

Stations of the Cross Fridays in Lent



**St Therese's Parish
Essendon**

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. For anyone who wants to save his life will lose it; but anyone who loses his life for My sake, that man will save it" (Luke 9: 22-24).

1. Jesus is condemned to die

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, often I judge others and fail to be understanding or loving. Help me to see the people in my life through Your eyes, not the eyes of Pontius Pilate.

Our Father, Hail Mary, Glory Be

2. Jesus willingly takes up His Cross

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, You embraced Your cross to redeem the world. Help me to embrace the crosses in life-the hardships, struggles, disappointments, and pain. Only by recognizing my own weakness, can I discover Your strength.

Our Father, Hail Mary, Glory Be

3. Jesus Falls for the First Time

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, You know how often I fall trying to follow You. Yet, You are always there to lift me up. Help me always to trust in Your loving care for me.

Our Father, Hail Mary, Glory Be

4. Jesus meets His Blessed Mother

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, Your mother Mary's grief was surpassed by her love for you. So often You come to me in others and their love gives me new life. Help me to see how often You love me through the people in my life.

Our Father, Hail Mary, Glory Be

5. Simon the Cyrene helps Jesus carry His Cross

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, sometimes I am indifferent to the needs of others in my life. I even neglect those whom I love. Help me to see that loving others is the surest way to find You in my life.

Our Father, Hail Mary, Glory Be

6. Veronica wipes the Holy Face of Jesus

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, at times I am afraid to reach out to others. I do nothing when I should act; I say nothing when I should speak out. Give me a deeper and more courageous faith. Help me to trust that You are with me.

Our Father, Hail Mary, Glory Be

7. Jesus Falls for the Second Time

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, failure and disappointment sometimes lead me to despair. I hide behind my pride and self-pity, withdrawing from You and others. Give me the hope I need and help me never to be afraid to begin again.

Our Father, Hail Mary, Glory Be

8. Jesus comforts the Women of Jerusalem

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, Your great compassion for others overwhelms me. I feel petty and selfish when I think of You and the way You love. Help me to pour out my love, that You might fill me with Your Love.

Our Father, Hail Mary, Glory Be

9. Jesus Falls for the Third Time

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, Your failing strength makes me see how helpless I am. Without You, I can do nothing. Help me to rely on Your strength, to see how much I need You.

Our Father, Hail Mary, Glory Be

10. Jesus is stripped of His garments

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, seeing You so cruelly humiliated makes me realize how I cling to my accomplishments, my possessions, my way. Help me to let go of those things in my life that prevent me from growing closer to You and others.

Our Father, Hail Mary, Glory Be

11. Jesus is nailed to the Cross

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, I can never doubt Your great love for me when I see You crucified. Help me to see Your cross as the great sign of Your love for me.

Our Father, Hail Mary, Glory Be

12. Jesus dies on the Cross

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, Your broken and lifeless body calls me to deeper faith. You chose death, even death on the cross. Help me to see my crosses as ways of loving You.

Our Father, Hail Mary, Glory Be

13. Jesus is taken down from the Cross

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord Jesus, seeing Your body taken from the cross reminds me how fearful I am of letting go of my own life. I am frightened when I think of being unimportant, useless, and helpless. Help me to place my life in Your hands.

Our Father, Hail Mary, Glory Be

14. Jesus is laid in the Tomb

All: We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

(genuflect or make the sign of the cross)

All: Lord 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 always to believe in Your closeness and loving presence.

Our Father, Hail Mary, Glory Be

CLOSING READING

"On the first day of the week, at the first sign of dawn, they went to the tomb with 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 to the power of sinful men, be crucified, and rise again on the third day?" And they remembered His words" (Luke 24: 1-8).

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.