

# The Way of The Cross



By Saint Alphonsus de Liguori

## THE WAY OF THE CROSS

Kneeling, make an Act of Contrition, and commit to gaining the related indulgences\*, whether for yourself or for the Souls in Purgatory. (\* See End Note)

✝ **Act of Contrition:** O my God, I am heartily sorry for having offended Thee, and I detest my sins above every other evil because they are displeasing to Thee, my God. Who for Thy infinite goodness are so deserving of all my love and I firmly resolve by Thy holy grace never more to offend Thee and to amend my life. Amen.

✝ **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. You died for the love of me; I wish also, my beloved Redeemer, to die for the love of Thee. My Jesus, I will live and die always united to Thee.

## THE WAY OF THE CROSS

### STATION I: Jesus is Condemned to Death

*Genuflect:*



V: We adore You, O Christ, and we praise You

R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider how Jesus Christ, after being 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 to eternity.

I love Thee, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



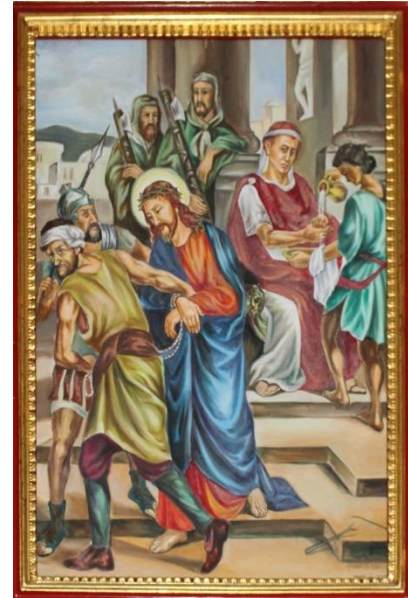
*All: Sing or Say:*

At the cross her station keeping

Stood the mournful Mother weeping

Close to Jesus to the last

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified



... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION II: Jesus is Made to Bear His Cross

*Genuflect:*



V: We adore You, O Christ, and we praise You

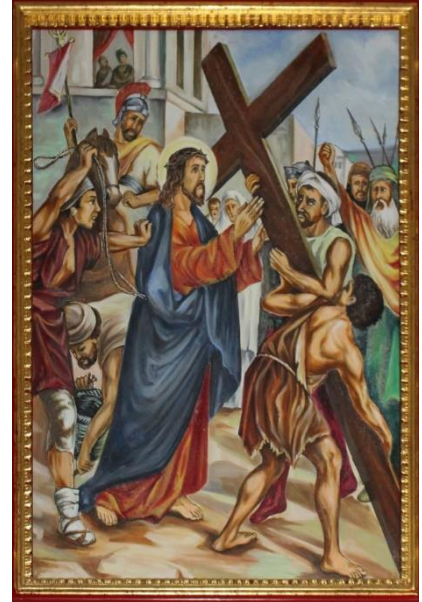
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider, that Jesus, in making this journey with the cross on His shoulders, thought of us, and offered for us, to His Father, the death that He was about to undergo.

*Kneel:*

All: My most beloved Jesus, I embrace all the tribulations that 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*

Through her heart, His sorrow sharing

All His bitter anguish bearing

Now at length the sword had passed

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION III: Jesus Falls for the First Time

*Genuflect:*



V: We adore You, O Christ, and we praise You  
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: 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.

*Kneel:* My beloved Jesus, it is not the weight of the cross, but of my sins, which has 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*  
Oh, how sad and sore distressed  
Was that Mother highly blessed  
Of the sole-begotten One!

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION IV: Jesus Meets His Mother Mary

*Genuflect:*

✝ V: We adore You, O Christ, and we praise You  
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: 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.

*Kneel:*

All: 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 was overwhelmed with sorrow, obtain for me by Thy intercession a continual and tender remembrance of the Passion of Thy Son.



I love Thee, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:

✝ *All: Sing or Say:*  
Christ above in torment hangs  
She beneath beholds the pangs  
Of her dying, glorious Son

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...



