

THE STATIONS OF THE CROSS



The Way of the Cross and other prayers are taken from:

The Flowers of Nazareth

NIHIL OBSTAT, Brugis, 11th Aug. 1924,
J Van MIERLO S.J *Lib Cens.*

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Vic. gen.

A Plenary indulgence is granted to those who piously make the Way of the Cross. The gaining of the indulgence is regulated by the following rules:

Must be done before stations of the cross legitimately erected. 14 stations are required. Although it is customary for the icons to represent pictures or images, 14 simple crosses will suffice.

The common practice consists of fourteen pious readings to which some vocal prayers are added.. However, nothing more is required than a pious meditation on the Passion and Death of the Lord, which need not be a particular consideration of the individual mysteries of the stations.

A movement from one station to the next is required. But if the stations are made publicly and it is not possible for everyone taking part to go from station to station, it suffices if at least the one conducting the exercise goes from station to station, the others remaining in their places.

Those who are "impeded" can gain the same indulgence if they spend at least one half and hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ.

A PREPARATION FOR THE WAY OF THE CROSS

(Fr. Dignam S.J.)

Do we all remember how holy and how easy a manner of honouring our dear Saviour's Passion it is to follow the **Way of the Cross**? How pleasing this is to our Lord we may judge from His own words to St Gertrude.

“As they who handle flour cannot but be whitened by it, so no one, however imperfect his devotion may be, can occupy his mind with the Passion, without receiving some benefit. “ – “However grievous the load of a man's sins, he may take comfort in the hope of pardon, if he offers to God the Father My Passion and Death.”

It is very easy to make the Stations. We need only think about our Lord's sufferings as we visit each of the fourteen Stations in turn. We are not obliged to remain long at each one. *No prayers are enjoined*; we have only to think of our Lord's sufferings; and when the images are before our eyes this is not difficult.

The Stations begin when our Lord is condemned to death. If we have in our minds what He has gone through before that moment, we shall make them more devoutly. – Our Lord had washed His disciples feet; He had prayed and spoken words of love to them; He had given them His Blessed Body and Blood. In the Garden of Gethsemane, the three disciples had fallen asleep.

“He was offered because He willed it” Yet His soul shrank in fear and horror from the coming torments, all of which He clearly saw, from which there was no escape, and in which no one would stand by Him. An agony of shame and sorrow for all the sins He had taken upon Himself then overwhelmed Him. Oh blessed Contrition of the Son of God, which gives such value to our poor acts of sorrow! This agony was followed by another, that of weariness and desolation at the ingratitude of so many who would reject and despise all He was about to suffer for their love. “My Soul is sorrowful unto death”. At length an Angel is sent to Him. – O Divine Humility of the Son of God to accept comfort from His own creature. Next comes the betrayal – the kiss of Judas – Jesus is seized and bound, dragged before the Judges and is disowned by his disciple Peter. The terrible scourging follows and after it the crowning with thorns.

Such was our Lord's preparation for making the Way of the Cross.



FIRST STATION

JESUS CHRIST CONDEMNED TO DEATH

‘God did not spare His own Son, but delivered Him up for us all’

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

While Pilate condemns Him to death, Jesus in His Heart renews His unshaken resolution to suffer His Passion and to undergo this cruel death for us. – For the love of me He overcomes all the repugnance of nature. Is my determination to die to myself, to carry out my good resolutions as strong? He endures so much, and asks so little. If I refuse that little can I be said to love Him?

Oh My Jesus my love, I love Thee above all things
I repent with my whole heart for having offended
Thee. Never permit me to separate myself from Thee
again. Grant that I may love Thee always and do with
me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful, &

R. Amen.

STABAT MATER

At the cross her station keeping,
stood the mournful mother weeping
close to Jesus to the last.

Stabat Mater dolorosa
Juxta crucem lacrymosa
dum pendebat Filius.

