, send down your Holy Spirit upon me as I accompany your Son in His passion. Let me walk with Him and console His Sacred Heart on the way to Calvary.

I intend to gain the plenary indulgence for

_____ (*yourself or a deceased person*).

I offer this Stations of the Cross for the souls in purgatory, in reparation for my own sins and the sins of the whole world, and for the intentions of the Immaculate Heart of Mary. Help me to have a deeper faith in your love for me.

Now pray one:

Our Father, One Hail Mary, One Glory Be for the intentions of the Pope and recite the Creed.

If you can go to confession or have gone to confession within 20 days of doing the stations and are in the state of grace and receive Holy Communion you can gain the plenary indulgence.

Thirteenth Station: Jesus is taken down from the cross

V: We adore You, O Christ, and we praise You. (Genuflect)
R: Because, by Your holy cross, You have redeemed the world.
(*Rise*)

Leader:

Consider that Jesus dies before the two thieves, on either side of Him, who had their legs broken so that they would die immediately. Jesus was already dead, so they pierced his side with a lance and lo, blood and water flowed out. Then Jesus is taken down from the cross. His lifeless body is placed in the arms of His Mother. Mary's grief is renewed as she sees the face of the One who she loves, the one she gave her life to, dead in her arms. She weeps. She assents to this sacrifice. She remembers the words of Simeon: "your own soul a sword will pierce." The one she held by the manger now lays dead in her arms. How far from the joy of Bethlehem! Jesus has done this for me and for you.

(pause for silent prayer)

All:

Mary, my mother, help me to know the depths of your Son's love for me that He would give everything for me. You know that is why He lays in your arms dead. Because He died for love of me and to give glory to the Father. Pray for me that I may have your love for the Father that I may live as His child as a child of the light. Pray that, in my own times of darkness and grief when I lose a loved one, I may always know that you are with me praying for me. Help me to have hope in the reality of Heaven.

*Let me mingle tears with thee,
mourning Him who mourned for me,
all the days that I may live:*

**Twelfth Station:
Jesus dies on the cross**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

Leader:

Consider how our Lord after three hours on the cross gives up his spirit. Behold the depth of His love. His body in need, suffering, losing life, shooting pains in wrist and feet. People mock him below, taunting Him to come down. He is not tempted by this. He knows the Father's will. He has "set his face like flint." He has come to save us. He forgives His enemies from the cross. He says he thirsts. He thirsts for our souls, for our faith and holiness. He commends us to His Blessed Mother. "Woman, behold your son." He commends his spirit, bows his head, and dies.

(pause for silent prayer)

All:

Oh, my Lord, you have given all. You have truly loved your own in the world and you loved us till the end. Let us be your own, let us belong to you. Let me be known as your disciple, near the cross and close to Mary, my Mother. Let me live in this world, seeing each soul as purchased at a great price. Let your death change the way I see everything. Let me not complain in my sufferings but offer them to you. Help me be like Mary and be compassionate toward those who suffer as she was united to you in your suffering. Let me be filled with hope that after death, after a death with you, there will be glory and resurrection.

*Let me share with thee His pain,
who for all my sins was slain,
who for me in torments died.*

First Station:

Jesus is Condemned to Death

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

Leader:

Consider how our Lord the Son of God humbles himself so much that He would subject himself to be judged as a criminal. He is in custody, captured, brought before Caiphas and then after a few hours in a jail brought before Pilate. A band of soldiers have surrounded him in jest and placed on His head a crown of thorns. He is exposed to the crowd who ridicule Him. And then the crowd prefers a criminal and murderer over Him. Let us remember the times we have chosen our sin and pleasure over Him and His sweet yoke, his path of life. For the times we have thrust him aside we repent.

(pause for silent prayer)

All:

My Lord, forgive us. Forgive us for the times we have chosen sin over you, for the times we follow the crowd and abandon you. We easily try to seek to please the crowd like Pilate did instead of bravely following your path. Help us to have courage to follow you even when it is not popular. Thank you for your love, in being condemned in my place. Let me love you back by a life devoted to you.

*At the Cross her station keeping,
stood the mournful Mother weeping,
close to Jesus to the last.*

Second Station:**Jesus takes on himself the holy cross**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

Leader:

Consider the roughness of the wood that is placed on his shoulders, his shoulders already bloody from the scourging. Already sore. Jesus feels every pain. Especially He feels the weight of our sins upon him. "For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him" (2 Cor 5:21). See the crowd yelling and hissing at him, the soldiers whip him as he makes his first steps forward on the cobblestone. He knows He has to walk through city and eventually climb up Calvary. He does it for us. He does it for love.

(pause for silent prayer)

All:

Lord Jesus, forgive the sins I have committed. For it is because of my sins that you carry this cross. I know I have added to its weight. Forgive my self-righteousness and pride, my blindness to my sin. For St. John wrote, "If we say we have no sin, we deceive ourselves, and the truth is not in us" (1 John 1:8). Let us humble ourselves and walk this path with you up to Calvary let us set out now to follow you and leave behind our pride and self-righteousness.

