The Way of the Cross
by
St. Alphonus Liguori



Cathedral of
Our Lady of the
Holy Rosary
Archdiocese of Vancouver

The Way of the Cross

The Stations of the Cross are a fourteen-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The fourteen devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all fourteen are complete.

The Stations of the Cross are commonly found in churches as a series of fourteen small icons or images. They can also appear in church yards arranged along paths. The stations are most commonly prayed during Lent on Wednesdays and Fridays, and especially on Good Friday, the day of the year upon which the events actually occurred.

Indulgences

A Plenary indulgence is grated to the faithful who make the pious exercise of the Way of the Cross. Those who are impeded can gain the same indulgence if they spend at least one half an hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ.

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THE WAY OF THE CROSS
BY ST. ALPHONSUS LIGUORI

PREPARATORY PRAYERS

Kneeling before the altar, make an Act of Contrition, and form the intention of gaining the indulgences, whether for yourself or for the souls in purgatory.

ACT OF CONTRITION

O MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

Following the act of contrition say:

MY LORD, JESUS CHRIST, You have made this journey to die for me with unspeakable love; and I have so many times ungratefully abandoned You. | But now I love You with all my heart; and, because I love You, I am sincerely sorry for ever having offended You. Pardon me, my God, and permit me to accompany You on this journey. You go to die for love of me; I want, my beloved Redeemer, to die for love of You. My Jesus, I will live and die always united to You.

Stabat mater dolorósa	*At the cross her station keeping*
juxta Crucem lacrimósa,	*Stood the mournful Mother weeping*
dum pendébat Fílius.	*Close to Jesus to the last.*

THE FIRST STATION
PILATE CONDEMNS JESUS TO DIE



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

Priest:

CONSIDER HOW JESUS CHRIST, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

All say:

MY ADORABLE JESUS, it was not Pilate; no, it was my sins that condemned You to die. I beseech You, by the merits of this sorrowful journey, to assist my soul on its journey to eternity. I love You, beloved Jesus; I love You more than I love myself. With all my heart I repent of ever having offended You. Grant that I may love You always; and then do with me as You will. *Our Father…*

Cuius ánimam geméntem,	*Through her heart, His sorrow sharing*
contristátam et doléntem	*All His bitter anguish bearing*
pertransívit gladius	*Now at length the sword has passed*

THE SECOND STATION
JESUS ACCEPTS HIS CROSS



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

Priest:

CONSIDER JESUS as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father in our behalf, the death He was about to suffer.

All say:

MY MOST BELOVED JESUS, I embrace all the sufferings You have destined for me until death. I beg You, by all You suffered in carrying Your cross, to help me carry mine with Your perfect peace and resignation. I love You, Jesus, my love; I repent of ever having offended You. Never let me separate myself from You again. Grant that I may love You always; and then do with me as You will.
Hail Mary…

O quam tristis et afflícta	*O, how sad and sore depressed*
fuit illa benedícta,	*Was that Mother highly blessed*
mater Unigéniti!	*Of the sole Begotten One*

THE 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.

Priest:

CONSIDER THE FIRST FALL OF JESUS. Loss of blood from the scourging and crowing with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross.

All Say:

MY BELOVED JESUS, it was not the weight of the cross but the weight of my sins which made You suffer so much. By the merits of this first fall, save me from falling into mortal sin. I love You, O my Jesus, with all my heart; I am sorry that I have offended You. May I never offend You again. Grant that I may love You always; and then do with me as You will.
Glory be…

Quae mœrébat et dolébat,	*Christ above in torment hangs*
pia Mater, dum vidébat	*She beneath beholds the pangs*
nati pœnas ínclyti.	*Of her dying, glorious Son.*

THE FOURTH STATION
JESUS MEETS HIS AFFLICTED MOTHER



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

Priest:

CONSIDER HOW THE SON met his Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly

All Say:

MY MOST LOVING JESUS, by the pain You suffered in this meeting grant me the grace of being truly devoted to Your most holy Mother. And You, my Queen, who was overwhelmed with sorrow, obtain for me by Your prayers a tender and a lasting remembrance of the passion of Your divine Son. I love You, Jesus, my Love, above all things. I repent of ever having offended You. Never allow me to offend You again. Grant that I may love You always; and then do with me as You will. *Our Father…*

Quis est homo qui non fleret,
matrem Christi si vidéret
in tanto supplício?

