

## **Stations of the Cross (English)**

Prayers are free translation of Fr. Abel CMI's "Kurisinte Vazhi" translated by Tessy Philip

### **Opening Prayer**

Eternal God, we adore you. We thank you for giving us sinners your Son for sacrifice.

You loved us, you loved us until the very end. You have taught us that there is no greater love than giving one's life out of love. You showed us the strongest form of love from the moment you were condemned by Pilate to the moment you reached Golgotha. On the path of blood and tears we walk with Mother Mary to follow you. Our Lord who taught us that the path to Heaven is full of trials and that the gates to Heaven are narrow, help us to walk through those every day of our lives.

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint the Holy wounds of the crucified Son on my heart.*

### **First Station**

#### **Jesus is Condemned to Death**

*Priest: We adore you O Christ and we praise you.*

*People: Because by your Holy Cross you have redeemed the world.*

The sacrifice for humanity's forgiveness of sins has begun. Jesus stands before Pontius Pilate beaten and abused. His clothes stick to his skin, drenched in blood. His eyes are sunken in with no rest, and his arms and legs shake in exhaustion. His tongue is dry and thirsty and his lips are shriveled.

Pilate condemns Jesus to death. The sinless One accepts death for us sinners silently.

My Lord God, although you did no wrong, you accepted death on the Cross. When others disregard, ignore, and blame me, please bless me and teach me to accept what is given to me just as you did. Please help me to ignore their intentions, and rather to wholeheartedly pray for their well-being instead. *Our Father...Hail Mary...*

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint....*

### **Second Station**

#### **Jesus Takes up His Cross**

*Priest: We adore you O Christ....*

*People: Because by your Holy Cross...*

Jesus moves forward taking on the heavy weight of the Cross. Looking around Him, there is no one there who loves him. Judas betrayed Jesus and Peter rejected Him. The other followers have gone to hide. Where are the people who witnessed His miracles and those who took their benefits? Those who once loudly sang Hosanna now remain silent.

There is no one to help Him or even to offer a comforting word.

You have said the one who wishes to be your disciple must deny himself, take up his cross, and follow you. I take up my cross filled with burdens and sorrow and I follow you on your blood marked path. My Lord who relieves those who suffer, please help me to be strong enough to endure my burdens and sorrows with no complaints. *Our Father...Hail Mary...*

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint....*

### **Third Station**

#### **Jesus Falls the First Time**

*Priest: We adore you O Christ....*

*People: Because by your Holy Cross...*

The road is full of stones, the Cross is very heavy...an extremely tired body...trembling legs...there He falls and hits His face to the ground...His knees tear and blood rushes from them. The soldiers beat and persecute Him. The crowd yells aloud at Him, and yet He remains silent.

"They have paved the road I travel on to destroy me. I look to the right and there is no one who knows me. I have nowhere to run and hide, there is no one here to save me.

From there he carries our burdens, for us He suffers."

My Lord, the cross I carry is also very heavy. There are many times when I fall to the ground by the weight of my burdens. There are people who see me fall, ridicule me, and worsen my pain. Lord, when I fall please teach me how to gain control of myself to get back up. When I lose the strength to carry my cross, please help me. *Our Father...Hail Mary...*

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint....*

### **Fourth Station**

#### **Jesus Meets His Mother**

*Priest: We adore you O Christ....*

*People: Because by your Holy Cross...*

Jesus moves forward carrying His cross. On His way he comes across a sorrowful sight, his mother runs toward Him. They look at each other, eyes filled, hearts breaking into pieces. They speak no words. Jesus' pain weighs heavy in Mary's heart, while her pain brings Him even more sorrow.

Mary recalls the words she heard on the fortieth day when presenting Baby Jesus at the temple. Simeon prophesied "a sword will pierce your heart."

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"They that sow in tears shall reap in joy. He that goes forth and weeps, bearing seed for sowing, shall come again with joy, bringing his sheaves with him."

My gracious savior who walks in sorrow, in the lonely moments of our suffering, may your mother's example be our comfort. We know our sin is the reason for the sadness you and your mother experienced. Please help us to repent for what we have done. ***Our Father...Hail Mary...***

***Priest: Bless us O Lord.***

***People: Holy Mother of God, imprint....***

### Fifth Station

#### **Simon Helps Jesus Carry the Cross**

***Priest: We adore you O Christ....***

***People: Because by your Holy Cross...***

Jesus grows very tired, he does not have enough strength to move forward with the Cross. The soldiers feared that He may die in the middle of the path and so they called Simon the Cyrene, father of

Alexander and Rufus, whom they saw coming out of the field. They made him carry the Cross for Jesus. They did this not out of sympathy for Jesus, but rather because they had decided already that He must die after being crucified.

