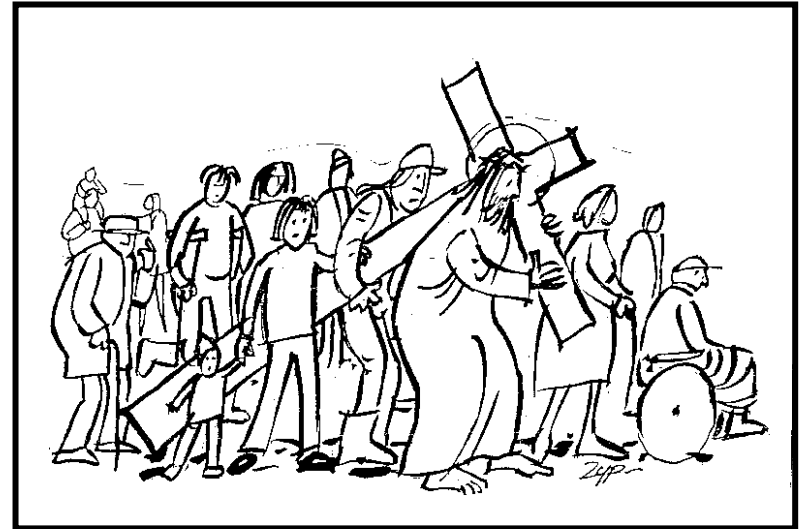




“WATCH and PRAY...”

-Mark 14:38



THE WAY OF THE CROSS

*“Lord, help me unite
my sufferings with your
Way of the Cross,
so that I may be healed,
purified and strengthened,
and so that I may become your
instrument of healing love
for others.
Amen.”*

INTRODUCTION

Let us now meditate on the Way of the Cross-wherein the Paschal Mystery for our salvation has been fulfilled in the flesh of our Lord. He carried the burden of our sins, wounded to heal our wounds, broken to mend our destruction, suffered to give meaning to our pains, died to bring us the reward of resurrection. Let us now unite ourselves to the experience of our Lord Jesus Christ on the Way of the Cross and find strength to carry our crosses and follow him.

As we now reflect on the different stations, let us also identify our experiences and ourselves with Jesus. Let us see ourselves through His mother, His disciples and friends, or even through His persecutors. We also pray that we will experience deep healing through repentance, forgiveness, and gratitude in this prayerful act. Let us also offer this act of love as a prayer for each one of us who will walk with Jesus through these fourteen stations, so that those who need healing may be healed of their hurts, those who are imprisoned in guilt feelings find liberation, and those who are still haunted of painful memories may experience the love and salvation of Christ's triumph over sin through the Cross.

OPENING SONG:

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*

ADMONITION:

A healing is a journey to the heart, the heart of God, Father of Jesus, the heart of Jesus, united with the Father's heart. In the heart of God, there is the wellspring of life. It is there, where one can find peace from restless wanderings. It is there, where love is found. Love binds and heals, comforts and restores. It is love which works in what we, in sickness call, miracles. Make this journey to the heart of God as you keep Jesus company. Jesus is with us, Let him lead us by the hand. This new way of the cross starts with the Last Supper, where the heart of Christ is laid open. It ends with Christ, whose heart is laid to rest, in the bosom of the Father. The memories we visit with Him in this journey, immerse us in His heart. In His heart, we shall find strength. We are assured, we hope, we are healed.

OPENING PRAYER:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Father of infinite mercy we heard your call. You seek into the secret depths of our hearts. We turn to you, led by Jesus your Son, by the anointing of your Holy Spirit, in the company of Mary, our Mother. Give us the strength to trace our steps back to you. You wait patiently for us to come home to you. You do not treat us according to our sins nor repay us according to our faults. Enliven in us, the recollection of the wonders you have carried out in Christ, whose way of the cross we will follow. Lead us to this renewing experience of your patient and merciful love. Fill us from the fountain of your mercy, so that we may drink anew from your heart, opened for us through Christ in love. Amen.