*Through her heart, His sorrow sharing,
all His bitter anguish bearing,
now at length the sword has passed.*

Eleventh Station:**Jesus is crucified to the cross.**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

Leader:

Consider how our Lord, after being stripped of his garments, is roughly pushed down to the rocky earth. He is on Calvary now. He has come to the end of his earthly path. It has led to this, his greatest act of love. Jesus moves his tired body over the cross and stretches his arms as wide as they can go. He allows himself to be nailed to the cross. Once nailed, he will not come down. This is His choice. He is committed to us in love, nailed to the cross. He takes upon himself the curse of fallen humanity which God foretold to Adam, "If you eat of the tree you shall die." Jesus will die on our behalf so that we can live.

(pause for silent prayer)

All:

Jesus, nail my heart to the cross. Let me never offend you again by my sins. I have often driven in a nail into your flesh by my sins. Like Magdalene, I want to kiss your feet and adore you as you offer your life to the Father for me. Let your precious blood cover me as I commit myself to you, to live for you and to die for you. Help me to see how priceless every soul is that you have freely done this for each person. You wish to make a new beginning to the human race so that we can be again in Eden, in union with God, in paradise with the Father forever.

*Holy Mother! pierce me through,
in my heart each wound renew
of my Savior crucified:*

**Tenth Station:
Jesus is stripped of His garments**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

Leader:

Consider how Our Lord was roughly handled by soldiers and violently stripped of His garment, reopening His wounds which had become attached to the garment. Our Lord is stripped of all human honor and dignity. But He is rich in love. Though He looks so weak, He is strong in the Father's love and accepts this for us and offers the sacrifice of His life to the Father.

(pause for silent prayer)

All:

Dear Lord, how often I have clothed myself in vanity, putting on a false self through my pride in order to fit in and have worldly honor. How easily I compare myself to others. Help me to be stripped of all my insincerity and vanity, putting off the old nature of sin, so I may be clothed in you. Thank you for earning for me to be clothed in my baptismal garment. You won this for me by being stripped of all earthly honor. Forgive my vanity, pride, and all my sins of impurity. Let me be stripped of everything that I place before your love. Your love is enough for me. Let me live fully to honor you and seek your glory.

*Make me feel as thou hast felt;
make my soul to glow and melt
with the love of Christ my Lord.*

**Third Station:
Jesus falls the first time**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

Leader:

Consider the how the Son of God trips, his leg gives out and the cross falls upon our savior striking His head. The pain of the thorns is multiplied as the cross makes its thorns go into His skull. See the blood drops in the dirt, on the cobble stone streets. This is the King of Kings, the Messiah, the longed for Son of David, who now is rejected, all alone. Where are the crowds who once hailed Him as their king? Will anyone take his side? Jesus gets up. He loves us even while we are sinners, he chooses to love us and save us for He is our holiness.

(pause for silent prayer)

All:

My Lord, forgive me for the times I have doubted your presence. When I go through hard times, I know that you are with me. Why do I pretend that you are in the clouds and from me and my sufferings? I know that we share the cross together. Forgive me for not turning to you in my crosses. Forgive me for hating the cross and carrying it so feebly. Jesus, give me your strength.

*O how sad and sore distressed
was that Mother, highly blest,
of the sole-begotten One.*

**Fourth Station:
Jesus meets his mother**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. (Rise)

Leader:

Consider how Jesus, after getting up, takes a few steps as His eyes rest on a familiar face. His own mother is in the crowd. Hers is the face He first knew as a child. Her face He saw cry when Joseph died. Her face now cries at seeing Him. It pains Him to see His mother weep this way and see the sorrow on her face. But He knows that the best way to love her is to allow her to console Him. And so, she comes up to Him attempting to touch His face. “My son. My son. My son, heart of my heart, flesh of my flesh” Jesus sees in her the new creation. He is filled with new energy. He wants fallen humanity to be like her. This is why He must die so that He, the new Adam, can create a new humanity, filled with grace.

(pause for silent prayer)

All:

My dear mother Mary, I thank you for your yes, which allowed Jesus to come down to us. I thank you for your acceptance of the Father’s plan to save us even though you had to give up your son. You yourself said, “My spirit rejoices in God my savior.” Thank you for being part of this plan so that Salvation could come. Help me to know your son as you do with your heart and your mind. Let me be one with Him as you are and never let me turn away from Him. Take me away from my sins.

*Christ above in torment hangs,
she beneath beholds the pangs
of her dying glorious Son.*

**Ninth Station:
Jesus falls the third time**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. (Rise)

Leader:

Consider how the Lord falls a third time. He feels He cannot go on. He has already lost so much blood from the scourging and has eaten nothing since the Last Supper. His poor body is wounded and in need, and the cross’ heavy weight is un-supportable. He thinks of his apostles who have fled. His heart is full of sorrow, the weight of sin. But this is why He came; this is the evil He has come to conquer. So, he gets up. The best way to defeat evil is through love, through goodness. This is “Good” Friday.