SECOND STATION

JESUS RECEIVES THE CROSS

‘The Lord hath laid upon Him the iniquity of us all. For the sins of His people He hath struck Him’

V. We adore Thee O Christ, and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

Jesus embraces His Cross, takes it on His shoulders and continues to carry it generously, cheerfully. When St Andrew cried out “Oh good Cross!” he had only a spark of our Lord’s love of the Cross. – How do I carry my daily Cross? the Cross of my state, of my daily duties, of illness, of interior and exterior sufferings? May the example of our Divine Master make us renew our resignation and our love of the Cross; our perseverance in carrying it courageously.

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful &

R. Amen.

Through her heart, His sorrow sharing
All His bitter anguish bearing
Now at length the sword had passed

Cujus animam gememtem
contristatam, et dolentem
petransivit gladius

THIRD STATION

JESUS FALLS FOR THE FIRST TIME UNDER THE WEIGHT OF THE CROSS

‘Truly He took upon Himself our pains, and He bore our sorrows’.

V. We adore Thee O Christ, and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

Jesus falls under the weight of the Cross. His sufferings are intense, inconceivable. He is grieved at His fall because it delays His sacrifice. *“With desire I have desired”* to accomplish my Passion. But He is not irritated either with Himself or His executioners; calmly and with resignation He continues His way. – Do I rise promptly after each fall, making my act of contrition which at once casts out the poison of sin, and calmly resume my way, renewing my sorrow at the next examination of conscience, and at confession?

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me as
Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful &

R. Amen

Oh how sad & sore distressed
Was that mother highly blest
Of the sole begotten One

O quam tristis et afflicta
Fuit illa benedicta
Mater unigeniti.

FOURTH STATION

JESUS IS MET BY HIS BLESSED MOTHER

“Oh all ye that pass by, attend and see if there be sorrow like unto my sorrow”

V. We adore Thee, O Christ and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world

Why did Jesus permit this painful meeting? He wished to make Mary a partaker of His Passion. She was to become my Mother by sharing His sufferings. Oh! how much my Mother Mary loves me! For my sake she gave up her adorable, her best-beloved Son to torments and death. What is my love, my devotion towards her? Do I frequently invoke this loving Mother? Am I faithful in honouring her by the Rosary and other practices?

Oh my Jesus my love, I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful, &

R. Amen.

Christ above in torment hangs
she beneath behold the pangs
of her dying glorious Son

Quae moerebat, et dolebat
pia mater dum videbat
nati poenas inclyti

FIFTH STATION

THE CROSS IS LAID UPON SIMON OF CYRENE

“It behoves us to glory in the Cross of Our Lord Jesus Christ”

V. We adore Thee, O Christ and we bless Thee

R. Because by Thy Holy Cross Thou hast redeemed the world

Our Lord can no longer carry His Cross alone; yet no one offers to help Him. Simon of Cyrene is forced to do so and soon his heart is changed, he learns to love the Cross. – Jesus wishes to help me to carry my Cross, but He desires to be urged to do so. I must pray, and keep near Him, by my fervour in my spiritual exercises, Mass, Holy Communion, by ejaculatory prayers and remembrance of the presence of God.

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always as do with me as
Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful, &

R. Amen

Is there one who would not weep
whelm'd in miseries so deep
Christ's dear mother to behold

Quis est homo qui non fleret
Matrem Christi si viderent
in tanto supplicio.

SIXTH STATION

THE FACE OF JESUS IS WIPED BY VERONICA

“Turn not Thy face from me O Lord, and withdraw not in anger from thy servant”.

V. We adore Thee, O Christ and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

The pious Veronica braves danger and insults in order to solace the sufferings of Jesus. He, in return imprints His Sacred Features on her veil with sweat and blood. My Divine Saviour wishes me to reproduce His features in my soul; but that it may be so there must be *sweat*; labours, efforts and struggle; *blood*; mortification, pain, suffering. Without this my desire of holiness is vain.

Oh my Jesus my love, I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful , &

R. Amen.

Can the human heart refrain
from partaking in her pain
in that Mother’s pain untold.

Quis non posset contristari
Christi Matrem contemplari
dolentem cum Filio.

SEVENTH STATION

JESUS FALLS A SECOND TIME

“I am a worm and no man, the reproach of men and the outcast of the people”.

