

# THE WAY OF THE CROSS

## LUKE 9:22-25

Jesus spoke to his disciples and sternly ordered them not to tell anyone: “The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.”

Then he said to them all, “If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?”

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## PREPARATORY PRAYERS

Kneeling before the altar, make an Act of Contrition, and form the intention of uniting yourself to Jesus in His Passion.

## ACT OF CONTRITION

My Jesus, I am heartily sorry for having offended You. I detest all my sins because they have wounded Your Sacred Heart, but most of all because they have distanced me from You, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to follow You. Amen.

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## FIRST STATION: JESUS IS CONDEMNED TO DEATH

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus, the Innocent Lamb, was condemned to death. He accepted the judgment of men out of love for us, carrying in His silence the weight of our sins.

### Jesus Speaks:

*"Beloved, I was unjustly condemned to death, but I remained silent. I let them lead Me like a lamb to be slaughtered. Do you know why? Because My Love for you is endless. I accepted their judgment so that you may be set free."*

**Prayer:**

My Jesus, help me to accept injustices and offer them in union with Your sufferings. Let me remain silent when falsely accused, trusting in Your justice. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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**SECOND STATION: JESUS ACCEPTS HIS CROSS**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus willingly took up His cross, embracing it for the love of us, knowing it would lead to our redemption.

**Jesus Speaks:**

*"Do not fear the cross, My child. When you embrace it with love, you share in My sufferings and help in the salvation of souls. I am with you. Trust Me."*

**Prayer:**

Lord Jesus, grant me the grace to accept the crosses in my life. Let me carry them with patience and love, uniting them with Your Passion. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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**THIRD STATION: JESUS FALLS THE FIRST TIME**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus, weakened by scourging and the weight of the cross, fell to the ground but rose again, determined to fulfill the Father's will.

**Jesus Speaks:**

*"My child, do not be discouraged when you fall. I fell too, but My Love for you lifted Me up. Call on Me, and I will give you strength to rise again."*

**Prayer:**

Jesus, when I fall into sin, help me to rise again through Your grace. Strengthen me in moments of weakness. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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**FOURTH STATION: JESUS MEETS HIS MOTHER**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** the sorrow of Mary as she met her suffering Son. Their eyes met, speaking a silent language of love and pain.

**Jesus Speaks:**

*"My Mother suffered with Me. Her Heart was pierced as she saw My agony. She is also your Mother; turn to her, and she will comfort you."*

**Prayer:**

Holy Mary, help me to walk with you in faith, trusting in Jesus even in suffering. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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**FIFTH STATION: SIMON HELPS JESUS CARRY THE CROSS**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Simon of Cyrene was compelled to help Jesus carry the cross. Though at first reluctant, he later accepted it with love.

**Jesus Speaks:**

*"Do you see, My child? Even in My Passion, I allowed someone to help Me. Never be afraid to carry another's burden, for in doing so, you ease My own suffering."*

**Prayer:**

Lord, teach me to help others in their struggles. Give me a generous heart that is willing to share their burdens. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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**SIXTH STATION: VERONICA WIPES THE FACE OF JESUS**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Veronica, moved by compassion, stepped forward from the crowd to wipe the face of Jesus. In this act of love, she received the image of His holy face imprinted upon her veil.

**Jesus Speaks:**

*"My child, even the smallest act of kindness does not go unnoticed in Heaven. Veronica's gesture of love comforted Me in My agony. I tell you, when you show love and mercy to others, you do it to Me."*

**Prayer:**

Lord Jesus, teach me to see Your face in those who suffer. May I have the courage to show compassion even in difficult moments, knowing that every act of love is a reflection of Your mercy. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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**SEVENTH STATION: JESUS FALLS THE SECOND TIME**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how the weight of the cross became unbearable for Jesus, weakened by exhaustion, pain, and suffering. He fell a second time, crushed under the burden, yet out of love for us, He found the strength to rise again.

**Jesus Speaks:**

*"My beloved, when you feel overwhelmed by trials and burdens, remember that I too fell under the weight of suffering. Do not despair. Call My name, and I will lift you up. My grace is always sufficient for you."*

**Prayer:**

Lord Jesus, I fall so often under the weight of my weaknesses, doubts, and fears. Help me to rise again, trusting in Your strength rather than my own. May I always turn to You for help and perseverance. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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**EIGHTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus, burdened by the cross, saw a group of women weeping for Him. He turned to them and, despite His suffering, spoke words of warning and compassion.

