

# Via Crucis

## Stations of the Cross



*English Version*

# Introduction

Lord Jesus Christ, I humble myself before your presence. As I accompany you and your Blessed Mother on the way to Calvary, grant me to feel for you with the tender feelings that she felt. May these Stations of the Cross remind me of your love and of the price you had to pay for my sins.

Let us pray the Way of the Cross with a humble and contrite heart; after all it is because of our sins that Jesus had to die for us.

*(After each station we'll say an Our Father, Hail Mary and Glory be.)*

To enter into the Spirit of the Passion, let us ask our Mother Mary to help us live the Passion as she did:

**Mother Mary, help me to see with your eyes, to hear with your ears, to feel with your heart and to understand with your wisdom. Help me to know the depths of the love of Christ your Son and the bitterness of your Immaculate Heart.**

## 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. Amen.**

## HAIL MARY

Hail Mary, full of grace. The Lord is with thee.  
Blessed art 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.**

## GLORY BE

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit,  
**as it was in the beginning,  
is now, and ever shall be,  
world without end. Amen.**

## FIRST STATION

*Jesus is condemned to death*

**Reader:** We adore you, O Christ and we bless you.

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

Once more Pilate went out and said to them, “Look, I am bringing him out to you, so that you may know that I find no guilt in him.” So Jesus came out, wearing the crown of thorns and the purple cloak. And he said to them, “Behold, the man! *John 19:4-5*



### ALL

Lord Jesus, you are the King of Kings and the Lord of Lords, you have been humiliated because of my pride, I am sorry to have enthroned the kingdom of the world in my heart, please grant me to attach myself only to you. Our Father..., Hail Mary, ... and Glory be...

♪ *Were you there when the judge condemned my Lord? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when the judge condemned my Lord?*

## SECOND STATION

*Jesus carries his cross*

**Reader:** We adore you, O Christ and we bless you.

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

Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance,... *Philippians 2:7*



### ALL

Jesus, you carried that heavy cross upon your wounded shoulder, and yet the weight of the cross was my sinfulness, so I repent of my sins and I beg you to grant me your salvation. Forgive me Lord that I have failed to do your holy will.

Our Father..., Hail Mary, ... and Glory be...

♪ *Were you there when he carried forth the beam? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when he carried forth the beam?*

### THIRD STATION

*Jesus falls the first time*



**Reader:** We adore you, O Christ and we bless you.  
**ALL:** *Because by your holy cross you have redeemed the world.*

Here is my servant whom I uphold, my chosen one with whom I am pleased. Upon him I have put my spirit; he shall bring forth justice to the nations. He will not cry out, nor shout, nor make his voice heard in the street. *Isaiah 42:1-2*

#### ALL

Lord in this first fall you atoned for the original sin of all humanity, I thank you and praise for your unlimited love for me, please Lord, help me not to sin any more.  
Our Father..., Hail Mary, ... and Glory be...

*♪ Were you there when he fell beneath its weight? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when he fell beneath its weight?*



### FOURTH STATION

*Jesus meets his mother Mary*

**Reader:** We adore you, O Christ and we bless you.  
**ALL:** *Because by your holy cross you have redeemed the world.*

Come, all who pass by the way, pay attention and see: Is there any pain like my pain, which has been ruthlessly inflicted upon me, With which the LORD has tormented me on the day of his blazing wrath? *Lamentations 1:12*

#### ALL

Sorrowful Mother, allow me to share your sorrow so that the Holy Passion of my Lord remains always vivid within me as a reminder of God's Love for me.  
Our Father..., Hail Mary, ... and Glory be...

*♪ Were you there when he saw his Mother weep? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when he saw his Mother weep?*

## FIFTH STATION

*Simon helps Jesus*



**Reader:** We adore you, O Christ and we bless you.

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

They pressed into service a passer-by, Simon, a Cyrenian,\* who was coming in from the country, the father of Alexander and Rufus, to carry his cross. *Mark 15:21*

### ALL

Lord you want us to share the cross with you by sharing and alleviating the sufferings of those in need, grant me to have a heart full of Charity and Love for my neighbor.

Our Father..., Hail Mary, ... and Glory be...

*♪ Were you there when they called for Simon's help? (2)*

*Sometimes it causes me to tremble, tremble, tremble!*

*Were you there when they called for Simon's help?*



## SIXTH STATION

*Veronica wipes the face of Jesus*

**Reader:** We adore you, O Christ and we bless you.

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

He was spurned and avoided by men, a man of suffering, knowing pain, Like one from whom you turn your face, spurned, and we held him in no esteem. Yet it was our pain that he bore, our sufferings he endured. We thought of him as stricken, struck down by God. *Isaiah 53:3-4*

### ALL

Lord, you have created us for your Glory, please help us by wiping the stains of our souls with your Precious Blood to restore your image in us. Our Father..., Hail Mary, ... and Glory be...

*♪ Were you there when Veronica wiped his face? (2)*

*Sometimes it causes me to tremble, tremble, tremble!*

*Were you there when Veronica wiped his face?*

**SEVENTH STATION**  
*Jesus falls the second time*



Reader: We adore you, O Christ and we bless you.  
***ALL: Because by your holy cross you have redeemed the world.***

But he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed. *Isaiah 53:5*

**ALL**

By this second fall you confirm how weak we are, help us Lord to overcome our weaknesses with the strength of your sufferings. Teach us how to love good and to hate evil. Our Father..., Hail Mary, ... and Glory be...

