

Stations of the Cross

With the reflections of St. Paul of the Cross

V. We will glory in the cross of our Lord Jesus Christ:

R. *In whom is our salvation, our life and resurrection.*

At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus at the last.
Through her soul, of joy bereaved,
Bowed with anguish, deeply grieved,
Now at length the sword hath passed.

The Passion of Christ is the greatest and most stupendous work of Divine Love.

(St. Paul of the Cross)

FIRST STATION

Jesus is condemned to death

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Matthew 27.1-2,22-24,26]

¹When morning came, all the chief priests and elders of the people plotted against Jesus to put Him to death. ²And when they had bound Him, they led Him away and delivered Him to Pontius Pilate the governor.

²²Pilate said to them, "What then shall I do with Jesus who is called Christ?"

They all said to him, "Let Him be crucified!"

²³Then the governor said, "Why, what evil has He done?"

But they cried out all the more, saying, "Let Him be crucified!"

²⁴When Pilate saw that he could not prevail at all, but rather that a tumult was rising, he took water and washed his hands before the multitude, saying, "I am innocent of the blood of this just Person. You see to it."

²⁶Then he released Barabbas to them; and when he had scourged Jesus, he delivered Him to be crucified.

REFLECTION

It is necessary that we accept the cross of tribulation willingly, at least with the higher part of our soul, as Jesus accepted His condemnation in perfect conformity to the will of the Father.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

Almighty God, whose most dear Son went not up to joy, but first he suffered pain, and entered not into glory before he was crucified; Mercifully grant that we, walking the Way of the Cross, may find it none other than the way of life and peace; through the same Christ our Lord. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

SECOND STATION

Jesus takes up the Cross

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Matthew 27.27-31]

²⁷Then the soldiers of the governor took Jesus into the Praetorium and gathered the whole garrison around Him. ²⁸And they stripped Him and put a scarlet robe on Him. ²⁹When they had twisted a crown of thorns, they put it on His head, and a reed in His right hand. And they bowed the knee before Him and mocked Him, saying, "Hail, King of the Jews!" ³⁰Then they spat on Him, and took the reed and struck Him on the head. ³¹And when they had mocked Him, they took the robe off Him, put His own clothes on Him, and led Him away to be crucified.

REFLECTION

Most fortunate is the soul who walks by the way of Calvary, following Jesus our Redeemer, for if we suffer with Christ now with Christ we shall reign in the glory of the Father.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

O God, who by the passion of thy blessed Son didst make an instrument of shameful death to be unto us the means of life: Grant us to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of thy Son our Savior Jesus Christ. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

THIRD STATION

Jesus falls for the first time

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Lamentations 1.14,16-17]

¹⁴ “The yoke of my transgressions was bound;

They were woven together by His hands,
And thrust upon my neck.

He made my strength fail;

The Lord delivered me into the hands of those whom I am not able to withstand.

¹⁶ “For these things I weep;

My eye, my eye overflows with water;

Because the comforter, who should restore my life,
Is far from me.

My children are desolate

Because the enemy prevailed.”

¹⁷ Zion spreads out her hands,

But no one comforts her;

The LORD has commanded concerning Jacob

That those around him become his adversaries;

Jerusalem has become an unclean thing among them.

REFLECTION

Come and see our Savior enduring so much suffering, so many insults, and oppressed with the heavy burden of the cross, for love of us. Contemplate the Son of God, Redeemer of the world, and how much He is suffering. O Jesus in Your sufferings I see the gravity of my sins. Lord have mercy!

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

Almighty God, who hast given thy Son to be unto us both a sacrifice for sin and also an example of godly life: Give us grace that we may always most thankfully receive that inestimable benefit, and also daily endeavor ourselves to follow the blessed steps of his most holy life; through the same Christ our Lord. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

FOURTH STATION

Jesus meets his mother

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Lamentations 2.13,15,18]

¹³ How shall I console you?

To what shall I liken you,

O daughter of Jerusalem?

What shall I compare with you, that I may comfort you,

O virgin daughter of Zion?

For your ruin is spread wide as the sea;

Who can heal you?