My gracious Lord, if I had seen you suffering so horribly, I would have offered myself to help you. For it has been said "Whatever you have done for these least brothers of mine you have also done for me." Therefore, allow me to see you in those around me and please bless me to help them in whatever way I can. Then just as Simeon was, I too will be blessed to have brought your suffering to an end. ***Our Father...Hail Mary...***

***Priest: Bless us O Lord.***

***People: Holy Mother of God, imprint....***

### Sixth Station

#### **Veronica Wipes the Face of Jesus**

***Priest: We adore you O Christ....***

***People: Because by your Holy Cross...***

The devout Veronica sees Jesus approaching and her heart was filled with sympathy. She wanted to relieve his pain. She approaches Jesus without being concerned about what others might say. "Blessed are the pure of heart, for they will see God." "Those who hope in You will not be put to shame." Veronica devotedly wiped the bloody face of Jesus with her cloth.

"I looked for those who had sympathy and I found no one. There was no one to comfort me." These words ring in my ears. My loving Jesus, I too wish to empathize, and comfort

you and as Veronica did. Please imprint your indelible image of suffering on my heart forever. ***Our Father...Hail Mary...***

***Priest: Bless us O Lord.***

***People: Holy Mother of God, imprint....***

### Seventh Station

#### **Jesus Falls for the Second Time**

***Priest: We adore you O Christ....***

***People: Because by your Holy Cross...***

Jesus becomes weak and falls for a second time. Blood pours from His wounds...His body aches immensely. "I fell in the ditch; My soul has fallen in sorrow." Those around Jesus begin to rebuke and persecute Him. "Do I not have to drink from the cup which my Father gave me?" He wishes nothing more than to fulfill the will of the Father.

My Lord who carried the sins of so many, I wish I could have helped you when you had fallen. Without you, I have no strength. There are times when I too fall to the ground, and feel that I cannot get back up. Please lend your right hand and help me in those times. ***Our Father...Hail Mary...***

***Priest: Bless us O Lord.***

***People: Holy Mother of God, imprint....***

### Eighth Station

#### **Jesus Meets the Women of Jerusalem**

***Priest: We adore you O Christ....***

***People: Because by your Holy Cross...***

The streets of Jerusalem became noisy. Hearing the unusual uproar, the women approach the path. Jesus approaches His time of death and the women feel great pity. The women remembered that Palm Sunday and that joyous journey. They recall holding palms in their hands and crying Hosanna, but today they cried again loudly. They cry out of deep sympathy for Jesus. Their compassionate gesture comforts him. He says to them, "Weep not for me, but for yourselves and for your children."

In some years Jerusalem will be attacked. They and their children will die of starvation. Jesus is prophesying this incident at this time..

My help, my Lord, my Lord who relieves us in times of trial, I am filled with deep sorrow at the thought of your suffering. Please bless me and teach me to weep and repent for my own sins, which caused your suffering and to lead myself into a more holy path each day. ***Our Father...Hail Mary...***

***Priest: Bless us O Lord.***

***People: Holy Mother of God, imprint....***

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### **Ninth Station**

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

*Priest: We adore you O Christ....*

*People: Because by your Holy Cross...*

Jesus' body lacks the strength to move forward. He has no more blood, He falls dizzy, He shivers and falls...He does not have the strength to get up on His own....His enemies grab and pull Him, throwing His body up off the ground. There is not much time left for His sacrifice to be complete, and so He tried to walk forward to the end.

"I am Jesus whom you persecute." The words you spoke to Saul now look at us and repeat themselves.

My Lord who sacrificed himself for our sins, my pains are so incomparable to what you have suffered. Yet, in the walks of life, I too become very tired and weak. My burdens are slowly growing. It feels just as one problem is being solved, another presents itself. When life gets tough, please allow me to remember you and suffer for your sake, and please give me strength to move forward, without being discouraged. "As long as it is day we must do the works of Him who sent me. Night is coming when no one can work." *Our Father...Hail*

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint....*

### **Tenth Station**

#### **Removing the Clothes of Jesus**

*Priest: We adore you O Christ....*

*People: Because by your Holy Cross...*

The soldiers tore Jesus' clothes in four. His outer robe was one cloth piece, neither stitched nor sewn. They debated to whom each piece would go. They casted lots for my outer robe.

"They divided my clothing amongst themselves. They casted lots for my outer robe." At this moment these words proved true.