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

The Fifth Station
Simon Helps Jesus Carry the Cross



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

Priest:

CONSIDER HOW WEAK and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord.

All Say:

MY BELOVED JESUS I will not refuse the cross as Simon did: I accept it and embrace it. I accept in particular the death that is destined for me with all the pains that may accompany it. I unite it to Your death and I offer it to You. You have died for love of me; I will die for love of You and to please You. Help me by Your grace. I love You, Jesus, my Love; I repent of ever having offended You. Never let me offend You again. Grant that I may love You always; and then do with me as You will. *Hail Mary…*

Quis non posset contristári	*Can the human heart refrain*
Christi Matrem contemplári	*From partaking in her pain*
doléntem cum Fílio?	*In that Mother's pain untold?*

THE SIXTH STATION
VERONICA OFFERS HER VEIL TO JESUS



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

Priest:

CONSIDER THE COMPASSION of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of his sacred countenance.

All Say:

MY BELOVED JESUS, Your face was beautiful before You began this journey; but, now, it no longer appears beautiful and is disfigured with wounds and blood. Alas, my soul also was once beautiful when it received Your grace in Baptism; but I have since disfigured it with my sins. You alone, my Redeemer, can restore it to its former beauty. Do this by the merits of Your passion; and then do with me as You will.

Glory be…

Pro peccátis suæ gentis	*For the sins of His own nation,*
vidit Iésum in torméntis,	*She saw Jesus wracked with torment,*
et flagéllis súbditum.	*All with scourges rent.*

THE 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.

Priest:

CONSIDER HOW the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord.

All Say:

MY MOST GENTLE JESUS, how many times You have forgiven me; and how many times I have fallen again and begun again to offend You! By the merits of this second fall, give me the grace to persevere in Your love until death. Grant, that in all my temptations, I may always have recourse to You. I love You, Jesus, my Love with all my heart; I am sorry that I have offended You. Never let me offend You again. Grant that I may love You always; and then do with me as You will.
Our Father…

Vidit suum dulcem Natum	*She beheld her tender Child,*
moriéndo desolátum,	*Saw Him hang in desolation,*
dum emísit spíritum.	*Till His spirit forth He sent.*

THE EIGHTH STATION
JESUS SPEAKS TO THE WOMEN



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

Priest:

CONSIDER HOW the women wept with compassion seeing Jesus so distressed and dripping with blood as he walked along. Jesus said to them, "Weep not so much for me, but rather for Your children."

All Say:

MY JESUS, laden with sorrows, I weep for the sins which I have committed against You because of the punishment I deserve for them; and, still more, because of the displeasure they have caused You who have loved me with an infinite love. It is Your love, more than the fear of hell, which makes me weep for my sins. My Jesus, I love You more than myself; I am sorry that I have offended You. Never allow me to offend You again. Grant that I may love You always; and then do with me as You will. *Hail Mary…*

Eia, Mater, fons amóris	*O thou Mother! fount of love!*
me sentíre vim dolóris	*Touch my spirit from above,*
fac, ut tecum lúgeam.	*make my heart with thine accord.*

THE 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.

Priest:

CONSIDER HOW JESUS CHRIST fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move.

All Say:

MY OUTRAGED JESUS, by the weakness You suffered in going to Calvary, give me enough strength to overcome all human respect and all my evil passions which have led me to despise Your friendship. I love You, Jesus my Love, with all my heart; I am sorry for ever having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me as You will. *Glory be…*

Fac, ut árdeat cor meum
in amándo Christum Deum
ut sibi compláceam.

