

Stations of the Cross



According to St. Alphonsus Liguori

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The Stations of the Cross

According to the Method of St. Alphonsus Liguori

Let each one, kneeling before the high altar, make an Act of Contrition, and form the intention of gaining the indulgences connected to this devotion, whether for himself or for the souls in Purgatory. Then say:

Preparatory Prayer

My Lord Jesus Christ, Thou hast made this journey to die for me with love unutterable, and I have so many times unworthily abandoned Thee; but now I love Thee with my whole heart, and because I love Thee, I repent sincerely for ever having offended Thee. Pardon me, my God, and permit me to accompany Thee on this journey. Thou goest to die for love of me; I wish also, my beloved Redeemer, to die for love of Thee. My Jesus, I will live and die always united to Thee.

*Stabat Mater dolorosa,
Juxta crucem lacrymosa,
Dum pendebat Filius.*

*At the cross her station keeping
Stood the mournful Mother weeping
Close to Jesus to the last.*

The Stations of the Cross

According to the Method of St. Alphonsus Liguori

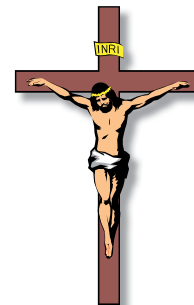
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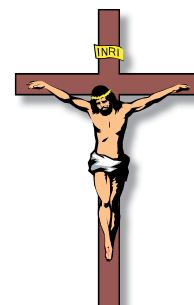


Prayer to Jesus Crucified

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee that Thou wouldst impress upon my heart lively sentiments of faith, hope, and charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul, I ponder within myself and mentally contemplate Thy five wounds, having before my eyes the words which David the prophet put on Thy lips concerning Thee: "They have pierced My hands and My feet, they have numbered all My bones."

At the end, one *Our Father* and *Hail Mary*, at least, for the intention of the Sovereign Pontiff for a plenary indulgence.

A plenary indulgence is granted to one of the faithful who performs the pious exercise of the Way of the Cross, under the usual conditions. --"New Regulations On Indulgences", TAN Books & Publishers, 1970



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Stabat Mater

(Conclusion)

*Fac, ut portem Christi mortem, Let me, to my latest breath,
Passionis fac consortem, In my body bear the death
Et plagas recolere. Of that dying Son of thine.*

*Fac me plagis vulnerari, Wounded with His every wound,
Fac me cruce inebriari, Steep my soul till it hath swooned
Et cruore Filii. In His very Blood away.*

*Flammis ne urar succensus Be to me, O Virgin, nigh,
Per te, Virgo, sim defensus Lest in flames I burn and die,
In die iudicii. In His awful Judgment Day.*

*Christe, cum sit hinc exire, Christ, when Thou shalt call me
Da per Matrem me venire hence,
Ad palmam victoriae. Be Thy Mother my defense,
Be Thy cross my victory.*

*Quando corpus morietur, While my body here decays,
Fac ut animae donetur May my soul Thy goodness praise,
Paradisi gloria. Amen. Safe in paradise with Thee. Amen.*

*V. Ora pro nobis, Virgo V. Pray for us, Virgin most
dolorossima. sorrowful.
R. Ut digni efficiamur R. That we may be made worthy
promissionibus Christi. of the promises of Christ.*

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1 - Jesus is Condemned to Death

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

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

People: My adorable Jesus, it was not Pilate, no, it was my sins that condemned Thee to die. I beseech Thee, by the merits of this sorrowful journey, to assist my soul in its journey towards eternity. I love Thee, my beloved Jesus; I love Thee more than myself; I repent with my whole heart of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

Our Father, Hail Mary, Glory be to the Father.

Priest & People: Jesus, for Thee I live, Jesus, for Thee I die, Jesus, I am Thine in life and in death. Amen.

*Cujus animam gementem, Through her heart, His sorrow sharing,
Contristatam et dolentem, All his bitter anguish bearing,
Pertransivit gladius. Now at length the sword has passed.*

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14 - Jesus is Laid in the Sepulchre

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

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

People: Oh, my buried Jesus, I kiss the stone that encloses Thee. But Thou didst rise again the third day. I beseech Thee, by Thy resurrection, make me rise glorious with Thee at the last day, to be always united with Thee in heaven, to praise Thee and love Thee forever. I love Thee, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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*Virgo virginum praeclara,
Mihi jam nos sis amara,
Fac me tecum plangere.*

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



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2 - Jesus is Made to Carry His Cross

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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 that He was about to undergo.

People: My most beloved Jesus, I embrace all the tribulations Thou hast destined for me until death. I beseech Thee, by the merits of the pain Thou didst suffer in carrying Thy Cross, to give me the necessary help to carry mine with perfect patience and resignation. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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*O quam tristis et afflicta
Fruit illa benedicta
Mater Unigeniti!*

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



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13 - Jesus is Taken Down from the Cross

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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.

O Mother of sorrow, for the love of this Son, accept me for thy servant, and pray to Him for me. And Thou, my Redeemer, since Thou hast died for me, permit me to love Thee; for I wish but Thee, and nothing more. I love Thee, my Jesus, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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*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.*



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3 - Jesus Falls the First Time

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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.

People: My beloved Jesus, it is not the weight of the Cross, but of my sins, which have made Thee suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love Thee, O my Jesus, with my whole heart; I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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*Quae moerebat, et dolebat,
Pia Mater dum videbat
Nati poenas incltyi.*

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



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12 - Jesus is Raised upon the Cross, and Dies

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: Consider how 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. (Pause one moment.)