My Savior who experienced so much pain when they removed the clothes from your back which were stuck to your body with blood, please help me remove my sinful old self and wear you, and live as another Christ. *Our Father...Hail Mary...*

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint....*

### **Eleventh Station**

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

*Priest: We adore you O Christ....*

*People: Because by your Holy Cross...*

The soldiers lay Jesus on the Cross and begin to nail his hands and feet. They stretch the limbs of Jesus and cause him immense pain, humanly unimaginable pain. And yet Jesus gives no complaints, he expresses no despair in his eyes. Jesus prays that He will be able to fulfill the will of the Father.

My Lord and Savior of the world, you came to share the message of love, and the world nailed you on the Cross. You were not from this world, and they hated you. You have said that there is no servant who is greater than his master. You have said that those who persecuted you will persecute us also. Please bless me so that I may give myself on the Cross with you, give my life for the world, and live my life only for you for the rest of my days. *Our Father...Hail Mary...*

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint....*

### **Twelfth Station**

#### **Jesus Dies on the Cross**

*Priest: We adore you O Christ....*

*People: Because by your Holy Cross...*

Jesus is on the Cross in between two thieves. Jesus lays on the Cross praying for all of his enemies. He comforts the good thief. Mary cries with the other women at the foot of the Cross. Jesus says "Here is your son" to his mother and utters "Here is your mother" to John. It was twelve o'clock. Jesus prays "Father, to you I offer my spirit" and dies. The sun quickly disappears. The sky darkens until three o'clock. The temple veil tears. The earth rumbles. Rocks split, tombs open..

The centurion saw what had happened and exclaims 'Surely he was the Son of God!'

"I have a baptism to undergo, and how distressed I am until it is accomplished!" Lord, you have undergone the baptism you desired. One day my service will also be complete. I too will die one day. Please teach me to pray as you did on that day. "Father, on earth I glorified you. I completed the job you had given me. Therefore, glorify me before you. *Our Father...Hail Mary...*

*Priest: Bless us O Lord.*

*People: Holy Mother of God, imprint....*

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### **Thirteenth Station**

#### **Jesus' Body is Place in Mary's Lap**

***Priest: We adore you O Christ....***

***People: Because by your Holy Cross...***

It was Friday and Sabbath was fast approaching. The soldiers said the bodies could not remain on the Cross, because that Sabbath was a great day. Therefore, they asked Pilate to break the ankles of those who were crucified so they could take down the bodies. The soldiers broke the ankles of those who were crucified with the Messiah, but did not break the ankles of Jesus because they saw he had already died. Yet, one of the soldiers took a lance and pierced the side of Jesus, creating a wound from which blood and water poured out. They then placed the body of Jesus on the lap of Mary.

Dearest sorrowful Mother Mary, you held the broken and lifeless body of your precious son in your lap. Who can imagine that grief which you experienced, when your son uttered unspoken farewell to you? You remembered each moment from the moment you held the newborn Son of God to now at Golgotha. Remembering these trials you experienced, please encourage and comfort us in our daily struggles. ***Our Father...Hail Mary...***

***Priest: Bless us O Lord.***

***People: Holy Mother of God, imprint....***

### **Fourteenth Station**

#### **Jesus is Buried in the Tomb**

***Priest: We adore you O Christ....***

***People: Because by your Holy Cross...***

Finally, with permission from Pilate, a man named Joseph from Ramtha took care of the body of Jesus. Nicodemus too accompanied with burial perfumes. They wrapped Jesus' body in cloth. There was a new tomb near to where Jesus was crucified. Because the Sabbath had begun and this tomb was nearby, they buried Jesus there.

"For you will not abandon my soul to Hell, nor will you allow your Holy One to see corruption."

My Lord who suffered so greatly and attained greater glory, we know that those who die with you will also live with you forever. Through baptism we are also buried with you. Morning and night, thinking about your passion, please allow me to live as those who are dead to sin. ***Our Father...Hail***

***Priest: Bless us O Lord.***

***People: Holy Mother of God, imprint....***

### **Closing Prayer**

O Father of Truth, behold your Son, a sacrifice of atonement to you. Accept Him who died for me that I may obtain pardon through Him. Receive this oblation from my hands and be reconciled with me. Remember not the sins which I have committed against your majesty. Behold His Blood is shed on Golgotha by the wicked and it is pleading for me. For my sake, accept my petition. As great is my guilt, greater is your mercy. If you weigh them, your compassion will outweigh the mountains that are weighed by you. Look on the sins and look on the offering made for them; far greater is the offering and the sacrifice than the guilt. Because I have sinned, your beloved bore the nails and the spear. His sufferings are sufficient to appease you and by them I shall live. Glory to the Father who delivered His Son for our salvation; adoration to the Son who died on the Cross and gave life to us all; and thanksgiving to the Spirit who both began and completed the mystery of our salvation. O Holy Trinity, exalted above all, have mercy on us all. Amen. ***Our Father...Hail Mary...***

(Act of Contrition)