



The way of the Cross

Lenten Stations of the Cross

Leader: O God of the Calvary hour, as we gather to pray The Stations of the Cross, we are aware that in this hour our story merges with yours and that together we face that journey when the cross brings us to the ground.

All: In your death every death is transformed, every shadow and every loss. As we walk with you again on the longest mile, help us to be instruments of the new creation where every tear will be wiped away. Amen.

*Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
Oh! -- Sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?*

Leader: THE FIRST STATION - Jesus is condemned to death

From the Gospel according to Luke:

A third time Pilate said to them, "Why, what evil has he done? I have found in him no grounds for the sentence of death; I will therefore have him flogged and then release him." But they kept urgently demanding with loud shouts that he should be crucified; and their voices prevailed. So Pilate gave his verdict that their demand should be granted. He released the man they asked for, the one who had been put in prison for insurrection and murder, and handed Jesus over as they wished.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord,
keep watch over our decisions,
bring them clarity by your light,
and lead us to ask the right questions.
Evil alone never doubts.
Trees that sink their roots in the ground,
wither, if watered by evil,
but you have set our roots in heaven,
and our branches on earth, to know and follow you.

*Were you there when Pilate washed his hands?
Were you there when Pilate washed his hands?
Oh! Sometimes it causes me to tremble, tremble, tremble!
Were you there -when Pilate washed his hands?*

Leader: THE SECOND STATION - Jesus receives his cross

From the Gospel according to Mark:

Jesus called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the Gospel, will save it.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord,
that in the light of the cross, the symbol of our faith,
we may accept our sufferings and, enlightened by your love,
embrace our own crosses, made glorious by your death and resurrection.
Give us the grace to look back on the story of our lives
and to rediscover in them your love for us.

*Give me strength to bear the cross with you.
Give me strength to bear the cross with you.
Oh! Sometimes it causes me to tremble, tremble, tremble!
Give me strength to bear the cross with you.*

Leader: THE THIRD STATION - Jesus falls for the first time

From the book of the prophet Isaiah:

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken,
struck down by God, and afflicted.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, give us the courage to get up after every fall,
as you did on the way to Calvary.
Grant that we may always appreciate the great and precious gift of life,
and that our failures and falls may never be a reason for throwing it away.
We know that if we trust in you, we will be able to get up again
and find the strength to keep going, always.

*Were you there when he fell upon the way?
Were you there when he fell upon the way?
Oh! Sometimes it causes me to tremble, tremble, tremble!
Were you there when he fell upon the way?*

Leader: THE FOURTH STATION - Jesus meets his mother

From the Gospel according to Luke:

Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the
rising of many in Israel, and to be a sign that will be opposed, so that the inner thoughts of
many will be revealed – and a sword will pierce your own soul too".

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord:
help us always to keep before our eyes the example of Mary,
who accepted the death of her son
as a great mystery of salvation.
Help us to act with our gaze fixed on the good of others
and to die in the hope of the resurrection,
conscious that we are never alone
or abandoned by God or Mary,
the loving mother ever concerned for her children.

*Holy Mary, pray to God for me.
Holy Mary, pray to God for me.
Oh! Sometimes it causes me to tremble, tremble, tremble.
Holy Mary, pray to God for me.*

Leader: THE FIFTH STATION - Simon of Cyrene helps Jesus to carry the cross

From the Gospel according to Luke:

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, to give each of us the courage to be like Simone of Cyrene, who takes up your cross and follows in your steps.

May each of us be sufficiently humble and strong to take up the crosses of those whom we meet. Grant that, when we feel alone, we may recognize on our journey a Simon of Cyrene who will halt and help bear our burden.

Grant that we may see the best in every person, and be open to all different kinds of encounter. We ask that each of us may unexpectedly find himself or herself walking at your side.

*Were you there when Simon shared his cross?
Were you there when Simon shared his cross?
Oh! Sometimes it causes me to tremble, tremble, tremble!
Were you there when Simon shared his cross?*

Leader: THE SIXTH STATION - Veronica wipes the face of Jesus

From the book of the prophet Isaiah:

He had no form or majesty that we should look at him, nothing in his appearance that we should desire him. He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Jesus, grant us the strength to approach others, to approach every person, young or old, poor or rich, friends or strangers, and to see your face in all those faces.

Help us never to hesitate in coming to the aid of our neighbor, in whom you dwell, even as Veronica came to help you on the way to Calvary.

*Who will reach out to wipe away his pain?
Who will reach out to wipe away his pain?
Oh! Sometimes it causes me to tremble, tremble, tremble.
Who will reach out to wipe away his pain?*

Leader: THE SEVENTH STATION - Jesus falls for the second time

From the book of the prophet Isaiah:

By a perversion of justice he was taken away. Who could have imagined his future? For he was cut off from the land of the living, stricken for the transgression of my people. Yet it was the will of the Lord to crush him with pain.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, grant that we may be ready to get up after falling, that we may learn from our failures.