SONG VERSE 1:

*Christ, bread of life,
the self-giving Lord of all,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



1ST STATION

JESUS INSTITUTES THE EUCHARIST

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: (*cf. Mark 12:22-25*)

I knew that my time had come, my hour was near. It was the first day of the festival of the Unleavened Bread, and I asked my disciples to go into the city to the house of a certain man, to tell him that I will celebrate the Passover with my disciples in his house. My disciples prepared the Passover meal in his house, the Last Supper. When evening came, I revealed that one of them will be betraying me, one of those who dip the bread in the dish with me. Then, as we ate, I took the bread, blessed and broke it, and I gave it to my disciples saying: 'Take and eat, this is my body'. Then I took a cup, and gave thanks, and passed it to them saying: 'Drink this all of you, for this is my blood, the blood of the covenant, which is poured out for many for the forgiveness of sins. Yes, I say to you I will not taste the fruit of the vine from now until the day I drink with you the new wine in my Father's kingdom.'

On this night of the Last Supper, I instituted the Eucharist so that even after my death and resurrection, I may continue to be present among you, to nourish and empower you all in a special way whenever you will gather together in celebration of the Holy Mass. After singing psalms of praise, we went out to the Mount of Olives. It was there that I foretold Peter's denial of me three times that very night, before the cock crowed. My heart was terribly burdened and afflicted, when I was betrayed by one of my chosen apostles and denied three times by Peter, the disciple I chose to lead my Church.

Even today, I continue to be pained by betrayals and denials by people closest to me; even the heads of my Church who do not set the good examples I have laid for them, even leading their followers astray with the kind of lives that they live. The Evil One continues to attack my leaders. Pray for them. Whenever

my priests represent me in every Eucharist, believe that it is really me celebrating with you. Focus on me alone so that you will never be disappointed even if my priest fails or disillusions you with his human weakness.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, how many times was I like Judas, your disciple who betrayed you and exchanged you for thirty pieces of silver. How many times was I like Peter, your trusted disciple, who kept on assuring you of his faithfulness, but when the time of testing came, denied you three times. You were burdened and afflicted by their unfaithfulness, Lord. I know I also continue to cause you the same pain. How many times did I hurt you Lord when I was so engrossed with seeking worldly happiness in wealth, prestige, power, and recognition, and in the process found myself compromising my values. Times I felt I was just too busy to give you time for prayer and service in my daily schedule. How many times Lord, have I always assured you of my love and loyalty in good times, but easily yield into temptations whenever heavy trials came. But in my sinfulness, still you have always shown mercy my dearest Lord.

Despite Peter's denial of you, he was still chosen to head your Church and because of your great love for us, you instituted the Eucharist, giving us your body and blood to be your continuing presence in our lives in order to strengthen, nourish, and empower us. Forgive me Lord, for failing to appreciate your gift of yourself to us in the Eucharist. Help me grow in my appreciation of the Holy Mass and this sacred meal, so that I may always continue to experience your love and presence within me and live this in my everyday life. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 2:

*Christ, sent by God,
obedient to the Father's will,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



2ND STATION

JESUS IN AGONY IN GETHSEMANI

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: (*cf. Mk 14:32-42*)

Taking Peter and two sons of Zebedee with me, I came to Gethsemani and said to them, 'Sit here while I go over to pray.' I suddenly began to be filled with anguish and distress, saying to them: 'My soul is filled with sorrow even to death. Remain here with me and stay awake'. I went a little farther and fell to the ground, my face touching the earth as I prayed, 'Father, if it is possible, take this cup away from me, yet not what I want but what You want'. Then finding my disciples asleep, I said to Peter: 'Could you not stay awake with me for even an hour? Stay awake and pray so that you may not slip into temptation. The spirit indeed is eager but nature is weak'. I again pray, 'Father, if this cup cannot be taken away from me without my drinking it, let your will be done.' I went back to my disciples, finding them asleep again. I left them and again prayed for the third time saying the same words. Then I went back to my disciples and said to them, 'You can sleep now and take your rest. The hour has come, and the Son of Man is now given over into the power of sinful men. Get up! Let us go! Look, the betrayer is here.'

At the garden of Gethsemani, I felt so alone, filled with so much pain, sorrow, and anguish as I confronted death. I was burdened as I carried on my shoulder the destiny of all humanity, all the wickedness of the sins of mankind for which my death had to be the atonement. But I just kept on praying, repeating to my Father, 'Thy will be done.'

