

# The Way of the Cross

Saint Alphonsus De Ligouri



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Mother of Divine Providence Church

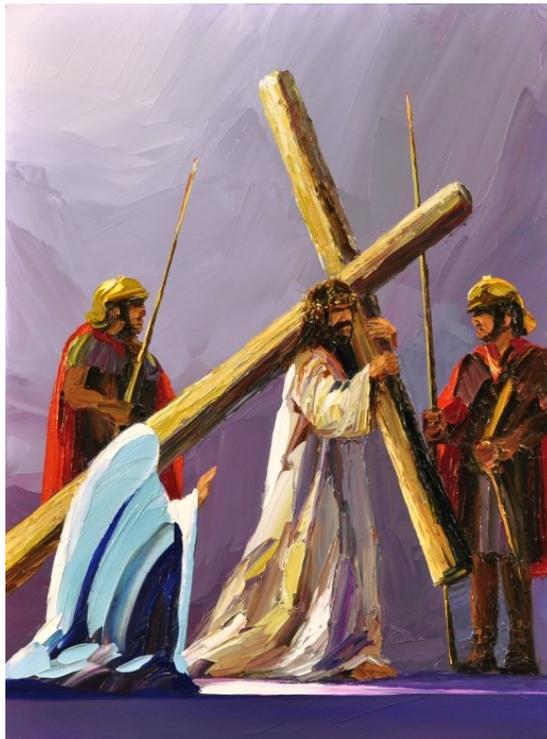
## THE WAY OF THE CROSS

Kneeling before the altar, you may make an Act of Contrition, and form the intention of gaining indulgences, whether for yourself or for the souls in Purgatory.

### PREPATORY PRAYER

My Lord Jesus Christ,  
You have made this journey to die for me with  
unspeakable love,  
And I have so many times ungratefully abandoned You; But now I love You with all my heart,  
And because I love You, I am sincerely sorry for ever  
having offended You.  
Pardon me, my God, and permit me to accompany You  
on this journey.  
You go to die for love of me;  
I want, my beloved Redeemer, to die for love of You.  
My Jesus, I will live and die always united to You.

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



## STATION 1: PILATE CONDEMNNS JESUS TO DIE

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

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

**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 on its journey towards eternity.  
I love You, my beloved Jesus;  
I love You more than I love myself.  
With all my heart, I repent of ever having offended You.  
Never permit me be separated from You again.  
Grant that I may love You always;  
and then do with me what You wilt.  
*Optional Our Father, Hail Mary and Glory Be.*

*Through her heart, His sorrow sharing  
All His bitter anguish bearing  
Now at length the sword has passed.*



## STATION 2: JESUS ACCEPTS HIS CROSS

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider how Jesus, as He walked this road with the cross on His shoulders, thought of us, and offered to His Father, on our behalf, the death He was about to suffer. (*Kneel*)

**All:** My most beloved Jesus,  
I embrace all the sufferings You have destined for me until death.  
I beg You, by all You suffered in carrying Your cross,  
To help me carry mine with Your perfect peace and resignation.  
I love You, Jesus my love;  
I repent of ever having offended You.  
Never let me separate myself from You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 3: JESUS FALLS THE FIRST TIME

**V.** We adore You, O Christ, and we praise You. (*Genusflect*)

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

**Priest:** Consider this first fall of Jesus. Loss of blood from the scourging and crowning with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross. (*Kneel*)

**All:** My most beloved Jesus,  
It was not the weight of the Cross,  
But the weight of my sins which made You suffer so much.  
By the merits of this first fall,  
Save me from falling into mortal sin.  
I love You, O my Jesus, with all my heart;  
I am sorry that I offended You.  
May I never offend You again.  
Grant that I may love You always;  
And then do with me what You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATIONS 4: JESUS MEETS HIS AFFLICTED MOTHER

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider how the Son met His mother on His way to Calvary. Jesus and Mary gazed at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly. (*Kneel*)