**Jesus Speaks:**

*"Daughters of Jerusalem, do not weep for Me, but for yourselves and for your children. The time is coming when many will seek Me but will not find Me. Open your hearts now, and seek Me while I am near."*

**Prayer:**

Lord Jesus, grant me the grace of true repentance. May I not only feel sorrow for Your suffering but also for my sins and the sins of the world. Help me turn to You with a contrite heart and walk the path of righteousness. Amen.

**Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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## **NINTH STATION: JESUS FALLS THE THIRD TIME**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus fell a third time, weakened beyond measure, with His strength nearly gone. Yet, out of love for us, He continued on the path to Calvary.

### **Jesus Speaks:**

*"My child, when you feel too weak to go on, lean on Me. My strength is made perfect in weakness. Never lose hope, for I am always with you."*

### **Prayer:**

Lord Jesus, when I feel exhausted by trials, give me the perseverance to carry on. May I find my strength in You, who never abandoned Your mission of love. Amen.

### **Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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## **TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus was cruelly stripped of His garments, exposing Him to shame and humiliation before the crowd.

### **Jesus Speaks:**

*"My beloved, do not fear the scorn of the world. I was stripped of everything, yet My dignity remained intact. When you suffer humiliation, know that I am with you."*

### **Prayer:**

Lord Jesus, help me to detach myself from worldly possessions and pride. Let me find my true worth in You alone. Amen.

### **Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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## **ELEVENTH STATION: JESUS IS NAILED TO THE CROSS**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus, out of love for us, stretched out His hands and allowed Himself to be nailed to the cross, enduring unimaginable pain.

### **Jesus Speaks:**

*"My hands were pierced for your sins, My feet fixed in place for love of you. Surrender yourself completely to Me, and I will hold you in My mercy."*

### **Prayer:**

Lord Jesus, help me to unite my sufferings with Yours. May I never turn away from the cross, but embrace it as a sign of Your redeeming love. Amen.

### **Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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## **TWELFTH STATION: JESUS DIES ON THE CROSS**

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how, after three hours of agony, Jesus bowed His head and gave up His spirit, completing His sacrifice for the salvation of the world.

### **Jesus Speaks:**

*"It is finished. My love for you has been poured out completely. Come, My child, and rest in My mercy."*

### **Prayer:**

Lord Jesus, by Your death, You opened the gates of Heaven. Help me to live in gratitude for Your sacrifice and to trust in the depths of Your mercy. Amen.

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## THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how the body of Jesus was taken down from the cross and placed in the arms of His sorrowful mother, who held Him with love and grief.

### **Jesus Speaks:**

*"My child, in your moments of loss and sorrow, do not despair. My Mother wept for Me, but she trusted in the Father's plan. Trust in Me, and I will bring you comfort."*

### **Prayer:**

Lord Jesus, help me to trust in Your will, even in the darkest moments. May I find solace in Your love and never lose hope. Amen.

### **Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

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## FOURTEENTH STATION: JESUS IS LAID IN THE TOMB

*V.* We adore You, O Christ, and we bless You.

*R.* Because by Your holy cross, You have redeemed the world.

**Consider** how Jesus' lifeless body was laid in the tomb, and a great stone was rolled across the entrance. The world waited in silence for the resurrection.

### **Jesus Speaks:**

*"My child, when you feel buried in darkness, know that I am near. Just as the dawn followed My burial, so too will light come after your trials. Hope in Me."*

### **Prayer:**

Lord Jesus, help me to trust that new life follows suffering. Strengthen my faith in Your resurrection and fill me with the hope of eternal life. Amen.

### **Our Father, and/or Hail Mary, and/or Glory be.**

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.



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## **CONCLUSION: THE HOPE OF THE RESURRECTION**

The Way of the Cross does not end in the tomb but in the radiant light of Easter morning.

Lord Jesus, through Your Passion and Cross, You have redeemed the world. Teach me to follow You faithfully, bearing my cross with love, as I await the glory of Your Resurrection.

**Amen.**