People: O my dying Jesus, I kiss devoutly the Cross on which Thou didst die for love of me. I have merited by my sins to die a miserable death; but Thy death is my hope. Ah, by the merits of Thy death, give me grace to die, embracing Thy feet, and burning with love for Thee. I yield my soul into Thy hands. I love Thee with my whole heart; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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*Fac me tecum pie flere,
Crucifixo condolere,
Donec ego vixero.*

*Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.*



12 - Jesus is Raised upon the Cross, and Dies

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4 - Jesus Meets His Sorrowful Mother

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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.

People: My most loving Jesus, by the sorrow Thou didst experience in this meeting, grant me the grace of a truly devoted love for Thy most holy Mother. And thou, my Queen, who wast overwhelmed with sorrow, obtain for me by thy intercession a continual and tender remembrance of the Passion of thy Son. I love Thee, Jesus my love; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

Our Father, Hail Mary, Glory be to the Father.

Priest & People: Jesus, for Thee I live, Jesus, for Thee I die, Jesus, I am Thine in life and in death. Amen.

*Quis est homo qui non fleret
Matrem Christi si videret
In tanto supplicio?*

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



4 - Jesus Meets His Sorrowful Mother

V. We adore Thee, O Christ, and we praise Thee.

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11 - Jesus is Nailed to the Cross

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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.

People: My Jesus! loaded with contempt, nail my heart to Thy feet, that it may ever remain there, to love Thee, and never quit Thee again. I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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Priest & People: Jesus, for Thee I live, Jesus, for Thee I die, Jesus, I am Thine in life and in death. Amen.

*Tui nati vulnerati,
Tam dignati pro me pati
Poenas mecum divide.*

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



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5 - Simon Helps Jesus to Carry the Cross

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: Consider how the Jews, seeing that at each step Jesus from weakness 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, constrained Simon the Cyrenian to carry the Cross behind our Lord.

People: 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 Thou hast destined for me; with all the pains that may accompany it; I unite it to Thy death, I offer it to Thee. Thou hast died for love of me; I will die for love of Thee, and to please Thee. Help me by Thy grace. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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*Quis non posset contristari,
Christi Matrem contemplari
Dolentem cum Filio?*

*Can the human heart refrain
From partaking in her pain
In that Mother's pain untold?*



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10 - Jesus is Stripped of His Garments

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. Compassionate your Savior thus cruelly treated, and say to Him:

People: My innocent Jesus, by the merits of the torment Thou hast felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in Thee, who art so worthy of my love. I love Thee, O Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

Our Father, Hail Mary, Glory be to the Father.

Priest & People: Jesus, for Thee I live, Jesus, for Thee I die, Jesus, I am Thine in life and in death. Amen.

*Sancta Mater istud agas,
Crucifixi fige plagas
Cordi meo valide.*

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



10 - Jesus is Stripped of His Garments

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. Compassionate your Savior thus cruelly treated, and say to Him:

People: My innocent Jesus, by the merits of the torment Thou hast felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in Thee, who art so worthy of my love. I love Thee, O Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

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6 - Veronica Wipes the Face of Jesus

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

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

People: My most beloved Jesus, Thy face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. Alas, my soul also was once beautiful, when it received Thy grace in Baptism; but I have disfigured it since by my sins; Thou alone, my Redeemer, canst restore it to its former beauty. Do this by Thy Passion, O Jesus. I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

Our Father, Hail Mary, Glory be to the Father.

Priest & People: Jesus, for Thee I live, Jesus, for Thee I die, Jesus, I am Thine in life and in death. Amen.

<i>Pro peccatis suae gentis,</i>	<i>Bruised, derided, cursed, defiled</i>
<i>Vidit Jesum in tormentis,</i>	<i>She beheld her tender Child</i>
<i>Et flagellis subditum,</i>	<i>All with bloody scourges rent,</i>



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9 - Jesus Falls the Third Time

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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.

People: Ah, my outraged Jesus, by the merits of the weakness Thou 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 Thy friendship. I love Thee, Jesus my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

Our Father, Hail Mary, Glory be to the Father.

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*Fac, ut ardeat cor meum
In amando Christum Deum,
Ut sibi complaceam.*

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



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7 - Jesus Falls the Second Time

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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.

People: My most gentle Jesus, how many times Thou hast pardoned me, and how many times have I fallen again, and begun again to offend Thee! Oh, by the merits of this new fall, give me the necessary help to persevere in Thy grace until death. Grant that in all temptations which assail me I may always commend myself to Thee. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

Our Father, Hail Mary, Glory be to the Father.

Priest & People: Jesus, for Thee I live, Jesus, for Thee I die, Jesus, I am Thine in life and in death. Amen.

*Vidit suum dulcem natum
Moriendo, desolatum,
Dum emisit spiritum.*

*For the sins of His own nation
Saw Him hang in desolation
Till His spirit forth He sent.*



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8 - The Women of Jerusalem Weep over Jesus

V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Priest: 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.

People: My Jesus, laden with sorrows, I weep for the offences I have committed against Thee, because of the pains they have deserved, and still more because of the displeasure they have caused Thee, who hast loved me so much. It is Thy love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

Our Father, Hail Mary, Glory be to the Father.

Priest & People: Jesus, for Thee I live, Jesus, for Thee I die, Jesus, I am Thine in life and in death. Amen.

*Eia Mater, fons amoris,
Me sentire vim doloris.
Fac, ut tecum lugeam.*

*O thou Mother! fount of Love,
Touch my spirit from above.
Make my heart with yours accord:*



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