

# STATIONS OF THE CROSS

# GOOD FRIDAY



SACRED HEART PARISH - 2024



# Garden of Gethsemane

## Opening Prayer:



Almighty Father look with mercy on this your family for which our Lord Jesus Christ was content to be betrayed and given up onto the hands of the wicked men and to suffer death upon the cross; Lord we thank you for all the benefits you have won for us. For all the pain and insults which you have borne for us. Most merciful Redeemer. Friend and Brother, may we by learning of the manner of your life and learn to follow in your steps of humility and sacrifice.

All:           Amen

## *Antiphon:*

**Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.**

## The First Station

# Jesus is Condemned to Death

Fr: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world.

Matthew 27:22-26



**Reader:** Pilate said to them, "Then what should I do with

Jesus who is called the Messiah?"

All of them said, "**Let him be crucified!**"

Then he asked, "Why, what evil has he done?"

But they shouted all the more, "**Let him be crucified!**"

So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, 'I am innocent of this man's blood; see to it yourselves.' Then the people answered, '**His blood is on us and our children!**' So he released Barabbas for them and he handed them to Jesus to be

crucified.

**R: My Jesus, it was not Pilate, it was my sins that condemned You to die. I beg You, by the merits of this sorrowful journey, to assist my soul in its journey toward eternity.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**While she waited in her anguish,  
seeing Christ in torment languish,  
bitter sorrow pierced her heart.**

**The Second Station**  
**Jesus Carries His Cross**

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world.

Mark 15:16-20



**Reader:** Then the soldiers led him away inside the palace (that is, the governor's headquarters), and they called together the whole cohort. And they clothed him in a purple cloak, and twisting together a crown of thorns, they put it on him.

And they began to salute him, “**Hail, King of the Jews!**” And they were striking his head with a reed and spitting on him and kneeling down in homage to him. And when they had mocked him, they stripped him of the purple cloak and put his own clothes on him. And they led him out to crucify him.

**R: My beloved Jesus, I embrace all the tribulations You have destined for me until death. I beg You, by the merits of the pain You suffered in carrying Your Cross, to give me the necessary help to carry mine with perfect patience and resignation.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**With what pain and desolation,  
with what noble resignation,  
Mary watched her dying Son.**

**The Third Station**  
**Jesus Falls the First Time**

V: We adore you, O Christ, and we praise you.

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

John 12 23-25

**Reader:** Jesus said, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it bears much fruit. Those who love their life loose it, and those who hate their life in this world will keep it for eternal life.'

**R: My beloved Jesus, it is not the weight of the Cross, but my sins, which have made You suffer so much pain. By the merits of this first fall, deliver me from the misfortune of falling into mortal sin.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to seperate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Ever patient in her yearning,  
though her tear-filled eyes were burning,  
Mary gazed upon her Son.**



**The Fourth Station**

## **Jesus Meets his Afflicted Mother**

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world.



**Reader:** On the way to calvary, Jesus sees his mother. Their eyes meet. They understand one another. Jesus and Mary gazed at each other and it was the same gaze Mary had recalled when holding and gazing into the eyes of her baby Jesus. Mary knows who her son is. She knows from where he has come from. She knows what his mission is. She sees him suffer for all men and women, those of the past, present and future. And she too suffers.

**R: My most loving Jesus, by the sorrow You experienced in this meeting, grant me the grace of a truly devoted love for Your most holy Mother. And you, my Queen, who were overwhelmed with sorrow, obtain for me by your intercession a continual remembrance of the Passion of your Son.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to seperate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Who the man his tears withhold  
When Christ's mother he behold  
In her martyrdom profound**

## The Fifth Station

# Simon of Cyrene Helps Jesus Carry the Cross

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world.

Luke 23:26

**Reader:** As they led him away, they seized a man, Simon Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus.

**R: My beloved Jesus, I will not refuse the Cross, as the Cyrenian did; I accept it, I embrace it. I accept in particular the death You have destined for me; with all the pains that may accompany it; I unite it to Your death, 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 above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.

**Our Father... Hail Mary...**

**Antiphon:**

**Christ she saw, for our salvation,  
scourged with heartless acclamation,  
bruised and beaten by the rod.**

## The Sixth Station

# Veronica Wipes the Face of Jesus

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world.