**All:** My most loving Jesus,  
By the pain You suffered in this meeting,  
Grant me the grace of being truly devoted  
to Your most holy Mother.  
And you, my Queen, who was overwhelmed with sorrow,  
Obtain for me by your prayers  
A tender and a lasting remembrance  
of the Passion of your divine Son.  
I love You, Jesus, my Love, above all things.  
I repent of ever having offended You.  
Never allow me to offend You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 5: SIMON HELPS CARRY THE CROSS

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the Cross after Our Lord. (*Kneel*)

**All:** My beloved Jesus,  
I will not refuse the Cross as Simon did:  
I accept and embrace it.  
I accept in particular the death that is destined for me  
With all the pains that may accompany it.  
I unite it to Your death  
And I offer it to You.  
You have died for love of me;  
I will die for love of You and to please You.  
Help me by Your grace.  
I love You, Jesus, my Love;  
I repent of ever having offended You.  
Never let me offend You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 6: VERONICA OFFERS HER VEIL JESUS

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, leaving upon the cloth the image of His sacred countenance. (*Kneel*)

**All:** My beloved Jesus,  
Your face was beautiful before You began this journey;  
But, now, it no longer appears beautiful  
And is disfigured with wounds and blood.  
Alas, my soul also was once beautiful  
When it received Your grace in Baptism;  
But I have since then disfigured it with my sins;  
You alone, my Redeemer, can restore it to its former beauty.  
Do this by the merits of Your Passion;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

*Bruised, derided, cursed, defiled  
She beheld her tender Child,  
All with bloody scourges rent.*



## STATION 7: JESUS FALLS A SECOND TIME

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider how the second fall of Jesus under His Cross renews the pain in all the wounds of the head and members of our afflicted Lord. (*Kneel*)

**All:** My most gentle Jesus,  
How many times You have forgiven me,  
And how many times I have fallen again  
    And begun again to offend You!  
By the merits of this second fall,  
Give me the grace to persevere in Your love until death.  
Grant, that in all my temptations, I may always have recourse to  
You.  
I love You, Jesus, my Love, with all my heart;  
I am sorry that I have offended You.  
Never let me offend You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 8: JESUS SPEAKS TO THE WOMEN

**V.** We adore You, O Christ, and we praise You. (*Genusflect*)

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

**Priest:** Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as He walked along. Jesus said to them, “Weep not so much for Me, but rather for your children.” (*Kneel*)

**All:** My Jesus, laden with sorrows,  
I weep for the sins which I have committed against You,  
Because of the punishment I deserve for them;  
And, still more, because of the displeasure they have caused You  
Who have loved me with an infinite love.  
It is Your love, more than the fear of hell,  
Which makes me weep for my sins.  
My Jesus, I love You more than myself;  
I am sorry that I have offended You.  
Never allow me to offend You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

*O sweet Mother! Fount of Love,  
Touch my spirit from above  
Make my heart with yours accord.*



## STATION 9: JESUS FALLS THE THIRD TIME

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider how Jesus Christ fell for the third time. He was extremely weak, and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (*Kneel*)

**All:** My outraged Jesus,  
By the weakness You suffered in going to Calvary,  
Give me enough strength to overcome all human respect  
And all my evil passions  
    which have led me to despise Your friendship.  
I love You, Jesus my love, with all my heart;  
I am sorry for ever having offended You.  
Never permit me to offend You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 10: JESUS IS STRIPPED OF HIS GARMENTS

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to His lacerated flesh, and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him:  
(*Kneel*)

**All:** My innocent Jesus,  
By the torment You suffered in being stripped of your garments,  
Help me to strip myself of all attachment for the things of earth,  
That I may place all my love in You, who are so worthy of my love.  
I love You, O Jesus, with all my heart;  
I am sorry for ever having offended You.  
Never let me offend You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 11: JESUS IS NAILED TO THE CROSS

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider Jesus, thrown down upon the Cross. He stretched out His arms and offered to His Eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the Cross, left Him in anguish. (*Kneel*)

