

## **The Way of the Cross**

**St. Alphonsus Ligouri**

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### **Preparatory Prayer**

(to be said kneeling before the altar)

PRIEST AND PEOPLE – 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.

*At the cross her station keeping  
Stood the mournful Mother weeping  
Close to Jesus to the last.*

### **The First Station**

Pilate condemns Jesus to die

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross, You have redeemed the world. (Rise)

PRIEST – Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (Kneel)

PEOPLE – My adorable Jesus, / it was not Pilate; / no, it was my sins that condemned You to die. / I beseech You,

by the merit of this sorrowful journey, /  
to assist my soul on its journey to  
eternity. / I love You, my beloved Jesus; /  
I love You more than I love myself. / With  
all my heart I repent of ever having  
offended You. / Never let me be  
separated from You again. / Grant that I  
may love you always; and then do with  
me as You will.

(Optional Our Father, Hail Mary and  
Glory be.)

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

## **The Second Station**

Jesus accepts His cross

PRIEST – We adore You, O Christ, and we  
praise you. (Genuflect)

PEOPLE – Because, by Your holy cross,  
You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and  
Glory be.)

*O, how sad and sore distressed  
Was that Mother highly blessed  
Of the sole Begotten One.*

### **The Third Station**

Jesus falls the first time

PRIEST – We adore You, O Christ, and we  
praise you. (Genuflect)

PEOPLE – Because, by Your holy cross,  
You have redeemed the world. (Rise)

PRIEST – Consider the first fall of Jesus.  
Loss of blood from the scourging and  
crowning 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. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and  
Glory be.)

*Christ above in torment hangs  
She beneath beholds the pangs  
Of her dying, glorious Son.*

## **The Fourth Station**

Jesus meets His afflicted Mother

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross, You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and Glory be.)

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

## **The Fifth Station**

Simon helps carry the cross

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross,  
You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – My beloved Jesus, / I will not  
refuse the cross as Simon did: / I accept  
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.

(Optional Our Father, Hail Mary and  
Glory be.)

*Can the human heart refrain  
From partaking in her pain  
In that Mother's pain untold?*

## **The Sixth Station**

Veronica offers her veil to Jesus

PRIEST – We adore You, O Christ, and we  
praise you. (Genuflect)

PEOPLE – Because, by Your holy cross,  
You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – 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 then 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. (Optional Our Father, Hail Mary and Glory be.)

*Bruised, derided, cursed, defiled  
She beheld her tender Child,  
All with bloody scourges rent.*

### **The Seventh Station**

Jesus falls the second time

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross, You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and  
Glory be.)

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

## **The Eighth Station**

Jesus speaks to the women

PRIEST – We adore You, O Christ, and we  
praise you. (Genuflect)

PEOPLE – Because, by Your holy cross,  
You have redeemed the world. (Rise)

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.” (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and Glory be.)

*O sweet Mother! Fount of Love,  
Touch my spirit from above  
Make my heart with yours accord.*

## **The Ninth Station**

Jesus falls the third time

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross, You have redeemed the world. (Rise)

PRIEST – Consider how Jesus 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. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and Glory be.)

*Make me feel as You have felt  
Make my soul to glow and melt  
With the love of Christ, my Lord.*

## **The Tenth Station**

Jesus is stripped of His garments

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross, You have redeemed the world. (Rise)

PRIEST – Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to His lacerated flesh and soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him: (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and Glory be.)

*Holy Mother, pierce me through  
In my heart each wound renew  
Of my Savior crucified.*

## **The Eleventh Station**

Jesus is nailed to the cross

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross,  
You have redeemed the world. (Rise)

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.  
He nailed His hands and feet, and then,  
raising the cross, left Him to die in  
anguish. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and  
Glory be.)

*Let me share with you His pain,  
Who for all our sins was slain,  
Who for me in torment died.*

## **The Twelfth Station**

Jesus dies upon the cross

PRIEST – We adore You, O Christ, and we  
praise you. (Genuflect)

PEOPLE – Because, by Your holy cross,  
You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – 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 for 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.

(Optional Our Father, Hail Mary and Glory be.)

*Let me mingle tears with thee  
Mourning Him who mourned for me,  
All the days that I may live.*

### **The Thirteenth Station**

Jesus is taken down from the cross

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross, You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and Glory be.)

*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

PRIEST – We adore You, O Christ, and we praise you. (Genuflect)

PEOPLE – Because, by Your holy cross, You have redeemed the world. (Rise)

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. (Kneel)

PEOPLE – 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.

(Optional Our Father, Hail Mary and Glory be.)

*Virgin of all virgins blest!  
Listen to my fond request:  
Let me share your grief divine.*

## **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 you 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.”