V. We adore Thee O Christ and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

Jesus falls for a second time, yet in spite of the cruelty of His executioners, notwithstanding His extreme weakness, and His terror at the approach of death, His courage does not fail: He rises generously to continue His painful road with even greater courage. My Saviour grant that I may profit by this example. My first fall astonishes me; by a second and third I am quite overcome. I scarcely rise, and then how feebly! The enemy whispers to me: “if you rise take your time” But by His example Jesus says: “Rise up straight away”. This one point well observed would assure my progress in holiness.

Oh my Jesus my love I love Thee above all things.

I repent with my whole heart for having offended Thee.

Never permit me to separate myself from Thee again.

Grant that I may love thee always and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us. O Lord

R. Have mercy upon us.

V. May the souls of the faithful , &

R. Amen.

Bruised, derided, cursed, defiled
she beheld her tender child
All with bloody scourges rent

Pro peccatis suae gentis
Vidit Jesum in tormentis
Et flagellis subditum.

EIGHTH STATION

THE WOMEN OF JERUSALEM MOURN FOR OUR LORD

“The crown has fallen from our head, woe unto us for we have sinned”.

V. We adore Thee O Christ and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

Jesus is followed by a crowd of compassionate women weeping and lamenting. Touched by their compassion He forgets His own sorrows and says to them *“Daughters of Jerusalem weep not for Me, but for yourselves and for your children.”* The sentiment of compassion is good, but the compassion that leads to action is better. I must weep over my faults, and better still, fight against the principal source of them: my predominant passion. *“Behold”* says Jesus *“how I trample under foot pride, sensuality and the passions of the human heart by my excesses of humiliation and sufferings and will you not weep over yourself?”* Not to deserve these reproaches of my Saviour I will assiduously practice examination of conscience.

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from thee again.
Grant that I may love Thee always and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us. O Lord

R. Have mercy upon us.

V. May the souls of the faithful , &

R. Amen.

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

Vidit suum dulcem natum
moriendo desolatum
dum emisit spiritum

NINTH STATION

JESUS FALLS THE THIRD TIME UNDER THE CROSS

“My people what have I done to thee, or in what have I grieved thee?
Answer thou Me?”

V. We adore Thee O Christ and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

Jesus again gives me a lesson in how I ought to persevere in rising after my falls. Rising anew after each fall, and notwithstanding His weakness, He reaches the summit of Calvary. – What is it that can help me after my guilty and repeated falls? – A holy obstinacy is always rising again, in never giving up my resolutions; this is true perseverance and assured sanctity. Am I thus resolved never to abandon the struggle?

Oh my Jesus my love I love Thee above all things.

I repent with my whole heart for having offended Thee.

Never permit me to separate myself from Thee again.

Grant that I may love Thee always ,and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord.

R. Have mercy upon us.

V. May the souls of the faithful, &

R. Amen.

O thou mother fount of love
touch my spirit from above
make my heart with thine accord

Eia mater, fons amoris
me sentire vim doloris
Fac ut tecum lugeam.

TENTH STATION

JESUS IS STRIPPED OF HIS GARMENTS

“The Lord hath laid upon Him the iniquity of us all and by his stripes we are healed”.

V. We adore Thee O Christ and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

In this mystery Jesus expiates especially the sensual pleasures and guilty voluptuousness of mankind. Am I truly determined never to give Him anything to expiate or to suffer upon this account? "*Blessed are the pure of heart*". Seeing all that my Saviour endures, I will be careful never to run any risk of sinning, to avoid all occasions of danger and not seek to *know, to see, read or think* of anything that would sully my soul. On the contrary I will patiently suffer any pains and be faithful to the practices of corporal mortification.

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart of having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me
as Thou wilt.

Our Father. Hail Mary, Glory be to the Father .