## THE WAY OF THE CROSS

### STATION V: Simon Helps Jesus Carry his Cross

*Genuflect:*



V: We adore You, O Christ, and we praise You  
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider that 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.

*Kneel:*

All: 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 that Thou hast destined for me with all the pains which may accompany it; I unite it to Thy death, I offer it to Thee. Thou has died for love of me, I will die for love of Thee, and to please Thee. Help me by Thy grace.



I love Thee, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*  
Is there one who would not weep  
Whelmed in miseries so deep  
Christ's dear Mother to behold?

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION VI: Veronica Wipes the Face of Jesus

*Genuflect:*



V: We adore You, O Christ, and we praise You

R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider that 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.

*Kneel:*

All: 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 love Thee, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*

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

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION VII: Jesus Falls a Second Time

*Genuflect:*



V: We adore You, O Christ, and we praise You  
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: 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.

*Kneel:*

All: 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 helps 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*  
Bruised, derided, cursed, defiled  
She beheld her tender Child  
All with bloody scourges rent

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...



## THE WAY OF THE CROSS

### STATION VIII: Jesus Meets the Women of Jerusalem

*Genuflect:*



V: We adore You, O Christ, and we praise You  
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider that those women wept with compassion at seeing Jesus in so pitiable a state, streaming with blood, as He walked along. But Jesus said to them, "Weep not for Me but for your children."

*Kneel:*

All: My Jesus, laden with sorrows, I weep for the offenses that I have committed against Thee, because of the pains which they have deserved, and still more because of the displeasure which 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*  
For the sins of His own nation  
Saw Him hang in desolation  
Till His spirit forth He sent

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION IX: Jesus Falls a Third Time

*Genuflect:*



V: We adore You, O Christ, and we praise You

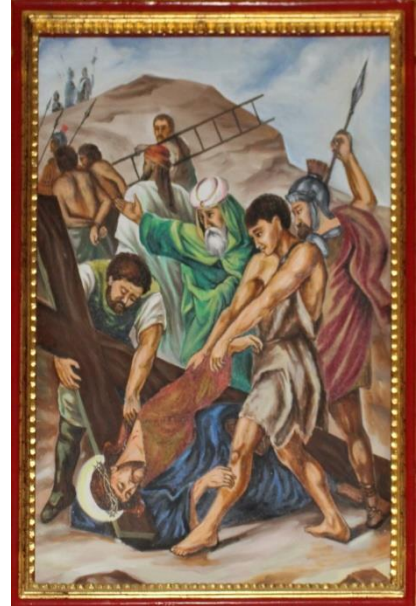
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners excessive, who tried to hasten His steps when He had scarcely strength to move.

*Kneel:*

All: 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*

Ah Mother, fountain of love  
make me feel the force of the sorrow  
so that I may mourn with you

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION X: Jesus is Stripped of His Clothing

*Genuflect:*



V: We adore You, O Christ, and we praise You

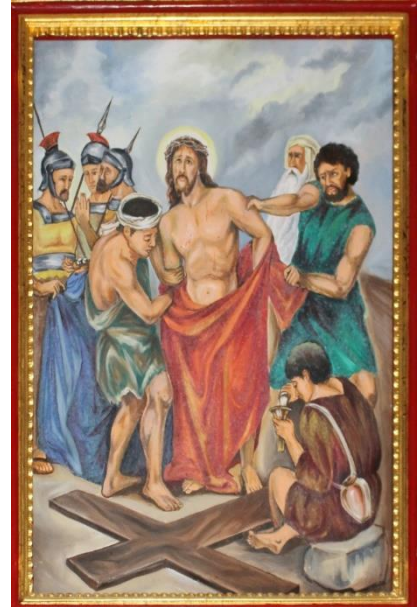
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: 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 Saviour thus cruelly treated, and say to Him:

*Kneel:*

All: My innocent Jesus, by the merits of the torment which 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*

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 Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION XI: Jesus is Nailed to the Cross

