

THE WAY OF THE CROSS  
BY  
ST. ALPHONUS LIGUORI



HOLY ROSARY CATHEDRAL  
ARCHDIOCESE OF VANCOUVER

## THE WAY OF THE CROSS

**T**HE STATIONS OF THE CROSS are a fourteen-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The fourteen devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all fourteen are complete.

The Stations of the Cross are commonly found in churches as a series of fourteen small icons or images. They can also appear in church yards arranged along paths. The stations are most commonly prayed during Lent on Wednesdays and Fridays, and especially on Good Friday, the day of the year upon which the events actually occurred.

### INDULGENCES

*A Plenary indulgence is granted to the faithful who make the pious exercise of the Way of the Cross. Those who are impeded can gain the same indulgence if they spend at least one half an hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ.*

Enchiridion Indulgentiarum, no. 63



## THE WAY OF THE CROSS BY ST. ALPHONSUS LIGUORI

### PREPARATORY PRAYERS

*Kneeling before the altar, make an Act of Contrition, and form the intention of gaining the indulgences, whether for yourself or for the souls in purgatory.*

### ACT OF CONTRITION

**O** MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

*Following the act of contrition say:*

**M**Y 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.

Stabat mater dolorosa  
juxta Crucem lacrimosa,  
dum pendebat Filius.

*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**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER HOW JESUS CHRIST, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

*All say:*

**M**Y ADORABLE JESUS, it was not Pilate; no, it was my sins that condemned You to die. I beseech You, by the merits of this sorrowful journey, to assist my soul on its journey to eternity. I love You, beloved Jesus; I love You more than I love myself. With all my heart I repent of ever having offended You. Grant that I may love You always; and then do with me as You will.

*Our Father...*

Cuius ánimam geméntem,  
contristátam et doléntem  
pertransívit gladius

*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**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.

*All say:*

**M**Y 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.

*Hail Mary...*

O quam tristis et afflícta  
fuit illa benedícta,  
mater Unigéniti!

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

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



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER THE FIRST FALL OF JESUS. Loss of blood from the scourging and crowing 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.

*All Say:*

**M**Y 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.

*Glory be...*

Quae mœrêbat et dolêbat,  
pia Mater, dum vidêbat  
nati pœnas ínclyti.

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

**THE FOURTH STATION**  
**JESUS MEETS HIS AFFLICTED MOTHER**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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

*All Say:*

**M**Y 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. *Our Father...*

Quis est homo qui non fleret,  
matrem Christi si vidéret  
in tanto supplicio?

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

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



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.

*All Say:*

**M**Y BELOVED JESUS I will not refuse the cross as Simon did: I accept it 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. *Hail Mary...*

Quis non posset contristári  
Christi Matrem contemplári  
doléntem cum Fílio?

*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**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.

*All Say:*

**M**Y 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 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.

*Glory be...*

Pro peccâtis suæ gentis  
vidit Iésus in torméntis,  
et flagéllis súbditum.

*For the sins of His own nation,  
She saw Jesus wracked with torment,  
All with scourges rent.*

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



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.

*All Say:*

**M**Y 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.

*Our Father...*

Vidit suum dulcem Natum  
moriendo desolatūm,  
dum emisit spīritum.

*She beheld her tender Child,  
Saw Him hang in desolation,  
Till His spirit forth He sent.*

**THE EIGHTH STATION**  
**JESUS SPEAKS TO THE WOMEN**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.”

*All Say:*

**M**Y 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. *Hail Mary...*

Eia, Mater, fons amóris  
me sentíre vim dolóris  
fac, ut tecum lúgeam.

*O thou Mother! fount of love!  
Touch my spirit from above,  
make my heart with thine accord.*

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



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER HOW JESUS CHRIST 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.

*All Say:*

**M**Y 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. *Glory be...*

Fac, ut árdeat cor meum  
in amándo Christum Deum  
ut sibi compláceam.

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

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



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER HOW JESUS was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him:

*All Say:*

**M**Y 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.

*Our Father...*

Sancta Mater, istud agas,  
crucifixi fige plagas  
cordi meo válide.

*Holy Mother! pierce me through,  
in my heart each wound renew  
of my Savior crucified.*

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



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish.

*All Say:*

**M**Y 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.

*Hail Mary...*

Tui Nati vulneráti,  
tam dignáti pro me pati,  
pœnas mecum dívide.

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

**THE TWELFTH STATION**  
**JESUS DIES UPON THE CROSS**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.

*All Say:*

**M**Y 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 of 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.

*All kneel for a moment and pray three times the Our Father.*

Fac me tecum pie flere,  
crucifixo condolere,  
donec ego víxero.

*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**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.