Remind us that, when it is our turn to make mistakes and fall, if we but stay with you, and hold fast to your hand, we can learn to get up again.

Grant that we may bring to everyone your message of humility, that future generations may open their eyes to you and learn to understand your love.

Teach us to help those who suffer and fall beside us, to wipe away their sweat, and to stretch out a hand to lift them up.

Give us strength to stand up when we fall.

Give us strength to stand up when we fall.

Oh! Sometimes it causes me to tremble, tremble, tremble!

Give us strength to stand up when we fall.

Leader: THE EIGHTH STATION - Jesus meets the women of Jerusalem

From the Gospel according to Luke:

A number of the people followed him, and among them were women who were beating their breasts and wailing for him. 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.' Then they will say to the mountains, 'Fall on us'; and to the hills, 'Cover us.' For if they do this when the wood is green, what will happen when it is dry?"

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, that we may become ever more charitable towards those in need, even as you were.

Give all of us the strength to go against the grain and to enter into authentic contact with others, building bridges and not enclosing ourselves in the selfishness that leads us to the loneliness of sin.

Were you there when he spoke along the way?

Were you there when he spoke along the way?

Oh! Sometimes it causes me to tremble, tremble, tremble!

Were you there when he spoke along the way?

Leader: THE NINTH STATION - Jesus falls for the third time

From the book of the prophet Isaiah:

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 turned to our own way, and the Lord has laid on him the iniquity of us all.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, grant us every day
the courage to go forward on our journey.
Grant that we may receive to the very end
the hope and the love that you have given us.
May everyone confront the challenges of life
with the strength and the fidelity which were yours
in the final moments of your journey
to death on the cross.

*Give us strength to make it to the end
Give us strength to make it to the end
Oh! Sometimes it causes me to tremble, tremble, tremble!
Give us strength to make it to the end*

Leader: THE TENTH STATION - Jesus is stripped of his garments

From the Gospel according to John:

When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, grant that all of us may acknowledge
the dignity belonging to our nature,
even when we find ourselves naked and alone before others.
Grant that we may always see the dignity of others,
respect it and defend it.
We ask you to grant us the courage needed
to understand ourselves as more than the clothing we wear,
and to accept our own nakedness.
It reminds us of our poverty,
with which you fell in love, even to giving your life for us.

*May we clothe each person with your love.
May we clothe each person with your love.
Oh! Sometimes it causes me to tremble, tremble, tremble!
May we clothe each person with your love.*

Leader: THE ELEVENTH STATION - Jesus is nailed to the cross

From the Gospel according to Luke:

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".

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord,
that in the face of good, we may be ready to recognize it,
that in the face of injustice, we may find the courage to take risks and to act differently.
Grant that we may be set free from all the fears that, like nails,
immobilize us and keep us far from the life you have desired and prepared for us.

*Were you there when they nailed him to the tree?
Were you there when they nailed him to the tree?
Oh! Sometimes it causes me to tremble, tremble, tremble!
Were you there when they nailed him to the tree?*

Leader: THE TWELFTH STATION - Jesus dies on the cross

From the Gospel according to Luke:

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then 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!"

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, to open our eyes
to see you also in suffering, in death,
in the ending which is not the real ending.
Upset our complacency by your cross: shake off our drowsiness.
Challenge us always by your disturbing mystery,
that overcomes death and grants life.

*Were you there when he died upon the cross?
Were you there when he died upon the cross?
Oh! Sometimes it causes me to tremble, tremble, tremble.
Were you there when he died upon the cross?*

Leader: THE THIRTEENTH STATION - Jesus is taken down from the cross

From the Gospel according to John:

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. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord,
keep hope ever alive in us,
and faith in your unconditional love.
Grant that we may continue, our hearts inflamed,
to fix our gaze on eternal salvation,
and thus find refreshment and peace on our journey.

*Mother Mary, we share your grief and pain.
Mother Mary, we share your grief and pain.
Oh! Sometimes it causes me to tremble, tremble, tremble.
Mother Mary, we share your grief and pain.*

Leader: THE FOURTEENTH STATION - Jesus is laid in the tomb

From the Gospel according to John:

Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

(Silent Meditation)

Leader: Let us pray:

All: We ask you, Lord, who revealed yourself not in glory but in the quiet of a dark night. You who see not the surface, but in secret, entering into the depths. From the depths, hear our voice: grant that, in our weariness, we may find rest in you, seeing in you our nature, and in the love of your sleeping face, the beauty we have lost.

*Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
Oh! Sometimes it causes me to tremble, tremble, tremble!
Were you there when they laid him in the tomb?*

CLOSING PRAYER

All:

Lord Jesus Christ,
your passion and death is the sacrifice that unites earth and heaven
and reconciles all people to you.
May we who have faithfully reflected on these mysteries
follow in your steps and so come to share your glory in heaven
where you live and reign with the Father and the Holy Spirit
one God, for ever and ever.
Amen.