My dear brothers and sisters, because of His great love for you, my Father allowed me to experience this agony, this deep sorrow, pain and anguish, to experience the very extreme of human weakness. But up to the end, I tried to plead to him several times to take this cup away from me, if it was possible,

but that His will be done. May this be for you an inspiration to find hope in the midst of all agony and pain. There are many times when your problems become just too heavy and all you can do is to pray for the will of my Father to be done. It is during these times of your complete surrender, acknowledging your weakness and nothingness for the power of my Father to be shown.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, it's so hard for me to imagine how you suffered all that pain and anguish as you confronted with death. You carried the heavy burden of all our sins on your shoulders and you suffered alone as your disciples fell asleep. As I think of your agony and distress at Gethsemani needing the company of your closest friends to pray, keep awake and stay with you, I remember the times when a friend in need would seek a listening ear, a comforting hand, or a shoulder to cry on and I tried to escape or evade because I just did not want to be bothered. This friend could have been you Lord Jesus and I was just like one of your disciples who preferred to sleep. Often times, when I am in the midst of heavy burdens, I asked to be spared of them, pleading to the Father to take away the heaviness of my cross. Then I end up feeling guilty afterwards for trying to escape the cross.

But even you my Lord, in all your greatness and strength, reach the point when extreme human weakness just took hold of you and you just had to plead to your Father to be spared of this heavy suffering if it was possible, but that His will be done. Thank you for allowing yourself to be human, Lord, that we may be able to identify with you during our times of suffering

and desolation, assured that you do understand our feelings because you have experienced them yourself. Help us, Lord, to stay awake, pray and keep watch whenever you come to us needing our helping hand through the hurting people that you send our way. Help us, Lord, to release all our hurts, pain and agony before you as we accept the crosses we carry with the same complete and total surrender and determination to do the will of your Father at all cost. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 3:

*Christ, truth and life,
condemned by falsehood,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



3RD STATION

JESUS IS SENTENCED TO DEATH

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: (*cf. Mk 14:55-64*)

I was arrested and brought before Caiaphas the high priest. They interrogated me, ‘Are you the Messiah, the son of God?’ I answered, ‘It is just as you say. I tell you more, from now on, you will see the Son of Man seated at the right hand of the most powerful God and coming on the clouds of heaven.’ Then the high priest tore his clothes saying, ‘He has blasphemed, what more evidence do we need? You have heard the blasphemy, what is your verdict?’ They all answered, ‘He must die.’ They found me guilty and I was sentenced to death. They spit on me, blindfolded and struck me saying, ‘Christ, tell us who hit you?’ Then at daybreak, the chief priest, elders and scribes bound me and led me away and handed me over to Pilate. I was condemned by the high priest, yet I did not rebel against their unjust sentence because this was the will of the Father for me, that I should die because my death would be necessary for the atonement of the sins of mankind.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, you allowed yourself to be mocked and spat on and disrobed by obstinate sinners, hypocrites, self-righteous and religious legalists, they tried to convict you with false evidence. Yet in obedience to your Father's will, you accepted their unjust sentence and did not rebel. You were condemned because you claimed to be divine.

Many times Lord, I am given an opportunity to give witness to you, to proclaim that you are indeed God, my Lord and Saviour. Yet I lack the boldness to speak up, fearing condemnation, mockery and judgment by my peers. Many times, I am even guilty of condemning you, of being like one

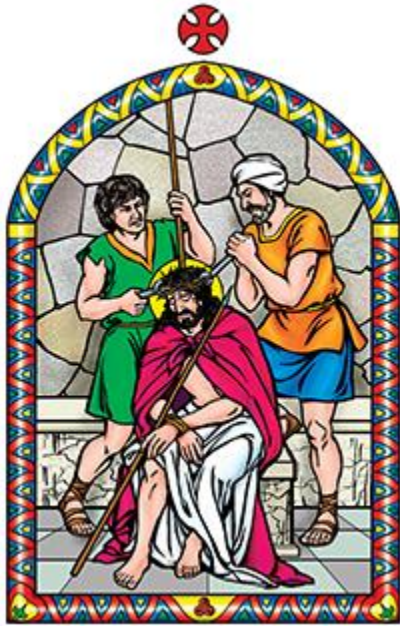
of those self-righteous high priest and elders whenever I ridicule and make fun of your preachers and disciples who happen to have ways different from my own. In this present world, the same injustice that you experienced also continues. Many innocent people are condemned while guilty ones are acquitted. The weak, the defenseless and voiceless people in our society continue to suffer injustices while the powerful and the rich get away with their crime. I know I can do something in my own capacity sometimes, yet I try to stay away, stay at a distance like Peter did. Help me Lord to reach out to the victims of injustice in whatever way I can to be of assistance and help me Lord never to be an oppressor of the weak. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 4:

*Christ, Redeemer,
crowned with piercing thorns,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



4TH STATION

JESUS IS SCOURGED AND CROWNED WITH THORNS

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: (cf. Jn.19:1-3)

Although they did not find any fault in me, the Roman soldiers took me into the palace of the governor, stripped off my clothes and dressed me in a purple military cloak. Then twisting a crown of thorns, they forced it into my head and placed a reed into my right hand. They knelt before me, mocking me by saying, 'Hail King of the Jews!' They spat on me, took the reed off my hand and struck me on the head with it. Then they pulled the purple cloak off and dressed me in my own clothes again and led me out to be crucified.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, you suffered the greatest violence and humiliation. Mocked and scourged and crowned with thorns, yet you suffered in silence. In your suffering, you took upon yourself all the humiliations of people who are powerless, innocent, and weak. In your suffering, you took upon yourself all our sinfulness. You have endured everything, Lord Jesus, like many of our exploited people who are defenseless before the ruthless persecutors, while many of us just watch, pretending not to see nor hear all their cries for help. How long Lord will we continue to be blind and deaf to your call. Give us the grace to reach out to the persecuted and help them receive the justice that they deserve. For as we do this for them, we know it is for you in the end. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 5:

*Christ, Victor,
through the Saving Cross,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



5TH STATION

JESUS RECEIVES THE CROSS

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: *(cf. John 19: 4-7)*

Pilate had handed me over to be crucified. A heavy cross was laid on my shoulder and I willingly accepted it.

(Silent Pause)

PRAYER REFLECTION:

Lord, you were given a heavy cross to carry despite your innocence. Yet with all humility, you accepted it because you knew that it was the will of your Father to save us from eternal damnation. That cross you carried was heavy with all our sins, our weaknesses, our failures, our unfaithfulness and our wickedness.

Throughout the world, many people continue to carry heavy crosses because of the sins of others. Prevalent are greed, pride, lust, anger, envy that have caused war, hunger, poverty and crimes bringing suffering to the many innocent victims.

Grant us the grace dear Lord, to be sensitive to the sufferings of others and not be overly concerned with ourselves. Help us to recognize the crosses others have and help them instead of adding more burdens unto them. Help us also to be able to accept our own crosses in life with love and patience as you did to yours. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 6:

*Christ, Suffering Servant,
had fallen to raise us up,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



6TH STATION

JESUS FALLS UNDER THE WEIGHT OF THE CROSS

PL. We adore you O Christ and we bless You.

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

JESUS SPEAKING: (*cf. John 12: 24-28*)

I carried the cross they have laid on my back. I started walking conscious that I was carrying the sins of humanity. Its heaviness took away my human strength and I fell on the ground. I kissed the ground as kissing humanity who was formed from the same ground.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, you carry the burden of humanity's sins on your back. You carry them in your cross full of love and compassion. You wanted to fulfil our redemption through your expiation. But your human strength gave in to this inhuman torture and punishment. You fell on the ground from where your Father formed us and gave us life.

Lord Jesus, always remind me that I am from the ground, I am dust and to dust I will return. You give dignity to this little nature of your creation, by raising the dust of the earth to your divine life. Help me always to see your gift of life to my brethren, so that I may not impose on them burdens because of my own conceit and selfishness. Help me to respect life, help me to respect others and raise them up, if I would be given a chance when I see them fall. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 7:

*Christ, humble servant,
aided by Simon,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



7TH STATION

**JESUS IS HELPED BY SIMON OF CYRENE
TO CARRY THE CROSS**

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: (*cf. Mk 15: 20-21*)

On the way, the soldiers met a man from Cyrene called Simon and forced him to help me carry my cross, fearing that I might die on the way. Simon just happened to pass that way on his way home from the fields. When we reached Calvary, or the place called Golgotha, which means skull, they offered me wine mixed with gall. I tasted it but refused to take it.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, how lucky Simon must have been to take that route on his way home from the fields. He was just passing by with no intention of getting involved. He was forced to make a detour, a detour that changed the course of his life. Forced to carry your cross, Simon himself experienced that share of your pain, and discovered for himself what life can be for one who gives himself to help others. How fortunate he was to be given the privilege of carrying your cross, Lord.