¹⁵ All who pass by clap their hands at you;

They hiss and shake their heads

At the daughter of Jerusalem:

“Is this the city that is called

‘The perfection of beauty,

The joy of the whole earth’?”

¹⁸ Their heart cried out to the Lord,

“O wall of the daughter of Zion,

Let tears run down like a river day and night;

Give yourself no relief;

Give your eyes no rest.

REFLECTION

The Sorrowful Mother seeks her Divine Son, Jesus; she meets him on the way to Calvary; she sees Him bound, crowned with thorns, with the cross on his shoulders. O Queen of Martyrs, we also have been your sorrow that, like a sharp and unrelenting sword has pierced your soul.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

O God, the King of Saints, we praise and magnify thy holy Name for all thy servants who have finished their course in thy faith and fear; for the Blessed Virgin Mary; for the holy patriarchs, prophets, apostles, and martyrs; and for all thy other righteous servants, known to us and unknown; and we beseech thee that, encouraged by their examples, aided by their prayers, and strengthened by their fellowship, we also may be partakers of the inheritance of the saints in light; through the merits of thy Son Jesus Christ our Lord. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

FIFTH STATION

Simon of Cyrene is forced to carry the Cross

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Luke 23.26; Matthew 16.24; Matthew 11.29,30]

Now as they led Him away, they laid hold of a certain man, Simon a Cyrenian, who was coming from the country, and on him they laid the cross that he might bear it after Jesus.

Then Jesus said to His disciples, **“If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.**

Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

REFLECTION

Those who suffer tribulations, suffering, persecutions, and are despised for the love of God are helping Jesus Christ carry His cross. If they persevere, they will be partakers of His glory in heaven.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

Almighty God, whose beloved Son willingly endured the agony and shame of the cross for our redemption; Give us courage, we beseech thee, to take up our cross and follow him, even Jesus Christ thy Son our Lord. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

SIXTH STATION

Veronica wipes the sweat from Jesus' face

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Lamentations 3.48-50]

⁴⁸ My eyes overflow with rivers of water
For the destruction of the daughter of my people.

⁴⁹ My eyes flow and do not cease,
Without interruption,

⁵⁰ Till the LORD from heaven
Looks down and sees.

REFLECTION

The remembrance of the most holy Passion of Jesus Christ is the door through which the soul enters into intimate union with God, interior recollection and most sublime contemplation. It must be impressed deeply on our souls as we allow ourselves to be immersed in His bitter sufferings, for through these the love of God is enkindled in us and we will then be plunged in the abyss of the divinity.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

O God, whose days are without end, and whose mercies cannot be numbered; Make us, we beseech thee, deeply sensible of the shortness and uncertainty of human life; and let thy Holy Spirit lead us in holiness and righteousness all our days: that, when we shall have served thee in our generation, we may be gathered unto our fathers, having the testimony of a good conscience; in the communion of the Church catholic; in the confidence of a certain faith; in the comfort of a reasonable, religious and holy hope; in favor with thee our God, and in perfect charity with the world; through Christ our Lord. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

SEVENTH STATION

Jesus falls for the second time

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Isaiah 53.3-6]

- ³ He is despised and rejected by men,
A Man of sorrows and acquainted with grief.
And we hid, as it were, our faces from Him;
He was despised, and we did not esteem Him.
- ⁴ Surely He has borne our griefs
And carried our sorrows;
Yet we esteemed Him stricken,
Smitten by God, and afflicted.
- ⁵ But He was wounded for our transgressions,
He was bruised for our iniquities;
The chastisement for our peace was upon Him,
And by His stripes we are healed.
- ⁶ All we like sheep have gone astray;
We have turned, every one, to his own way;
And the LORD has laid on Him the iniquity of us all.