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

THE 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.

Priest:

CONSIDER HOW JESUS was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him:

All Say:

MY INNOCENT JESUS, by the torment You suffered in being stripped of Your garments, help me to strip myself of all attachment for the things of earth that I may place all my love in You who are so worthy of my love. I love You, O Jesus, with all my heart; I am sorry for ever having offended You. Never let me offend You again. Grant that I may love You always; and then do with me as You will. *Our Father…*

Sancta Mater, istud agas,
crucifíxi fige plagas
cordi meo válide.

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

THE ELEVENTH STATION
JESUS IS NAILED 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.

Priest:

CONSIDER JESUS, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish.

All Say:

MY DESPISED JESUS, nail my heart to the cross that it may always remain there to love You and never leave You again. I love You more than myself; I am sorry for ever having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me as You will.
Hail Mary…

Tui Nati vulneráti,	*Let me share with you His pain,*
tam digináti pro me pati,	*Who for all our sins was slain,*
pœnas mecum dívide.	*Who for me in torments died.*

The Twelfth Station
Jesus Dies Upon the Cross



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

Priest:

CONSIDER HOW YOUR JESUS, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies.

All Say:

MY DYING JESUS, I devoutly kiss the cross on which You would die for love of me. I deserve, because of my sins, to die a terrible death; but Your death is my hope. By the merits of Your death, give me the grace to die embracing Your feet and burning with love of You. I yield my soul into Your hands. I love You with my whole heart. I am sorry that I have offended You. Never let me offend You again. Grant that I may love You always; and then do with me as You will.

All kneel for a moment and pray three times the Our Father.

Fac me tecum pie flere,	*Let me mingle tears with thee*
crucifíxo condolére,	*Mourning Him who mourned for me,*
donec ego víxero.	*All the days that I may live.*

THE 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.

Priest:

CONSIDER HOW, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom.

All Say:

O MOTHER OF SORROWS, for the love of Your Son, accept me as Your servant and pray to Him for me, And You, my Redeemer, since you have died for me, allow me to love You, for I desire only You and nothing more. I love You, Jesus my Love, and I am sorry that I have offended You. Never let me offend You again. Grant that I may love You always; and then do with me as You will. *Glory be…*

Juxta Crucem tecum stare,
et me tibi sociáre
in planctu desídero.

By the cross with you to stay
There with you to weep and pray
Is all I ask of you to give.

THE FOURTEENTH STATION
JESUS IS PLACED 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.

Priest:

CONSIDER HOW the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed.

All Say:

OH, MY BURIED JESUS, I kiss the stone that closes You in. But You gloriously did rise again on the third day. I beg You by Your resurrection that I may be raised gloriously on the last day, to be united with You in heaven, to praise You and love You forever. I love You, Jesus, and I repent of ever having offended You. Grant that I may love You always; and then do with me as You will.

Our Father…

Virgo vírginum præclára,	*Virgin of all virgins blest!*
mihi iam non sis amára,	*Listen to my fond request:*
fac me tecum plángere.	*Let me share your grief divine.*

After the stations say the "Our Father", the "Hail Mary," and the "Glory be to the Father," five times, in honour of the Passion of Jesus Christ, and once for the intention of the Holy Father.



PRAYER TO JESUS CHRIST CRUCIFIED

MY GOOD AND DEAR JESUS, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the Prophet David spoke long ago concerning Yourself: "They pierced My hands and My feet; they have numbered all My bones."

The faithful who, after receiving Communion, recite this prayer before a picture of Christ Crucified may gain a plenary indulgence on any Friday in Lent and a partial indulgence on other days of the year, with the addition of prayers for the Holy Father's intention.

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CATHEDRAL OF OUR LADY OF THE HOLY ROSARY

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