*All Say:*

**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.      *Glory be...*

Juxta Crucem tecum stare,  
et me tibi sociare  
in planctu desidero.

*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**



*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*Priest:*

**C**ONSIDER 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.

*All Say:*

**O**H, 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.

*Our Father...*

Virgo víginum præclára,  
mihi iam non sis amára,  
fac me tecum plángere.

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

*After the stations say the “Our Father”, the “Hail Mary,” and the “Glory be to the Father,” five times, in honour of the Passion of Jesus Christ, and once for the intention of the Holy Father.*



### **PRAYER TO JESUS CHRIST CRUCIFIED**

**M**Y 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 Your 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.”

*The faithful who, after receiving Communion, recite this prayer before a picture of Christ Crucified may gain a plenary indulgence on any Friday in Lent and a partial indulgence on other days of the year, with the addition of prayers for the Holy Father’s intention.*

Enchiridion Indulgentiarum, no. 22

# THE WAY OF THE CROSS

## BY ST. JOSEMARÍA ESCRIVÁ

*At the start of each station:*

*V.* We adore You, O Christ, and we praise You. (*Genuflect*)

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

*At the end of each station:*

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

*V.* Have mercy on us, O Lord

*R.* Have mercy on us.

### I. JESUS IS CONDEMNED TO DEATH

**I**T IS AFTER TEN IN THE MORNING. The trial is moving to its close. There has been no conclusive evidence. The judge knows that his enemies have handed Jesus over to him out of envy, and he

tries an absurd move: a choice between Barabbas, a criminal accused of robbery and murder, and Jesus, who says he is Christ. The people choose Barabbas. Pilate is frightened by the growing uproar. So he sends for water, and washes his hands in the sight of the people, saying as he does so: "I am innocent of the blood of this just man; it is your affair." And having had Jesus scourged, he hands him over to them to be crucified. Their frenzied and possessed throats fall silent. As if God had already been vanquished... If only you and I had recognised the day of the Lord!

### II. JESUS TAKES UP HIS CROSS

**O**FFERING NO RESISTANCE, Jesus gives himself up to the execution of the sentence. He is to be spared nothing, and upon his shoulders falls the weight of the ignominious cross. But, through love, the Cross is to become the throne from which he reigns.

### III . JESUS FALLS THE FIRST TIME

**T**HE WORN OUT BODY of Jesus staggers now beneath the huge Cross... Our Lord falls to the ground exhausted. Is it not true that as soon as you cease to be afraid of the Cross, of what people call the cross, when you set your will to accept the Will of God, then you find happiness, and all your worries, all your sufferings, physical or moral, pass away? Truly the Cross of Jesus is gentle and lovable. There, sorrows cease to count; there is only the joy of knowing that we are co-redeemers with Him.

### IV. JESUS IS MET BY HIS BLESSED MOTHER

**H**AND IN HAND with Mary, you and I also want to console Jesus, by accepting always and in everything the Will of his Father, of our Father.

### V. SIMON HELPS JESUS

**I**N THE WHOLE CONTEXT of the Passion, this help does not add up to very much. But for Jesus, a smile, a word, a gesture, a little bit of love is enough for him to pour out his grace bountifully on the soul of his friend... At times the Cross appears without our looking for it: it is Christ who is seeking us out. And if by chance, before this unexpected Cross which, perhaps, is therefore more difficult to understand, your heart were to show repugnance... don't give it consolations. And, filled with a noble compassion, when it asks for them, say to it slowly, as one speaking in confidence: 'Heart: heart on the Cross! Heart on the Cross!'

### VI. JESUS' FACE IS WIPED BY VERONICA

**T**HE BELOVED FACE OF JESUS, that smiled upon children and was transfigured with glory on Mount Tabor, is now, as it were, concealed by suffering. But this suffering is our purification; the sweat and the blood, which disfigure and tarnish his features, serve to cleanse us.

## VII. JESUS FALLS THE SECOND TIME

**T**O OUR FALLING AGAIN and again into evil, Jesus responds with his determination to redeem us, with an abundance of forgiveness. And, so that no one may despair, again he wearily raises himself, embracing the Cross.

## VIII. JESUS CONSOLES THE WOMEN

**A** NUMBER OF WOMEN are unable to restrain their compassion and break into tears... But Our Lord wishes to channel their weeping towards a more supernatural motive, and he invites them to weep for sins... Your sins, my sins, the sins of all men, rise up. All the evil we have done and the good that we have neglected to do.

## IX. JESUS FALLS THE THIRD TIME

**M**Y GOD! MAY I HATE SIN, and unite myself to You, embracing the Holy Cross, so that I too may fulfil your most lovable Will. Stripped of every earthly attachment, with no other goal but your glory.... generously, offering myself with you in a perfect holocaust.

