

THE WAY OF THE CROSS

St. Justin, Martyr Parish



OPENING HYMN – Lift High the Cross

*Refrain: Lift high the cross, the love of Christ proclaim
Till all the world adore his sacred name.*

- Verses*
1. Led on their way by this triumphant sign,
The hosts of God in conquering ranks combine.
 2. Each newborn servant of the Crucified,
Bear on the brow the seal of him who died.
 3. Lord, once lifted on the glorious tree,
As thou hast promised, draw the world to thee.

OPENING PRAYER

ALL: O Jesus, my adorable Saviour, behold me here prostrate imploring
Your mercy for myself, and for the souls of all the faithful departed.
Vouchsafe to apply to me the infinite merits of Your passion on which I
am now about to meditate. Grant that, while I trace this path of sighs
and tears, my heart may be so touched with contrition and repentance
that I may be ready to embrace with joy all the sufferings and
humiliations of this life and pilgrimage.

ALL SING: At the cross her station keeping,
Mary stood in sorrow weeping
When her Son was crucified.

****CLOSING PRAYER at end**

Brothers and sisters: If you have been raised with Christ, seek the things that
are above, where Christ is seated at the right hand of God. Set your minds on
the things that are above, not on things that are on earth. For you have died,
and your life is hidden with Christ in God. When Christ who is our life
appears, then you also will appear with Him in Glory.**

THE FIRST STATION
Jesus is Condemned to Death

V. We adore you, O Christ, and we bless you.

R. **Because by your holy Cross, you have redeemed the world.**

Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

All: My 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 in its journey towards eternity. I love you, O Jesus, with my whole heart; I repent of having offended you. Never permit me to offend you again. Grant that I may love you always; and then do with me what you will.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: 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 bless you.

R. **Because by your holy Cross, you have redeemed the world.**

Consider how Jesus, in making this journey with the Cross on His shoulders thought of us, and for us offered to His Father the death He was about to undergo.

All: My most beloved Jesus, I embrace all the tribulations you have destined for me until death. I beseech you, by the merits of the pain you did suffer in carrying your Cross, to give me the necessary help to carry mine with perfect patience and resignation.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: 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 bless You.

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

Consider this first fall of Jesus under His Cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that he could scarcely walk, and yet he had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

All: 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.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: Ever patient in her yearning
 Though her tear-filled eyes were burning,
 Mary gazed upon her Son.

THE FOURTH STATION

Jesus Meets His Sorrowful Mother

V. We adore You, O Christ, and we bless You.

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

Consider the meeting of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

All: My most loving Jesus, by the sorrow You did experience 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 and tender remembrance of the Passion of your Son.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: Who, that sorrow contemplating,
 On that passion meditating,
 Would not share the Virgin's grief?

THE FIFTH STATION
Simon Helps Jesus to Carry the Cross

V. We adore You, O Christ, and we bless You.

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

Consider how at each step Jesus was on the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the Cross, they constrained Simon the Cyrenian to carry the Cross behind our Lord.

All: My most sweet 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. Help me by Your grace.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: **Christ she saw, for our salvation,
Scourged with cruel acclamation,
Bruised and beaten by the rod.**

THE SIXTH STATION
Veronica Wipes the Face of Jesus

V. We adore You, O Christ, and we bless You.

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

Consider how the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a veil, with which He wiped His adorable face, leaving on it the impression of His holy countenance.

All: My most beloved Jesus, 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. Do this by Your Passion, O Jesus.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: **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 bless You.

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

Consider the second fall of Jesus under the Cross -- a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

All: 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 assail me I may always commend myself to You.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: **Mary, fount of love's devotion,
Let me share with true emotion
All the sorrow you endured.**

THE EIGHTH STATION

The Women of Jerusalem Weep over Jesus

V. We adore You, O Christ, and we bless You.

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

Consider how those women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them: Weep not for Me, but for your children.

All: My Jesus, laden with sorrows, I weep for the offences 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.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: **Virgin, ever interceding,
Hear me in my fervent pleading:
Fire me with your love of Christ.**

THE NINTH STATION
Jesus Falls the Third Time

V. We adore You, O Christ, and we bless You.

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

Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners was excessive, who tried to hasten His steps when He had scarcely strength to move.

All: My exhausted Jesus, by the merits of the weakness You didst suffer 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.

Our Father, Hail Mary, Glory Be

V. **Have mercy on us, O Lord.** *All: Have mercy on us.*

ALL SING: **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 bless You.

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

Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His lacerated flesh, and they tore them off so roughly that the skin came with them. Show sympathy for Your Savior thus cruelly treated, and say to Him:

All: My innocent Jesus, by the merits of the torment You have felt, help me to strip myself of all affection for things of earth, in order that I may place all my love in You, who art so worthy of my love.

Our Father, Hail Mary, Glory Be

V. **Have mercy on us, O Lord.** *All: Have mercy on us.*

ALL SING: **At the cross, your sorrow sharing,
All your 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 bless You.

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

Consider how Jesus, after being thrown on the Cross extended His hands, and offered to His Eternal Father the sacrifice of His life for our salvation. These barbarians fastened Him with nails, and then, raising the Cross, allowed Him to die with anguish on this infamous gibbet.

All: 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.

Our Father, Hail Mary, Glory Be

V. **Have mercy on us, O Lord.** *All: Have mercy on us.*

ALL SING: **Fairest maid of all creation,
Queen of hope and consolation,
Let me feel your grief sublime.**

THE TWELFTH STATION

Jesus is Raised upon the Cross, and Dies

V. We adore You, O Christ, and we bless You.

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

Consider how Your Jesus, after three hours' Agony on the Cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies. (Brief Moment of Silence)

All: 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 surrender my soul into Your hands.

Our Father, Hail Mary, Glory Be

V. **Have mercy on us, O Lord.** *All: Have mercy on us.*

ALL SING: **Virgin, in your love befriend me,
At the Judgment Day defend me.
Help me by your constant prayer.**

THE THIRTEENTH STATION
Jesus is Taken Down from the Cross

V. We adore You, O Christ, and we bless You.

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

Consider how, after the death of our Lord, two of His disciples, Joseph and Nicodemus, took Him down from the Cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

All: 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 but You, and nothing more.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: Savior, when my life shall leave me,
 Through your mother's prayers receive me
 With the fruits of victory.

THE FOURTEENTH STATION
Jesus is Laid in the Sepulcher

V. We adore You, O Christ, and we bless You.

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

Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulcher with her own hands. They then closed the tomb, and all withdrew.

All: Oh, my buried Jesus, I kiss the stone that encloses You. But You did rise again the third day. I beseech You, by Your resurrection, make me rise gloriously with You on the last day, to be always united with You in heaven, to praise You and love You forever.

Our Father, Hail Mary, Glory Be

V. Have mercy on us, O Lord. *All: Have mercy on us.*

ALL SING: Let me to your love be taken,
 Let my soul in death awaken
 To the joys of Paradise

****Closing Prayer ****