**All:** My despised Jesus,  
Nail my heart to the Cross,  
That it may always remain there to love You  
And never leave You again.  
I love You more than myself;  
I am sorry for ever having offended You.  
Never permit me to offend You again.  
Grant that I may love You always;  
And then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 12: JESUS DIES UPON THE CROSS

**V.** We adore You, O Christ, and we praise You. (*Genuflect*)

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

**Priest:** Consider how your Jesus, after three hours of agony on the Cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (*Kneel*)

**All:** My dying Jesus,  
I devoutly kiss the Cross on which You would die for love of me.  
I deserve, because of my sins, to die a terrible 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 of You.  
I yield my soul into Your hands.  
I love You with my whole heart;  
I am sorry that I have offended You.  
Never let me offend You again.  
Grant that I may love You always; and then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



## STATION 13: JESUS IS TAKEN DOWN FROM THE CROSS

**V.** We adore You, O Christ, and we praise You. (*Genusflect*)

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

**Priest:** Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness, and pressed Him close to her bosom. (*Kneel*)

**All:** O Mother of Sorrows,  
For the love of your Son,  
Accept me as your servant, and pray to Him for me.  
And You, my Redeemer, since You have died for me,  
Allow me to love You,  
For I desire only You and nothing more.  
I love You, Jesus my Love,  
And I am sorry that I have offended You.  
Never let me offend You again.  
Grant that I may love You always; and then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

*By the Cross with you to stay  
There with you to weep and pray  
Is all I ask of you to give.*



## STATION 14: JESUS IS PLACED IN THE SEPULCHER

**V.** We adore You, O Christ, and we praise You. (*Genusflect*)

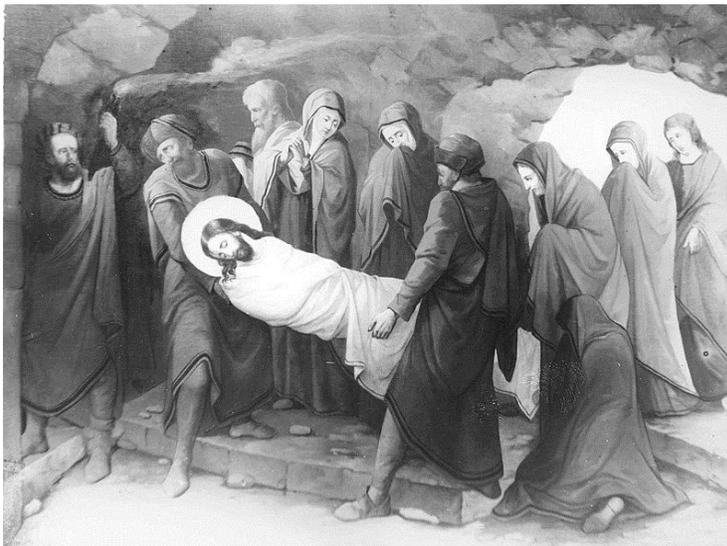
**R.** Because by Your holy Cross, You have redeemed the world.  
(*Rise*)

**Priest:** Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed. (*Kneel*)

**All:** Oh, my buried Jesus,  
I kiss the stone that closes You in.  
But You gloriously did rise again on the third day.  
I beg You by Your resurrection  
that I may be raised gloriously on the last day,  
To be united with You in heaven,  
To praise You and love You forever.  
I love You, Jesus, and I repent of ever having offended You.  
Grant that I may love You always; and then do with me as You will.

*Optional Our Father, Hail Mary and Glory Be.*

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



# PRAYERS

## **Prayer to Jesus Christ Crucified**

My good and dear Jesus, I kneel before you, asking you most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the Prophet David spoke long ago concerning yourself: "They pierced My hands and My feet; they have numbered all My bones."

## **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.

## **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 death. Amen.

## **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.

## **Act of Contrition**

O my God, because You are so good. I am very sorry that I have sinned against You; and with the help of Your Grace, I will try not to sin again. Amen.