**Reader:** It takes enormous courage and compassion to go to the aid of someone who is branded as dangerous enough to warrant a cruel and ignominious death. A woman called Veronica, unable to any longer watch the tortured figure, its eyes blinded by blood, brave the hysterical crowd and the might of Rome, and taking her veil tenderly cleansed the tormented face. It was a gesture so touching, so brave that her name has become a symbol of all that is most charitable.

**R: My beloved Jesus, Your face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. My soul also was once beautiful,**

**when it received Your grace in Baptism; but I have disfigured it since by my sins; You alone, my Redeemer, can restore it to its former beauty.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Christ she saw with life-blood failing,  
all her anguish unavailing,  
saw him breathe his very last.**

**The Seventh Station**  
**Jesus Falls the Second Time**

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world.

Isaiah: 53:7

**Reader:** He was oppressed, and he was afflicted. Yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth.

This is the second time Jesus has fallen on the ground. As the cross grows heavier it becomes more difficult to get up. But he continues to struggle and is walking again.

**R: My most gentle Jesus, how many times You have pardoned me, and how many times have I fallen again, and begun again to offend You! By the merits of this new fall, give me the necessary help to persevere in Your grace until death. Grant that in all temptations which assault me I may always commend myself to You.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Mary, fount of love's devotion,  
let me share with true emotion,  
all the sorrow you endured.**



## The Eighth Station

# Jesus Meets the Women of Jerusalem

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world

Luke 23:27-28



**Reader:** A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children, for indeed, the days are coming when people will say, ‘Blessed are the barren, the wombs that never bore and the breasts that never nursed.’ At that time people will say to the mountains, ‘Fall upon us!’ and to the hills, ‘Cover us!’ for if these things are done when the wood is green what will happen when it is dry?’

**R: My Jesus, laden with sorrows, I weep for the offenses I have committed against You, because of the pains they have deserved, and still more because of the displeasure they have caused You, Who have loved me so much. It is Your love, more than the fear of hell, which causes me to weep for my sins.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Virgin, ever interceding,  
hear us in our fervent pleading,  
fire us with your love of Christ.**

**The Ninth Station**

## **Jesus Falls for the Third Time**

V: We adore you, O Christ, and we praise you.

R: **Because by your holy cross, You have redeemed the world**

John 15:18-20

**Reader:** "If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love you as its own. Because you are not of the world, but I chose you out of the world, therefore the world hates you. Remember the word that I have said to you: 'A servant is not greater than his master.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours."

**R: My outraged Jesus, by the merits of the weakness You suffered in going to Calvary, give me strength sufficient to conquer all human respect, and all my wicked passions, which have led me to despise Your friendship.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Mother, may this prayer be granted,  
that Christ's love may be implanted,  
in the depths of my poor soul.**



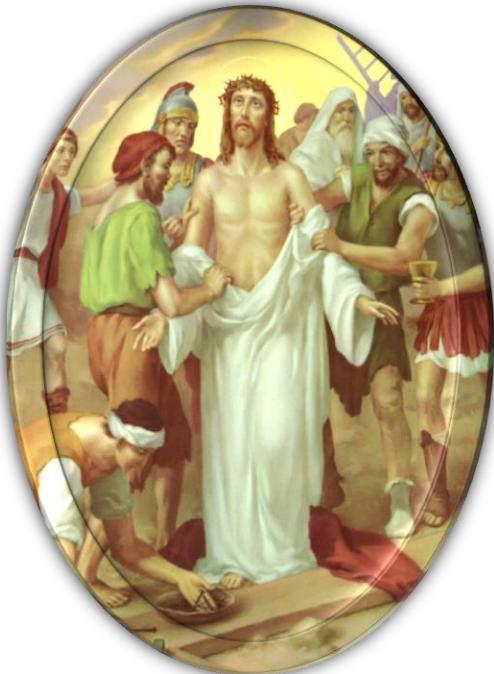
## The Tenth Station

# Jesus is Stripped of his Garments

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world

John 19:23-24



**Reader:** When the soldiers had crucified Jesus, they took his garments and divided them into four parts, one part for each soldier; also his tunic. But the tunic was seamless, woven in one piece from top to bottom, so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots." So the soldiers did these things.

