

The Stations of the Cross

Station 1 Jesus Is Condemned to Death

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

All: Because by your holy cross you have redeemed the world.

Prayer: My Jesus, I have sinned so often. But I know You died for me. If I believe in you and live my life like you, I will be with you in Heaven when I die.

Station 2 Jesus Carries His Cross

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

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

Prayer: My Jesus, help me to carry my crosses in life with courage and humility, like you did. Amen.

Station 3 Jesus Falls the First Time

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

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

Prayer: My Jesus, forgive me when I fail in doing the best that I can each day. Bless me with the strength and courage to try again to do my best.

Station 4 Jesus Meets His Mother

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

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

Prayer: My Jesus , your mother, Mary, was there to comfort you. I know that she is there to comfort me too. I just need to ask for her blessing and grace.

Station 5 Simon of Cyrene Helps Jesus Carry His Cross

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

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

Prayer: My Jesus, I pray for your grace to never ignore others when they need my help. Help me to always do my very best when helping them.

Station 6 Veronica Wipes the Face of Jesus

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

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

Prayer: My Jesus, grant me your grace to be less selfish. Grant me the grace to be helpful to all who need my help.

Station 7 Jesus Falls the Second Time

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

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

Prayer: My Jesus, help me when things seem difficult for me. Even when it's hard, help me get up and keep trying as you did. Help me do my best without comparing myself with others.

Station 8 Jesus Meets the Women of Jerusalem

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

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

Prayer: My Jesus, help me think more about others. Help me remember that others have problems, too. Help me respond to them even when I'm busy or only thinking about my own problems.

Station 9 Jesus Falls the Third Time

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

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

Prayer: My Jesus, help me think of the cross you carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well.

Station 10 Jesus Is Stripped of His Garments

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

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

Prayer: My Jesus, help me to keep myself pure and clean. Help me say things that build up the people around me. Help me overcome worldly desires that I may become more like You. Help me set a good example for others to follow.

Station 11 Jesus Is Nailed to the Cross

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

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

Prayer: My Jesus, help me look again at the people around me. Help me see the hurt and pain I have caused in others. Be with me to help me make amends for the harm I have done.

Station 12 Jesus Dies on the Cross

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

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

Prayer: Jesus, let me take a few moments now to consider your love for me. Help me thank you for your willingness to go to your death for me. Help me express my love for you!

Station 13 Jesus Is Taken Down From the Cross

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

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

Prayer: My Jesus, help me look for the good in those around me, especially those I love the most. Help me live this day as if it were the last. Help me become a more gentle and loving person through my greater appreciation for those around me.

Station 14 Jesus Is Laid In the Tomb

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

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

Prayer: My Jesus, help me think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial. Help me think of how Joseph loved Jesus so much that he gave him his own tomb. Help me to be more giving to others.