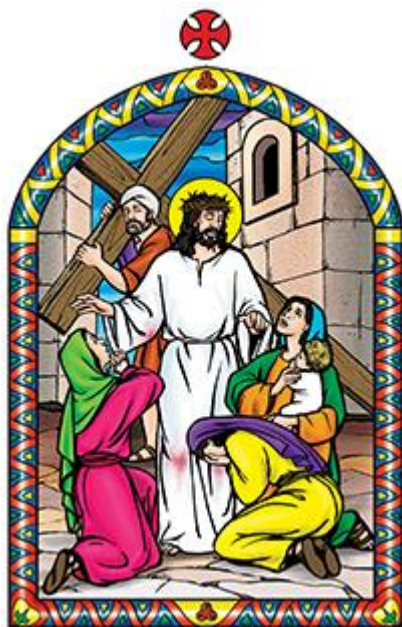
How many times I also had that chance to be like Simon, Lord, but because of my insensitivity, or my self-centeredness, or my many worldly distractions and concerns, I missed my chance. How many times did you come to me asking help in carrying your cross through my neighbour, through a friend, or even through an enemy. I just pretended not to notice because I had enough of my own problems. Help me, Lord, to be like Simon, who willingly accepted the task of helping you carry your cross, because there are many people all over the world, carrying heavy crosses with no one to share the burden. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 8:

*Christ, our healer,
consoler of those who grieve,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



8TH STATION

JESUS MEETS THE PIOUS WOMEN OF JERUSALEM

PL. We adore you O Christ and we bless You.

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

JESUS SPEAKING: (*cf. Luke 23: 27-31*)

A large crowd of people followed me. Among them were women, beating their breasts and wailing. I turned to console them saying, 'Women of Jerusalem, do not weep for me. Weep rather for yourselves and for your children, for the days are coming when people will say, 'happy are the women without child, and happy are those who have not given birth or nursed a child'. And they will say to the mountains 'fall on us' and to the hills 'cover us' for if this is the lot of the green wood, what will happen with the dry?'

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, those women of Jerusalem have followed you, who were really brave to walk with you all the way along the road to Calvary. They suffered with you and you consoled them, as you always bring consolation to us, when we choose to follow you road. Even if it is a long and difficult road that will entail suffering, you are there for us. The women were beating their breasts and wailing. They were weeping with all sincerity for the unjust treatment to which you were subjected. And you were there, suffering, but still mending their broken-hearted souls.

How I wish I could always be sincere when I feel sad for the injustices suffered by others. Help me not only to weep over injustices but also to try to do whatever I can to help relieve the sufferings of the innocent victims of injustice. Help me to be like you, forgetting my own pain when I need to reach out to other people who are also in pain. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 9:

*Christ, Son of David,
stripped of his glory,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



9TH STATION

JESUS IS STRIPPED AND NAILED TO THE CROSS

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: (*cf. Mark 15: 22-27*)

They crucified me, and divided my clothes among themselves, casting lots to decide what each one should take and they sat down to guard me. It was nine o' clock in the morning when they crucified me. The statement of my offense was displayed above my head and it read: 'This is Jesus, the King of the Jews.' They also crucified two robbers with me, one on my right and one on my left. The people stood by watching me. The rulers made fun of me saying to one another, 'Let the man who saved others save himself now for he is the Messiah, the chosen one of God.'

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, the same process still continues today. Many poor people are stripped of the little that they have, while the wealthy and powerful accumulate more and more at the expense of the little ones. Your hands, that blessed sick people and caressed little children, are the same hands they have nailed mercilessly to the cross. Your feet, that brought you through the villages preaching the Good News and healing the sick, are the same feet whose bones they have crushed, as the nails were pounded to the wood of the cross. Your enemies mocked you, challenging you to save yourself now. You could have done it but instead you suffered quietly saying, 'Father, forgive them, for they know not what they do'.

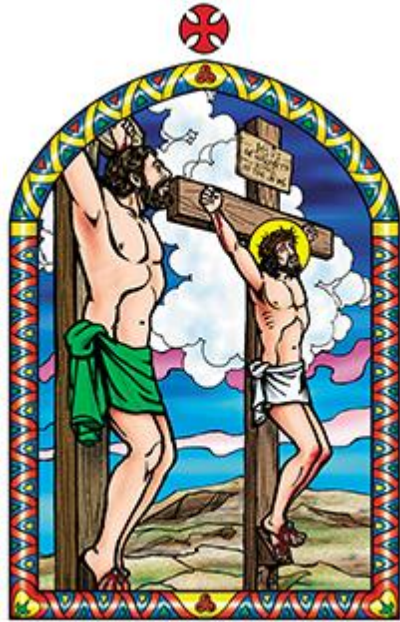
How I wish I could have the same attitude towards my persecutors, Lord. How I wish I could forgive them the way you did. Keep me also Lord, from nailing people to crosses by my unjust words, actions and deeds. Help me to love as you loved us even when this involves pain. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 10:

*Christ, Good Shepherd,
lead us to your Father's house,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



10TH STATION

JESUS PROMISES PARADISE TO THE REPENTANT THIEF

PL. We adore you O Christ and we bless You.