V. Have mercy upon us, O Lord

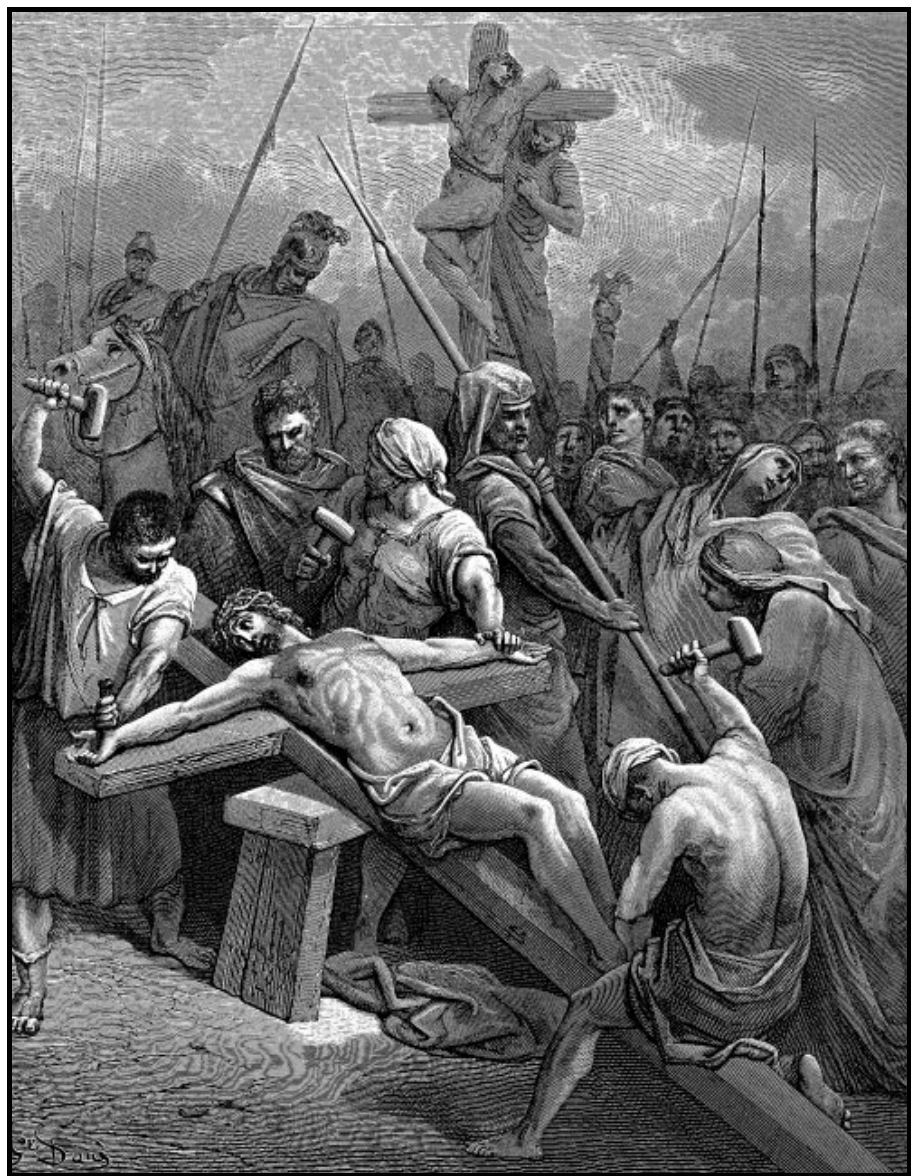
R. Have mercy upon us.

V. May the souls of the faithful , &

R. Amen.

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

Fac ut ardeat cor meum
in amando Christum Deum
ut sibi complaceam.



ELEVENTH STATION

JESUS IS NAILED TO THE CROSS

“What are these wounds that I see in the midst of Thy Hands?
They are the wounds I have received in the house of those who
loved Me!”

V. We adore Thee O Christ and we bless Thee.

R. Because by Thy Holy Cross Thou hast redeemed the world.

Jesus gives Himself up to His executioners who pierce His Sacred Hands and Feet with cruel nails. *“they have pierced My Hands and Feet, they have numbered all My bones”* *“He was crucified – even for us”* - becoming obedient unto death, even to the death of the Cross. What a sublime lesson of obedience! My Lord does this – but sometimes I refuse to obey for fear of a little pain, or a trifling inconvenience? Ought I not be more generous and say: “Stainless will I live or rather die”.

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me as
Thou wilt.