REFLECTION

The greater number of Christians live unmindful of all that Jesus, our Life, has done and suffered. That is why they live on, sleeping in the night of iniquity.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

O Lord Jesus Christ, who by thy death didst take away the sting of death: Grant unto us thy servants so to follow in faith where thou hast led the way, that we may at length fall asleep peacefully in thee, and awake up after thy likeness; for thy tender mercies' sake. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

EIGHTH STATION

Jesus consoles the women of Jerusalem

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Luke 23.27-28]

²⁷And a great multitude of the people followed Him, and women who also mourned and lamented Him. ²⁸But Jesus, turning to them, said, "**Daughters of Jerusalem, do not weep for Me, but weep for yourselves and for your children.**"

[Acts 21.13]

¹³Then Paul answered, "What do you mean by weeping and breaking my heart? For I am ready not only to be bound, but also to die at Jerusalem for the name of the Lord Jesus."

REFLECTION

The most holy Passion of Jesus Christ is the most efficacious means to convert obstinate sinners, because meditation on the sufferings of our Savior has power to root out vice and implant love and holy fear of God in the soul.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all those who are penitent; Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

NINTH STATION

Jesus falls for the third time

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Psalm 22.1]

¹ My God, My God, why have You forsaken Me?
Why are You so far from helping Me,
And from the words of My groaning?

[Psalm 40.11-13]

¹¹ Do not withhold Your tender mercies from me, O LORD;
Let Your lovingkindness and Your truth continually preserve me.
¹² For innumerable evils have surrounded me;
My iniquities have overtaken me, so that I am not able to look up;
They are more than the hairs of my head;
Therefore my heart fails me.
¹³ Be pleased, O LORD, to deliver me;
O LORD, make haste to help me!

REFLECTION

Let us be glad when we are afflicted and the cross is most heavy on our shoulders, because then if we suffer with the patience of Christ, we will begin to be His disciples.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

O Lord Jesus Christ, who in a wonderful Sacrament hast left unto us a memorial of thy precious death and passion; Grant us so to venerate the sacred mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy redemption. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

TENTH STATION

Jesus is stripped of his garments

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[John 19.23-24]

²³Then the soldiers, when they had crucified Jesus, took His garments and made four parts, to each soldier a part, and also the tunic. Now the tunic was without seam, woven from the top in one piece. ²⁴They said therefore among themselves, "Let us not tear it, but cast lots for it, whose it shall be," that the Scripture might be fulfilled which says:

"They divided My garments among them,
And for My clothing they cast lots."

Therefore the soldiers did these things.

REFLECTION

Jesus permitted Himself to be despoiled of His garments on Calvary in order to teach us to renounce our own will when it is not conformable to the will of the Father. He wants us to strip ourselves of earthly affections and all inordinate love of the things of this world, so that we may clothe ourselves with the virtues of Christ.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

O Lord God, whose blessed Son our Saviour gave his back to the smiters and hid not his face from shame; Grant us grace to take joyfully the sufferings of the present time, in full assurance of the glory that shall be revealed; through the same Christ our Lord. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

ELEVENTH STATION

Jesus is nailed to the Cross

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[John 19.16-19,25]

¹⁶Then he delivered Him to them to be crucified. Then they took Jesus and led Him away.¹⁷And He, bearing His cross, went out to a place called the Place of a Skull, which is called in Hebrew, Golgotha, ¹⁸where they crucified Him, and two others with Him, one on either side, and Jesus in the center. ¹⁹Now Pilate wrote a title and put it on the cross. And the writing was:

JESUS OF NAZARETH, THE KING OF THE JEWS.

²⁵Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene.

REFLECTION

We must glory in nothing else but in being crucified with Jesus and in bearing the marks of His wounds in our body. We must strive for great detachment from creatures in order to be united only with the Creator, through the various sufferings and pains of life, endured for the love of God, in patience, silent in the midst of all the sacrifices demanded by our state in life, and by practicing the virtues taught by our Divine Savior.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

Almighty God, whose Son our Savior Jesus Christ was lifted high upon the Cross, that he might draw the whole world unto himself; Mercifully grant that we, who glory in the mystery of our redemption, may have grace to take up our cross and follow him. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

TWELFTH STATION

Jesus dies on the Cross

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[Matthew 27.45-46,50,54]

⁴⁵Now from the sixth hour until the ninth hour there was darkness over all the land. ⁴⁶And about the ninth hour Jesus cried out with a loud voice, saying, “**Eli, Eli, lama sabachthani?**” that is, “**My God, My God, why have You forsaken Me?**”

⁵⁰And Jesus cried out again with a loud voice, and yielded up His spirit.