**R: My innocent Jesus, by the merits of the torment You have felt, help me to strip myself of all affection to things of earth, in**

**order that I may place all my love in You, who are so worthy of my love.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**At the cross, your sorrow sharing,  
all the grief and torment bearing,  
let me stand and mourn with you.**

**The Eleventh Station**

## **Jesus is Nailed to the Cross**

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world

John 19:19-22 25-49

**Reader:** Pilate also wrote an inscription and put it on the cross. It read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this inscription, for the place where Jesus was crucified was near the city, and it was written in Aramaic, in Latin, and in Greek. So the chief priests of the Jews said to Pilate, "Do not write, 'The King of the Jews,' but rather, 'This man said, I am King of the Jews.'" Pilate answered, "What I have written I have written."

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Cleopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.



**R: My Jesus! loaded with contempt, nail my heart to Your feet, that it may ever remain there, to love You, and never leave You again.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Fairest maid of all creation,  
Queen of hope and consolation,  
let me feel your grief sublime.**

**The Twelfth Station**

## **Jesus Dies Upon the Cross**

V: We adore you, O Christ, and we praise you.

R: **Because by your holy cross, You have redeemed the world**

John 19: 28-30; Luke 23: 44-46



**Fr John:** After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), “I thirst.” A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth. When Jesus had received the sour wine, he said, “It is finished.”

It was now about noon, and there was darkness over the whole land and at about three in the afternoon Jesus, cried out with a loud voice, “Eloi eloi lama sabachthani?” which means “My God, my God, why have you forsaken me?” And having said this he breathed his last.

**SILENCE - PLEASE KNEEL**

**R: O my dying Jesus, I kiss devoutly the Cross on which You died for love of me. I have merited by my sins to die a miserable death; but Your death is my hope. By the merits of Your death, give me grace to die, embracing Your feet, and burning with love for You. I yield my soul into Your hands.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Let me share with thee his pain,  
Who for all my sins was slain,  
Who for me in torment died..**

## The Thirteenth Station

# Jesus is Taken Down From the Cross

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world

Mark 15: 42-47

**Reader:** And when evening had come, since it was the day of Preparation, that is, the day before the Sabbath, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate and asked for the body of Jesus. Pilate was surprised to hear that he should have already died. And summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the corpse to Joseph. And Joseph bought a linen shroud, and taking him down, wrapped him in the linen shroud.



**R: O mother of sorrow, for the love of this  
Son, accept me for your servant, and pray to Him for me. And You,  
my Redeemer, since You have died for me, permit me to love You; for  
I wish only You, and nothing more.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Saviour, when my life shall leave me,  
through your mother's prayer receive me,  
with the fruits of victory.**

## The Fourteenth Station

# Jesus is Laid in the Tomb

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross, You have redeemed the world

Mark 15:46-47



**Reader:** Joseph then laid the body in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Jesus saw where the body was laid and they returned and prepared splices and perfumed oils. Then they rested on the sabbath according to the commandment.

**R: Oh, my buried Jesus, I kiss the stone that encloses You. But You rose again the third day. I beg You, by Your resurrection, make me rise glorious with You at the last day, to be always united with You in heaven, to praise You and love You forever.**

**I love you Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to seperate myself from you again. Grant that I may love you always and then do with me what you will.**

**Our Father... Hail Mary...**

**Antiphon:**

**Let me to your love be taken,  
let my soul in death awaken,  
to the joys of paradise.**

## **Final Blessing Fr John:**

God of our redemption, abundantly bless your people who have devoutly recalled the death of Christ, grant us forgiveness, renew us strengthen our faith, and increase in us the fullness of life; we ask this through Christ our Saviour.

**All: Amen**

## **Our Father**

Our Father, who art in heaven,  
hallowed be thy name; thy kingdom come;  
thy will be done on earth as it is in heaven.

Give us this day our daily bread;  
and forgive us our trespasses as  
we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

## **Hail Mary**

Hail Mary full of Grace, the Lord is with thee.  
Blessed are thou among women and blessed is the fruit of thy womb  
Jesus.

Holy Mary Mother of God,  
pray for us sinners now and at the hour of our death Amen.