



HOLY TRINITY
CATHOLIC CHURCH

STATIONS OF THE CROSS





OPENING PRAYER



Father, as we follow these stations of the Cross, reflecting on the agony of your Son, help us to reflect on and take into our hearts the boundless love you have for us.

Holy Spirit, open up those gifts you have given us and let us give them freely to others. We want to say “Yes” to our call to serve you.

Jesus, you who became like us in order that we could become like you, let us trust in your promises and know your presence all the moments of our lives, as we walk this sorrowful path with you today.



STATION 1

JESUS CONDEMNED TO DEATH



**Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)**

All: Because by your Holy Cross You have redeemed the world.

R1: You knew it was almost time when the woman recognized you at the table, and she washed your feet with her tears and dried them with her hair.

She poured precious ointment on them, just as your close and beloved friend, Mary of Bethany would do in the week before your death. They knew You are the Messiah, and they loved you.

You were innocent, yet you did not resist, knowing it was your Father’s will that you suffer this way.

Help us to remember and pray and speak up for those who are unjustly condemned.

R2: Give us the grace to accept our own suffering when we feel an injustice has been done to us.

After a moment of reflective silence, silently move to the next station.



STATION 2

JESUS BEARS HIS CROSS



Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: You let them force the cross on your shoulders without resistance, accepting it for love of us.

Did the whip that beat You as you stumbled protest with each slash?

Did the thorns weep at the task they were forced to perform?

Did the wood of the cross you carried groan along with You as You made your way to your execution?

R2: Jesus, help us to bear whatever cross comes our way, understanding that the only way to glory IS the way of the Cross. We will follow You.

After a moment of reflective silence, silently move to the next station.



STATION 3

JESUS FALLS FOR THE FIRST TIME



Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: You must have traveled this way many times. The walk is easy to the place of the Skull, but today is different.

Were the shopkeepers watching as you fell in front of their businesses? Were they irritated by the commotion of yet another execution procession? Did they think “good riddance” to another criminal?

Or, did they know who You were and shed tears at their inability to help you?

R2: Help us, Oh Lord, to let our hearts and eyes weep over injustices or pain that we cannot control. Let us at the same time turn to You, trusting that you will make all things right.

After a moment of reflective silence, silently move to the next station.



STATION 4

JESUS MEETS HIS MOTHER



**Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)**

All: Because by your Holy Cross You have redeemed the world.

R1: He hears a mother's prayers most of all.
"Do whatever He tells you," she said, and miracles occur.

He told her beforehand that he had to suffer and die a most humiliating death.

The sword that Simeon foretold on that happy day so many years ago has pierced her heart anew this day.

And, Mary said "yes" once more to the Father.

R2: Jesus, help us through the grace of the Sacraments to always say "yes," and to follow You.

After a moment of reflective silence, silently move to the next station.



STATION 5

JESUS IS HELPED BY SIMON



**Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)**

All: Because by your Holy Cross You have redeemed the world.

R1: Pressed into service, were you afraid, Simon?

Did you curse at your bad luck knowing that if you refused you might be crucified, too?

Did you change your mind and become eager once you looked into His face, to help this man with the kindest eyes you ever saw?

Did fear or compassion rule your heart that day?

R2: Lord, help us to always let compassion overrule fear in our own lives.

After a moment of reflective silence, silently move to the next station.



STATION 6

VERONICA WIPES THE FACE OF JESUS



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

(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: The women - they were the bravest ones.

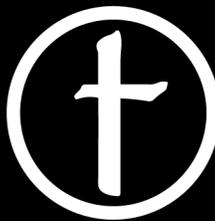
One shoved her way through the crowd of men and wiped Your face with her veil.

You smiled at her with your eyes - that weak smile that is the only kind that can be mustered through so much pain.

Even in Your agony we find grace and hope.

R2: Lord, help us to always be willing to push our way through a crowd to help someone in distress.

After a moment of reflective silence, silently move to the next station.



STATION 7

JESUS FALLS THE SECOND TIME



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

(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: Lord, You could have shown your super powers and put a stop to this farce. You are God, after all.

But, for love of us and obedience to Your Father, you chose this path of human pain and death.

Oh, help us to see how much You love us; and how You truly do feel our pain each time we stumble and fall.

R2: Let us never forget that You are with us to help us up.

After a moment of reflective silence, silently move to the next station.



STATION 8

JESUS SPEAKS TO THE WOMEN



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

(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: The women who loved You were willing to withstand the guard's whip, throwing themselves at your feet, weeping and wailing as they were overcome with grief for your suffering.

You said through your agony, "Weep not for Me; weep instead for yourselves and your children."

You knew the trials that were ahead for those who love You.
You knew how the World seduces.

You were warning them that what was done to You would be done to them and to all who follow You.

R2: We will follow You.

After a moment of reflective silence, silently move to the next station.