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

JESUS SPEAKING: (*cf. Luke 23: 39-43*)

One of the criminals hanging beside me insulted me saying, 'So you are the Messiah, save yourself and us as well.' But the other rebuked him saying, 'Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.' Turning to me, he said, 'Jesus, remember me when you come into your kingdom.' I replied to him, 'Amen, I say to you, today you will be with me in Paradise.'

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, help me to acknowledge my sins honestly. Like the good thief, help me to be sincere and humble in asking for your help in order to be saved. Because of the faith and the trust of the good thief, you did not disappoint him. Immediately you promised him salvation and the promise of paradise.

Grant us Lord the grace to always be repentant whenever we are guilty of committing sin. Help me to sincerely seek your mercy and forgiveness and trust in your love and promise of salvation. We often come across people who have been guilty of having done wrong in the past but humbly repent and would like to start a new life. Help me Lord to be like you, accepting the repentance of others like the good thief and encouraging them with words of hope. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 11:

*Christ, Son of Mary,
immolated for all of us,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



11TH STATION

**JESUS ENTRUSTS HIS MOTHER TO JOHN
AT THE FOOT OF THE CROSS**

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: *(cf. John 19:25-29)*

Near my cross stood my mother, her sister Mary the wife of Cleophas and Mary of Magdala. Seeing my mother there with John, the disciple whom I loved, I said to my mother: ‘Woman, there is your son’. In turn, I said to my disciple: ‘There is your mother.’ From that hour onward, my disciple took my mother Mary into his care.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, the pain of seeing your mother suffer as she watched you must have been heavier than the cross you carried. Unknown to the crowd, Mary followed you, but you knew she was there all the while. Your mother’s pain and compassion, as she walked to Calvary with you, continues to be repeated today as many women grieve for their husbands and sons who are victims of murder or physical and emotional violence and abuse. As you entrusted your mother to your beloved disciple John, we believe that you will always be there for all grieving mothers, entrusting them to the love and care of people who can help and comfort them in their grief. I thank you Lord for giving me your mother to be my own. Help me to love and revere her as you did, Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 12:

*Christ, Lamb of God,
for us sinners he had died,
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God’s life and endless glory.*



12TH STATION

JESUS DIES ON THE CROSS

PL. We adore you O Christ and we bless You.

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

JESUS SPEAKING: (*cf. Luke 23: 44-49*)

It was now around midday and darkness came over the whole land and at mid-afternoon, with an eclipse of the sun, at about three o'clock, I cried out in a loud voice, 'My God, my God why have you forsaken me?' And at that time, the curtain of the sanctuary was torn in two. As soon as they heard this, some bystanders said that I was calling out to Elijah. One of them went quickly, took a sponge and soaked it in vinegar and putting it on a reed gave it to me to drink. Others said, 'Now let us see whether Elijah comes to his rescue.' But I cried out again, with a loud voice and gave up my spirit saying, 'Father, into your hands I commend my spirit.' After I said this, I died.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, your nightmare of pain and suffering has come to an end. You had one life, dear Lord, and you gave it up in obedience to the will of the Father to save us from our sins. Your death came slowly taking three long hours of unimaginable agony. What greater sign could you give to us of your love? But despite it all, how many times do you still continue to die, as people still suffer unjustly because of the misdeeds of others.

Help me, dear Lord, to respect human life and human dignity. Help me to commit myself to preserving life. Lord, as you commended your spirit to your Father, I also commend my whole life to your service. As you died on the cross for me, let me also live for you. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 13:

*Christ, Our Savior,
in the tomb laid to rest.
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



13TH STATION

JESUS IS LAID IN THE TOMB

PL. We adore you O Christ and we bless You.