## **Stabat Mater**

At the Cross her station keeping,  
stood the mournful Mother weeping,  
close to her Son to the last.  
Through her heart, His sorrow sharing,  
all His bitter anguish bearing,  
now at length the sword has passed.  
O how sad and sore distressed  
was that Mother, highly blest,  
of the sole-begotten One.  
Christ above in torment hangs,  
she beneath beholds the pangs  
of her dying glorious Son.  
Is there one who would not weep,  
whelmed in miseries so deep,  
Christ's dear Mother to behold?  
Can the human heart refrain  
from partaking in her pain,  
in that Mother's pain untold?  
For the sins of His own nation,

She saw Jesus wracked with torment,  
All with scourges rent:  
She beheld her tender Child,  
Saw Him hang in desolation,  
Till His spirit forth He sent.  
O thou Mother! fount of love!  
Touch my spirit from above,  
make my heart with thine accord:  
Make me feel as thou hast felt;  
make my soul to glow and melt  
with the love of Christ my Lord.  
Holy Mother! pierce me through,  
in my heart each wound renew  
of my Savior crucified:  
Let me share with thee His pain,  
who for all my sins was slain,  
who for me in torments died.  
Let me mingle tears with thee,  
mourning Him who mourned for me,  
all the days that I may live:  
By the Cross with thee to stay,  
there with thee to weep and pray,  
is all I ask of thee to give.  
Virgin of all virgins blest!,  
Listen to my fond request:  
let me share thy grief divine;  
Let me, to my latest breath,  
in my body bear the death  
of that dying Son of thine.  
Wounded with His every wound,  
steep my soul till it hath swooned,  
in His very Blood away;  
Be to me, O Virgin, nigh,  
lest in flames I burn and die,  
in His awful Judgment Day.  
Christ, when Thou shalt call me hence,  
by Thy Mother my defense,  
by Thy Cross my victory;  
While my body here decays,  
may my soul Thy goodness praise,  
Safe in Paradise with Thee.

### **Stabat Mater—Latin**

Stabat mater dolorosa  
juxta Crucem lacrimosa,  
dum pendebat Filius.  
Cuius animam gementem,  
contristatam et dolentem  
pertransivit gladius.  
O quam tristis et afflicta  
fuit illa benedicta,  
mater Unigeniti!  
Quae moerebat et dolebat,  
pia Mater, dum videbat

nati poenas inclyti.  
Quis est homo qui non fleret,  
matrem Christi si videret  
in tanto supplicio?  
Quis non posset contristari  
Christi Matrem contemplari  
dolentem cum Filio?  
Pro peccatis suae gentis  
vidit Iesum in tormentis,  
et flagellis subditum.  
Vidit suum dulcem Natum  
moriendo desolatum,  
dum emisit spiritum.  
Eia, Mater, fons amoris  
me sentire vim doloris  
fac, ut tecum lugeam.  
Fac, ut ardeat cor meum  
in amando Christum Deum  
ut sibi complaceam.  
Sancta Mater, istud agas,  
crucifixi fige plagas  
cordi meo valide.  
Tui Nati vulnerati,  
tam dignati pro me pati,  
poenas mecum divide.  
Fac me tecum pie flere,  
crucifixo condolere,  
donec ego vixero.  
Juxta Crucem tecum stare,  
et me tibi sociare  
in planctu desidero.  
Virgo virginum praeclara,  
mihi iam non sis amara,  
fac me tecum plangere.  
Fac, ut portem Christi mortem,  
passionis fac consortem,  
et plagas recolare.  
Fac me plagis vulnerari,  
fac me Cruce inebriari,  
et cruore Filii.  
Flammis ne urar succensus,  
per te, Virgo, sim defensus  
in die iudicii.  
Christe, cum sit hinc exire,  
da per Matrem me venire  
ad palmam victoriae.  
Quando corpus morietur,  
fac, ut animae donetur  
paradisi gloria. Amen.