STATION 9

JESUS FALLS THE THIRD TIME



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

(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: You allowed yourself to be fully human because You love us so much.

You fell again, and got up again, so your mission could be completed.

R2: Help us to follow You even when we are in darkness, overwhelmed by the concerns of this world, even when we want to give up.

After a moment of reflective silence, silently move to the next station.



STATION 10

JESUS STRIPPED OF HIS GARMENTS



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

(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: The humiliation of being stripped nearly naked in front of a jeering crowd.

You were left with nothing, yet you bore this without resistance.

Dear, Jesus, help us to strip away all that holds us back from following you.

Let us allow ourselves to be humbled without resistance in our service to you.

R2: And, give us the grace to help restore dignity to those who have been humiliated in our lives.

After a moment of reflective silence, silently move to the next station.



STATION 11

JESUS IS CRUCIFIED



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

(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: Did the nails scream in horror when they were thrust into your hands and feet, becoming holy as they were drenched in your precious blood?

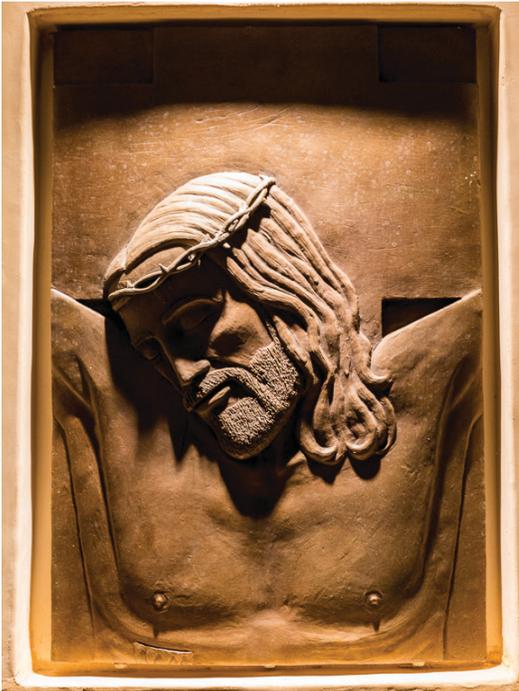
R2: Help us to always remember that each pain we bear, each pain our neighbor bears, has been felt by You, for love of us, on that Cross.

After a moment of reflective silence, silently move to the next station.



STATION 12

JESUS DIES ON THE CROSS



**Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)**

All: Because by your Holy Cross You have redeemed the world.

R1: For hours you suffered the most agonizing death, unable to move without increasing your pain.

And, in response to the cries of “save yourself if you are the Messiah!” you said, “Father, forgive them...”

And, when it was time, you cried “It is finished.”

God, who became man, completed his task in the world, so that we would not have to bear the weight of our sins.

R2: Dear Savior, give us the grace to seek your forgiveness by confessing our sins and transforming our lives.

After a moment of reflective silence, silently move to the next station.



STATION 13

JESUS IS TAKEN DOWN FROM THE CROSS



**Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)**

All: Because by your Holy Cross You have redeemed the world.

R1: Your Mother, the sword that pierced her heart this night was both painful and sweet: The sorrow she felt as she relived every groan and cry as you hung from that instrument of torture.

The sweetness of holding you in her arms once more, knowing your agony is over, but looking at her child, remembering every moment of his life, tears flowing as she held his lifeless and battered body.

Father, give us the grace to love you as Mary did, to share in your pain, thanking you for taking on ours, and confident in your word and your promises.

R2: We want to always say, “Yes” to whatever He asks us to do.

After a moment of reflective silence, silently move to the next station.



STATION 14

JESUS IS LAID IN THE TOMB



Leader: We adore You, O Christ, and we praise You.
(GENUFLECT or BOW)

All: Because by your Holy Cross You have redeemed the world.

R1: Joseph of Arimathea, his name will be remembered forever. He stood alone among his peers, and refused to go along with their plans.

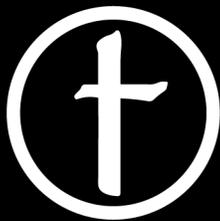
He and the women and perhaps a few others wrapped your body in fine linen and placed you in a garden tomb.

Everyone else abandoned you.

Dear Love given to us by our God, dear Jesus, forgive us for abandoning you in our thoughts and our actions.

Give us your strength to stand alone among our peers in honoring you even if it costs us everything.

R2: Let us always remember that the way of the Cross does not stop at the tomb, as we joyfully say, "We will follow You."



HOLY TRINITY CATHOLIC CHURCH STATIONS OF THE CROSS



Please take these meditations home and keep them with you this Lent, or throughout the year.

If there is a parish or an abbey near your workplace, why not stop in one day on your lunch hour and meditate on their stations.

It is just one way of fulfilling your Lenten obligation to pray.

May God grant you a blessed and fruitful Lent.



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