(pause for silent prayer)

All:

My Lord, I have fallen so many times into sin even after I have repented. The prodigal son came home once to you after leaving and wasting his inheritance. But I keep turning away from you. Don’t let me turn away from you again. Keep me near you in the shadow of your cross, for your love is better than life. Forgive me for all my laziness and self-indulgence, my constant comfort seeking. The pleasures of heaven are what I desire, to be with you for eternity, the joy of a life of love is what I want, not momentary pleasures. Teach me to deny myself and take up my cross and follow you.

*O thou Mother! fount of love!
Touch my spirit from above,
make my heart with thine accord:*

**Eighth Station:
Jesus meets the Women of Jerusalem**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader:

Consider how these women along the way weep with compassion for our Lord. They weep out of pity for him. This young man, who once was so strong and beautiful, is now “a worm and no man” and “one large wound.” Jesus’ beauty however comes forth as he speaks. Jesus turns and said to them, “Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. Look, the days are coming when people will say, ‘Blessed are the barren women, the wombs that never bore, and breasts that never nursed!’” Jesus is only concerned with us. This is love, to seek the good of the other. He forgets His pain and draws attention to our need, our need of salvation.

(pause for silent prayer)

All:

Jesus, forgive us our sins. We need your salvation. In our culture we have forgotten the dignity of human life from the womb. We have forgotten the meaning of our sexuality and the dignity of marriage as you created it. People lack hope and do not want to bring children into our world. Save us, Jesus. Let your culture of life spread by means of hearts on fire with your love, love that generates, love that brings life through acts of selfless service. Let mothers be supported and men be like you, devoted to serve and protect the women in their lives.

*For the sins of His own nation,
saw Him hang in desolation,
Till His spirit forth He sent.*

**Fifth Station:
Simon of Cyrene Helps Jesus to carry His cross**

V: We adore You, O Christ, and we praise You. (Genuflect)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader:

Consider how weak Jesus is that He can no longer go on at a sufficient pace. The soldiers are impatient with Him and want their job to be over. So, they get a passerby Simon to help Jesus carry His cross. Simon was not at all happy about this obligation placed upon him. It went against his rights. If he only knew this would be the biggest blessing of his life. The cross often come to us and it doesn’t seem fair, but if we have faith and accept it we will find God’s purpose in it.

(pause for silent prayer)

All:

My Lord Jesus, though you are God you have need of Simon. Though you are God you have need of me. You want me to help you bring your message to my friends and family, the people in my life. Help me to remember I am part of your body. I want to be your hands and feet. Let me help you by supporting my brothers and sisters who are in need. Let me make the cross of my wife or husband, father or mother, sibling, friend or stranger lighter by showing them kindness and patience. Let us not always look out for our own rights but instead be ready to be available for love, a love which goes beyond strict justice and rights.

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

**Sixth Station:
Veronica wipes the face of Jesus**

V: We adore You, O Christ, and we praise You. (Genuflect)
R: Because, by Your holy cross, You have redeemed the
world. *(Rise)*

Leader:

Consider how this woman who tradition calls Veronica comes from among the crowd and wipes our Lord's face. She is not afraid to separate from the crowd, to approach Jesus and relieve Him for a moment by offering Him her veil. She gazes in His eyes and He in hers. He uses His free hand to soak up His blood and sweat drenched face. He is so grateful for this act of love. This loving act motivates him to continue to lay down His life in love for us all. "Love one another as I have loved you"

(pause for silent prayer)

All:

Jesus, my Jesus, forgive me for my reluctance to separate from the crowd and be peculiarly your own by living my faith or speaking of my faith. So easily my faith is just for Sundays in the church where I am safe, but I don't live it as I should in my daily life at home and in the places I go. I repent now and I want to be like Veronica, approaching you, loving you, and thanking you for going to die for me. I deserve to die from my many sins, not you who never sinned. Teach me, Lord, to forget myself and to spend myself in love of my neighbor.

*Can the human heart refrain
from partaking in her pain,
in that Mother's pain untold?*

**Seventh Station:
Jesus falls the second time.**

V: We adore You, O Christ, and we praise You. (Genuflect)
R: Because, by Your holy cross, You have redeemed the
world. *(Rise)*

Leader:

Consider how after this act of love by Veronica, a soldier wishing to speed him up, kicks him from behind. He falls at Simon's feet. The soldiers shake their heads. Jesus gives in and rests a moment on the ground. Jesus, who created the law of gravity, refuses to make an exception for Himself since He must be like us in every way except sin. This is His Father's will.

(pause for silent prayer)

All:

It makes me blush with shame to see how humble you are, O Lord, you who created the world. You, who are wisdom itself and an infinite person, allow yourself to be treated this way by your creatures. But your humility makes up for our pride. Pride is what made our first parents leave paradise. Forgive my pride which makes me exalt myself over others or want to be better than others. All the goodness in me is from you. Lord, by this second fall, help me to be truly humble and depend on you for my strength.

*Bruised, derided, cursed, defiled,
she beheld her tender Child
All with bloody scourges rent:*