⁵⁴So when the centurion and those with him, who were guarding Jesus, saw the earthquake and the things that had happened, they feared greatly, saying, “Truly this was the Son of God!”

REFLECTION

Jesus died to give us life: all creatures are in sorrow: the sun is darkened, the earth trembles, the rocks split, the veil of the temple is rent; will only our hearts remain harder than rock? Let us be immersed in a sea of sorrow over the death of Jesus and let us say to Him: "Lord, we thank you for having died on the cross for our sins."

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

Lord Jesus Christ, Son of the living God, we pray you to set your passion, cross, and death between your judgment and our souls, now and in the hour of our death. Give mercy and grace to the living; pardon and rest to the dead; to your holy Church peace and concord; and to us sinners everlasting life and glory; for with the Father and the Holy Spirit you live and reign, one God, now and for ever. Amen.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

THIRTEENTH STATION

Jesus is taken down from the Cross

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[John 19.38-40]

³⁸After this, Joseph of Arimathea, being a disciple of Jesus, but secretly, for fear of the Jews, asked Pilate that he might take away the body of Jesus; and Pilate gave him permission. So he came and took the body of Jesus. ³⁹And Nicodemus, who at first came to Jesus by night, also came, bringing a mixture of myrrh and aloes, about a hundred pounds. ⁴⁰Then they took the body of Jesus, and bound it in strips of linen with the spices, as the custom of the Jews is to bury.

REFLECTION

If we go to the crucifix, we find our Mother of Sorrows, for where the Mother is, there also is the Son.

Dear Mother, what sorrow you experienced in receiving your dead Son into your arms! We beseech you, Holy Mother, grant that the Passion of our Lord may be for us a fountain of sorrow, of pardon, of love and of life.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

Almighty and everlasting God, who of thy tender love towards mankind, hast sent thy Son our Savior Jesus Christ to take upon him our flesh, and to suffer death upon the cross, that all mankind might be reconciled to thee; Mercifully grant that we who have been offered the gift of your Son's death may accept the same, and thus be made partakers of his resurrection; through the same Christ our Lord. Amen.

FOURTEENTH STATION

Jesus is laid in the Tomb

V. We adore thee, O Christ, and we bless thee:

R. *Because by thy holy Cross thou hast redeemed the world.*

[John 19.41-42]

⁴¹Now in the place where He was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid. ⁴²So there they laid Jesus, because of the Jews' Preparation Day, for the tomb was nearby.

[Luke 23.55-56]

⁵⁵And the women who had come with Him from Galilee followed after, and they observed the tomb and how His body was laid. ⁵⁶Then they returned and prepared spices and fragrant oils. And they rested on the Sabbath according to the commandment.

REFLECTION

Devotion to the Passion of Jesus is the easiest way to be saved. The crucifix is a book wherein we learn every virtue, we learn the science of the saints, and therein we find all.

(St. Paul of the Cross)

All: *Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.*

LET US PRAY

O Lord Jesus Christ, Son of the living God, we pray thee to set thy passion, cross, and death between thy judgment and our souls, now and in the hour of our death. Give mercy and grace to the living, pardon and rest to the dead, to thy holy Church peace and concord, and to us sinners everlasting life and glory. Amen.

Jesu, may thy Cross defend me,
And thy saving death befriend me,
Cherished by thy deathless grace:
When to dust my dust returneth,
Grant a soul that to thee yearneth
In thy Paradise a place.

V. O Savior of the world, who by thy Cross and Precious Blood hast redeemed us:

R. *Save us and help us, we humbly beseech thee, O Lord.*

Concluding Collect

All: *Grant, Lord, that we who are baptised into the death of your Son our Saviour Jesus Christ may continually put to death our evil desires and be buried with him; and that through the grave and gate of death we may come to our joyful resurrection; through his merits, who died and was buried and rose again for us, your Son Jesus Christ our Lord. Amen.*

Credits and sources:

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