## X. JESUS IS STRIPPED OF HIS GARMENTS

**T**HE EXECUTIONERS TAKE HIS garments and divide them into four parts. But the cloak is without seam, so they say: 'It would be better not to tear it, but let us cast lots for it to see whose it shall be.' So Scripture is again fulfilled: 'They divided my garments among them, for my vesture they cast lots.' Despoiled, left in the most absolute poverty: our Lord is left with nothing save the wooden Cross. To reach God, Christ is the way; but Christ is on the Cross, and to climb up to the Cross we must have our hearts free.

## XI. JESUS IS NAILED TO THE CROSS

**N**OW THEY ARE CRUCIFYING OUR LORD, and with him two thieves, one on his right and one on his left. Meanwhile, Jesus says: 'Father, forgive them, for they do not know what they are doing.' It is Love that has brought Jesus to Calvary. And once on the Cross, all his gestures and all his words are of love, a love both calm and strong. With a gesture befitting an Eternal Priest, he opens his arms to the whole human race... And we, our souls rent with sorrow, say to Jesus sincerely: 'I am yours, and I give my whole self to You; gladly do I nail myself to your Cross, ready to be in the cross-roads of this world a soul dedicated to You, to your glory, to the work of Redemption, the coredeemption of all mankind.'

## XII. JESUS DIES ON THE CROSS

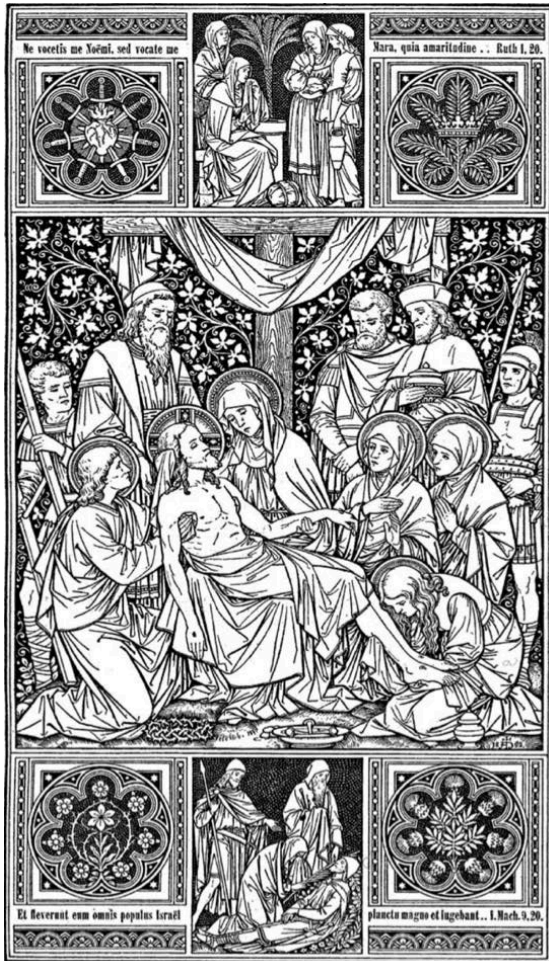
**A**T THE FOOT OF THE CROSS stands his Mother, Mary, with other holy women. Jesus looks at her; then he looks at the disciple whom he loves, and he says to his Mother: 'Woman, behold thy son.' Then he says to the disciple: 'Behold thy mother.' ... It is close on three o'clock, when Jesus cries out: 'My God, my God, why hast thou forsaken me?' ... 'Father, into thy hands I commend my spirit.' And he expires. Love sacrifice; it is a fountain of interior life. Love the Cross, which is an altar of sacrifice. Love pain, until you drink, as Christ did, the very dregs of the chalice.

## XIII. JESUS IS TAKEN DOWN FROM THE CROSS

**J**OSEPH OF ARIMATHEA and Nicodemus were not known publicly as disciples of the Master... But now, when things have turned bad, when the others have fled, they are not afraid to stand up for their Lord. Between the two of them they take down the body of Jesus and place it in the arms of his most holy Mother. Mary's grief is renewed... The Blessed Virgin is our Mother, and we do not wish to, we cannot, leave her alone.

## XIV. JESUS' BODY IS BURIED

**N**OW IT IS ALL OVER. The work of our Redemption has been accomplished. We are now children of God, because Jesus has died for us and his death has ransomed us. *Empti enim estis pretio magno!* You and I have been bought at a great price. We must make our own the life and death of Christ. We must die through mortification and penance, so that Christ may live in us through Love. And then follow in the footsteps of Christ, with zeal to co-redeem all mankind.





CATHEDRAL OF OUR LADY  
— OF THE —  
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