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

JESUS SPEAKING: *(cf. Luke 23: 50-53)*

It was now evening and there arrived a wealthy man from Arimathea named Joseph. He went to Pilate and asked for my body and the governor granted an order for its release to him. Joseph therefore took my body, wrapped it in a clean linen sheet, and laid it in his own new tomb, which had been cut out from a formation of a rock. Then he rolled the huge stone across the entrance of the tomb and went away. Before the stone was rolled, my mother took one last look at me and then she walked out. It was so painful for her, yet she knew, it just had to be.

(Silent Pause)

PRAYER REFLECTION:

Lord Jesus, your friends have laid you to rest. The stone is set in place. The dark night of death has engulfed you but the lights of life have remained in the tender love of your mother, the faithfulness of your beloved disciple John, and the friendship of Joseph of Arimathea and the few others. Yet sadness, emptiness, and desolation caused them all to feel the painful anguish of your death and separation. What greater grief is there than a mother's for her dead son? What greater hurt is there than the loss of a loved one? Yet your burial gives meaning and a hope to others because of the promise of resurrection.

Let me always remember this promise of resurrection whenever I feel lost and even dead in the midst of my trials. That as you died, were buried, and then afterwards resurrected, I, too, will go through this cycle and resurrect from my sufferings if I stay close to you and live my life united to you always. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE 14:

*Christ, Son of God,
risen from the dead.
He leads the Way of the Cross.*

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*



14TH STATION

JESUS RISES FROM DEATH

- PL. We adore you O Christ and we bless You.
- R. Because by Your Holy Cross,
You have redeemed the world.

JESUS SPEAKING: (*cf. John 20: 1-8*)

After the Sabbath, Mary Magdalene and the other Mary went to visit my tomb. Suddenly, there was a violent earthquake. The angel of the Lord came down from heaven, went to the tomb, rolled away the stone from the entrance of the tomb, and sat on it. His face was like lightning and his garment as white as snow. The guards trembled in fear and became like dead men when they saw the angel. The angel said to the women: ‘Do not be afraid, for I know that you are looking for Jesus who was crucified. He is not here for he has risen as he said. Come, see the place where they laid him. Now go at once and tell his disciples that he has risen from the dead and is going ahead of you to Galilee. You will see him there, this is my message to you.’ They left the tomb at once in holy fear, yet with great joy. They ran to tell the news to my disciples. Then I met them on the way and said, ‘Peace.’ The women approached me, embraced my feet and worshiped me. I told them: ‘Do not be afraid, go tell my brothers to go to Galilee. There, they will see me.’

(Silent Pause)

PRAYER REFLECTION:

My Lord, my Saviour, thank you for dying for my sins and for rising again to prove to the world that after death come a glorious resurrection. Your resurrection gives me great joy and hope. The shattered seal, the entrance stone rolled back and the testimony of the angel, all these are proofs that your resurrection is real.

Let this be a challenge to all of us, to be able to rise above our sins and our weaknesses to the life of grace you offer us. Your resurrection, Lord, is an inspiration for us, to always look beyond our sufferings and trials, and find their meaning in relation to our journey towards you; to remember that just as you died and resurrected, we too shall experience the rising from every trial that causes our spirit to die. Thank you for your endless love that helps me to rise through all the many deaths that I had to experience in this life. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(may be said)

SONG VERSE:

*We carry the Saving Cross
through the roads of the world
through the alleys of poverty and misery.
Marching to a dawning day
to freedom and victory,
to God's life and endless glory.*

CLOSING PRAYER:

All powerful and ever living God, your only Son died for our sins and rose triumphantly from the dead. In your goodness, raise up your faithful people to be one with Him in the eternal life of heaven, where He lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

The OUR FATHER, HAIL MARY and GLORY BE
(are said for the intentions of the Holy Father)

FINAL BLESSING:

Priest: May the Lord bless you and keep you.

All: Amen.

Priest: May his face shine upon you and be gracious to you.

All: Amen.

Priest: May he look upon you with kindness
and give you his peace.

All: Amen.

Priest: And may almighty God bless you all, the Father, and the Son, + and the Holy Spirit.

All: Amen.

FINAL SONG:

NOW WE REMAIN

*We hold the death of the Lord deep in our hearts.
Living, now we remain with Jesus the Christ.
Once we were people afraid, lost in the night.
Then by you cross we were saved.
Dead became living, life from your giving.
We hold the death of the Lord, deep in our hearts
Living, now we remain with Jesus the Christ.
Something, which we have known,
something we've touched,
what we have seen with our eyes
this we have heard; life giving Word.*