*♪ Were you there when he fell again in pain? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when he fell again in pain?*



**EIGHTH STATION**  
*Jesus comforts the women of Jerusalem*

Reader: We adore you, O Christ and we bless you.  
***ALL: Because by your holy cross you have redeemed the world.***

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children,..." *Luke 23:27-28*

**ALL**

Lord, in our human weakness we are so concerned to live our lives without discomfort and pain, and yet you tell us that it is more important to seek the Kingdom of Heaven and to weep for our sins in order to gain eternal life. Our Father..., Hail Mary, ... and Glory be...

*♪ Were you there when the women mourned for him? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when the women mourned for him?*

## NINTH STATION

*Jesus falls the third time*

**Reader:** We adore you, O Christ and we bless you.

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

We had all gone astray like sheep, all following our own way; But the LORD laid upon him the guilt of us all. Though harshly treated, he submitted and did not open his mouth; Like a lamb led to slaughter or a sheep silent before shearers, he did not open his mouth.. *Isaiah 53:6-7*

### ALL

Lord you have stretched your generosity to the limits, please forgive us for the many times that we sin and don't remember what pain you had to go through to redeem us. Our Father..., Hail Mary, ... and Glory be...

♪ *Were you there when he fell yet once again? (2)  
Sometimes it causes me to tremble, tremble, tremble!  
Were you there when he fell yet once again?*

## TENTH STATION

*Jesus is stripped of his garments*

**Reader:** We adore you, O Christ and we bless you.

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

When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down, *John 19:23*

### ALL

Lord what they did to you is what we do to our souls, we strip your image which is given to us in baptism and we corrupt the temples of your glory. Clothe our souls once more with the robes of your Divine Mercy. Our Father..., Hail Mary, ... and Glory be...

♪ *Were you there when they stripped him of his clothes? (2)  
Sometimes it causes me to tremble, tremble, tremble!  
Were you there when they stripped him of his clothes?*



## ELEVENTH STATION

*Jesus is nailed to the cross*

**Reader:** We adore you, O Christ and we bless you.

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

And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.” *John 3:14-15*

### ALL

Lord, you have called me to be your disciple, to deny myself and to follow you. As I come before you, I crucify my will to yours, I crucify all the temptations of the world, the devil and the flesh and I pray for total submission to your Holy Will. Our Father..., Hail Mary, ... and Glory be...

♪ *Were you there when nailed him to the cross? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when nailed him to the cross?*

## TWELFTH STATION

*Jesus dies on the cross*

**Reader:** We adore you, O Christ and we bless you.

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

Jesus answered him, “Friend, do what you have come for.” Then stepping forward they laid hands on Jesus and arrested him.

*Matthew 26:50*

### ALL

Lord, it is here on the cross that you ask the Father to forgive me, here you give me your Mother to be my Heavenly Mother, here you promise me to be with you in your Kingdom.

I come to meet you and to partake of your holy sacrifice as I receive you in Holy Communion, grant me to relive your passion daily, unite me to your Precious Blood, Have Mercy on me Lord and on the whole world. Our Father..., Hail Mary, ... and Glory be...

♪ *Were you there when he yielded up his soul? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when he yielded up his soul?*





## THIRTEENTH STATION

*Jesus is taken down from the cross*

**Reader:** We adore you, O Christ and we bless you.

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

... so that when they look on him whom they have thrust through, they will mourn for him as one mourns for an only child, and they will grieve for him as one grieves over a firstborn. *Zechariah 12:10*

### ALL

Lord, as you rested in the arms of your Mother, so I want to rest in your Sacred Heart, receive my brokenness and heal me for everlasting life. **Our Father...**  
**Hail Mary, ... and Glory be...**

♪ *Were you there when they took his body down? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when they took his body down?*

## FOURTEENTH STATION

*Jesus is buried*

**Reader:** We adore you, O Christ and we bless you.

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

And when he learned of it from the centurion, he gave the body to Joseph (of Arimathea). Having bought a linen cloth, he took him down, wrapped him in the linen cloth and laid him in a tomb that had been hewn out of the rock. Then he rolled a stone against the entrance to the tomb. *Mark 15:45-46*

### ALL

Lord let me die in you and remain buried within me, I look forward to the moment of the resurrection from the dead when you will reveal your Glory to me. For now let me adore you in the Blessed Sacrament and grant the grace to live a holy life. Our Father..., Hail Mary, ... and Glory be...

♪ *Were you there when they laid him in the tomb? (2)*  
*Sometimes it causes me to tremble, tremble, tremble!*  
*Were you there when they laid him in the tomb?*



## THE APOSTLES CREED

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

who was conceived by the Holy Spirit,  
born of the Virgin Mary,

suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day, he rose again from the dead;  
he ascended to heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.

Amen.

✠ *God bless you!*



*Santa María Addolorata*

*Pray for us! ¡Ruega por nosotros!*



# SANTA MARIA ADDOLORATA

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