*Genuflect:*



V: We adore You, O Christ, and we praise You

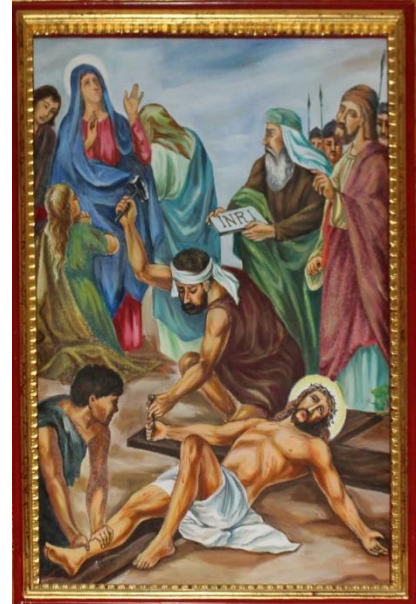
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider that 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, left Him to die with anguish on this infamous gibbet.

*Kneel:*

All: 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*

Holy Mother! Pierce me through

In my heart each wound renew

Of my Saviour crucified

Holy Mother! Pierce me through

In my heart each wound renew

Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION XII: Jesus Dies on the Cross

*Genuflect:*

✝ V: We adore You, O Christ, and we praise You  
R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider how thy Jesus, after three hours of agony on the cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

*Kneel:*

All: 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 of Thee. I commit my soul into Thy hands.



I love Thee, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:

✝ *All: Sing or Say:*  
Let me share with thee His pain  
Who for all our sins was slain  
Who for me in torments died

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...



## THE WAY OF THE CROSS

### STATION XIII: Jesus is Taken Down from the Cross

*Genuflect:*



V: We adore You, O Christ, and we praise You

R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider that, our Lord having expired, 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.

*Kneel:*

All: 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, my Jesus.



I love Thee, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*

Let me mingle tears with thee

Mourning Him Who mourned for me

All the days that I may live

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

## THE WAY OF THE CROSS

### STATION XIV: Jesus is Laid in the Tomb

*Genuflect:*



V: We adore You, O Christ, and we praise You

R: Because, by Your holy cross, You have redeemed the world.

*Stand:*

V: Consider that 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.

*Kneel:*

All: 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, my beloved Jesus; I love Thee more than myself, I repent with my whole heart of ever 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.

Hymn - Stabat Mater Stanza:



*All: Sing or Say:*

By the cross with thee to stay

There with thee to weep and pray

Is all I ask of thee to give

Holy Mother! Pierce me through  
In my heart each wound renew  
Of my Saviour crucified

... V: Have Mercy on Us, O Lord. R: Have Mercy on Us ...

### PRAYERS IN HONOR OF THE PASSION



O my Lord Jesus, in honour of Thy Passion and death, I offer the following prayers:

Say: Five Our Father's... Hail Mary's... Glory Be's...

### PRAYERS FOR THE INTENTIONS OF THE HOLY FATHER



O, my Lord Jesus, I offer the following prayers as my petition for this month's intentions of our Holy Father, the Pope:

Say: Apostle's Creed... Our Father... Hail Mary... Glory Be...

### CLOSING PRAYER TO JESUS CHRIST CRUCIFIED



Behold, O kind and most sweet Jesus, I cast myself on my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul I contemplate Thy five most precious Wounds, having before my eyes that which David spoke in prophecy: "They pierced My hands and My feet; they have numbered all My bones."

God has loved us for eternity. He said: "Remember when I first loved you, you had not come to be, nor did the world yet exist, but I loved you already.  
From all eternity I have loved you."

... St Alphonsus de Liguori, Pray for Us ...

### **\*INDULGENCES**

A Plenary indulgence, the removal of punishment due to sin, is granted to those who faithfully make the Stations of the Cross, subject to the usual conditions, which are:

- Must want to gain the Indulgence
- Receives the Sacraments of Reconciliation and Holy Eucharist within 7 days
- Be free from all attachment from sin
- Prays for the Popes intentions
- Be in a state of Grace by the end of the process



[www.daily-prayers.org](http://www.daily-prayers.org)