

The Way of the Cross

The way of the Cross, is a journey of prayer. Walk in spirit with Jesus on his journey to Calvary, mediating on his suffering and death. Each station is an opportunity to recall and mediate on the life of Jesus and how it influences your own life.

The sign of the cross: In the name of the Father & of the Son & of the Holy Spirit Amen.

Opening Reading: The Son of man is destined to suffer grievously, to be rejected and to be raised up on the third day. If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me.

The Stations

Station 1: Jesus is condemned to Death:



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Jesus, often I judge others and fail to be understanding, compassionate and loving. Help me to see people in my life through your eyes and not through the eyes of those who condemned you death.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 2: Jesus is made carry His Cross



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Jesus you accepted your cross in order to redeem the world. Help me accept the crosses in my life – the hardships, the struggles, the disappointments and the pain. Only by recognising my own weaknesses can I discover your strength.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 3: Jesus falls the First Time



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Jesus you know how often I fall trying to follow you. Yet you are there to pick me up. Help me trust in you loving care for me.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 4: Jesus meets his Mother



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Your Mothers grief was only surpassed by her love for you. So often you come to me in others and their love give me new life. Help me see how often you love me through the people in my life.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 5: Simon helps Jesus carry his cross



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Jesus sometimes I am indifferent to the needs of others in my life. At times I neglect those whom I love. Help me to see that loving others in a sure way to find you in my life.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 6: 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.

Reflection: Jesus at times I am afraid to reach out to others. At times I fail to act when I should. I keep quite when I should speak out. Give me a deeper and more courageous faith. Help me to trust that you are with me.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 7: Jesus falls the second time.



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Failure and disappointment sometimes lead me to despair. I hide behind my pride and self-pity, without drawing from you and others. Give me the hope I need and help me never to be afraid to begin with.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 8: Jesus Consoles the Women of Jerusalem



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Jesus your compassion for others astounds me. I feel petty and selfish when I think of you and the way you love others. Help me to pour out my love, that you might fill me with your love.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 9: Jesus falls the third time.



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Your failing strength makes me see how helpless I am. Without you, I can do nothing. Help me to rely on you strength, to see how much I need you.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 10: Jesus is stripped of His garments.



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Jesus seeing you so cruelly humiliated makes me realise how I cling to worldly things, my accomplishments, and my possessions. Help me to let go of things in my life that stop me getting closer to you and others.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 11: 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.

Reflection: Jesus I never doubt or question you love for me as I see you crucified. Help me to see your cross as a great sign of your love for me.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 12: Jesus dies on the Cross



We adore you, O Christ, and we praise you because by your holy cross you have redeemed the world.

Reflection: Jesus your broken and lifeless body calls me to deeper faith.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee Help me see my crosses as ways of loving you.

Station 13: 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.

Reflection: Jesus seeing your body taken down from the cross reminds me how fearful I am of letting go of my own life. I am fearful of been unimportant or useless. Help me to place my life in your hands.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Station 14: The Body of 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.

Reflection: Jesus when I see the great stone sealing your tomb, I feel alone and abandoned. Even though you sometimes seem distant or absent in my life, help me to always believe your closeness and loving presence.

Moment of silence:

O Sweet Jesus who for love of me did bear your cross to Calvary, in your sweet mercy grant to me to suffer and to die with Thee

Closing Scripture Reading

On the first day of the week, at the first sign of dawn, they went to the tomb with the spices they had prepared. They found that the stone had been rolled away from the tomb, but on entering they discovered that the body of the Lord Jesus was not there. As they stood there not knowing what to think, two men in brilliant clothes suddenly appeared at their side. Terrified, the women lowered their eyes. But the two men said to them. "Why look among the dead for someone who is alive? He is not here; he has risen. Remember what he told you when he was still in Galilee; that the son of Man had to be handed over into the power of sinful men and be crucified, and rise again on the third day?" And they remembered his words.

Closing prayer

Lord Jesus, help me to walk with you each day of my life, even to Calvary. The sorrow and joy, the pain and healings, the failures and triumphs of my life are truly small deaths and resurrections that lead me to closeness with you. Give me the faith and trust I need to walk with you always. Amen.