Our Father. Hail Mary, Glory be to the Father,

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful , &

R. Amen.

Holy Mother pierce me through
in my heart each wound renew
of my Saviour crucified

Sancta mater istud agas
crucifxi fige plagas
cordi meo valide

TWELFTH STATION

JESUS DIES UPON THE CROSS

“Christ was made obedient for us unto death, even unto the death of the Cross”.

V. We adore Thee O Christ and we bless Thee

R. Because by Thy Holy Cross Thou hast redeemed the world.

As Jesus hangs upon the Cross He utters the cry of anguish: *“My God, My God why has Thou forsaken Me”*, “All” then *“is consummated.”* Hanging there one living mass of pain, suffering the keenest excess of agony in every power of His holy Soul, in every limb and sense of His Sacred Body, He has redeemed me like a God. – *“Because with the Lord there is mercy, and with Him plentiful redemption.”* – Who can doubt of pardon having such a victim to offer to the Eternal Father, and not exclaim when tempted to despondency: – *“Father into Thy hands I commend my spirit”*? Thus Jesus accomplished His work of devotedness and sacrifice. *“Behold This heart,”* He says, *“which has so loved men!”* – Can I now spare myself? Ought I not to devote myself entirely to His interests, to my work, especially that which is hard and difficult, and even say with His Saints: *“Still more suffering, O Lord, still more.”*

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me as
Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us. O Lord

R. Have mercy upon us.

V. May the souls of the faithful , &

R. Amen.

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

Tui nati vulnerati
tam dignati pro me pati
poenas mecum divide

THIRTEENTH STATION

JESUS IS LAID IN THE ARMS OF HIS BLESSED MOTHER

“Holy Mother, pierce me through; in my heart each wound renew, of my Saviour crucified”

V. We adore Thee O Christ and we bless Thee

R. Because by Thy Holy cross Thou hast redeemed the world.

What anguish must have been that of Mary when the lifeless body of her Divine Son was placed in her arms! Each wound of His was a sword which pierced her Immaculate Heart. And yet Mary is the Queen of Heaven and earth, and beloved by God more than all other creatures together. Suffering then is but the sign of His love and I must not refuse to be treated like my Mother. I must abandon myself with confidence to all the designs of God’s sweet Providence and not change into poison, by my impatience, the gifts God sends me to make me like His Son.

Oh my Jesus my love I love Thee above all things.
I repent with my whole heart for having offended Thee.
Never permit me to separate myself from Thee again.
Grant that I may love Thee always and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father,

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful, &

R. Amen.

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

Fac me tecum pie flere
Crucifixo condolere
donec ego vixero

FOURTEENTH STATION

JESUS IS LAID IN THE SEPULCHRE

“Thou wilt not give Thy Holy one to see corruption”

V. We adore Thee O Christ and we bless Thee

R. Because by Thy Holy Cross Thou hast redeemed the world.

In the Holy Sepulchre there is no natural life, but only the divine. The Scared Wounds are there. the mangled Body, but what peace there is on those Features, what serenity on that Brow! So will it be with me when nature is dead in me and when my passions are quelled. To attain to this supernatural life I will practice exterior recollection by *silence* and *modesty of demeanor*, and interior recollection by *seeking the things that are above*.

Oh my Jesus my love I love Thee above all things.

I repent with my whole heart for having offended Thee.

Never permit me to separate myself from Thee again.

Grant that I may love Thee always and do with me as Thou wilt.

Our Father. Hail Mary, Glory be to the Father.

V. Have mercy upon us, O Lord

R. Have mercy upon us.

V. May the souls of the faithful, &

R. Amen

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

Juxta crucem tecum stare
et me tibi sociare
In planctu desidero.

Look down O Lord we beseech Thee on this Thy family, for which Our Lord Jesus Christ did not hesitate to be delivered into the hands of wicked men, and to suffer the torment of the Cross. Who livest and reignest world without end. Amen.

BEHOLD, O good and sweetest Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope and charity, with true repentance for my sins and a most firm desire of amendment: whilst with deep affection and grief of soul I consider within myself and mentally contemplate Thy five most precious Wounds, having before mine eyes that which David, the prophet, long ago spoke in Thine own person concerning Thee, my Jesus: "They have pierced My hands and My feet, they have numbered all My bones."

Our Father, Hail Mary and Glory Be for the Pope.

