

7th Station—Jesus falls a second time



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

All: **Because by your holy cross
You have redeemed the world.**

This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up.

As a child, sometimes things get me down. Others seem to find things easier to do or to learn. Each time I fail, I find it harder to keep trying.

As an adult, sometimes I think I should know more than I do. I become impatient with myself and find it hard to believe in myself when I fail. It is easy to despair over small things, and sometimes I do.

Help me when things seem difficult for me. Even when it's hard, help me get up and keep trying as you did. Help me do my best without comparing myself with others.

My Jesus, often have I sinned and often, by sin, beaten Thee to the ground beneath the cross. Help me to use the efficacious means of grace that I may never fall again.

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified. All: **Have Mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace. All: **Amen.**

8th Station—Jesus meets the women of Jerusalem



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

All: **Because by your holy cross
You have redeemed the world.**

Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them.

As a child, sometimes I think a lot about myself. I think about what I want and would like people to spend their lives pleasing me.

As an adult, sometimes I act like a child. I become so absorbed in myself and what I'd like that I forget about the needs of others. I take them for granted, and often ignore their needs.

Help me think more about others. Help me remember that others have problems, too. Help me respond to them even when I'm busy or preoccupied with my own problems.

My Jesus, Who didst comfort the pious women of Jerusalem who wept to see Thee bruised and torn, comfort my soul with Thy tender pity, for in Thy pity lies my trust. May my heart ever answer Thine.

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified. All: **Have Mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace. All: **Amen.**

5th Station—

Simon of Cyrene helps Jesus to carry his cross



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

All: **Because by your holy cross
You have redeemed the world.**

Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross.

As a child, sometimes I see people who need my help. Sometimes I pretend not to hear when my parents call me. I disappear when I know others could use my help.

As an adult, sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy.

My Jesus, blest, thrice blest was he who aided Thee to bear the cross. Blest too shall I be if I aid Thee to bear the cross, by patiently bowing my neck to the crosses Thou shalt send me during life. My Jesus, give me grace to do so.

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Christ Crucified. All: **Have mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace. All: **Amen.**

10th Station—Jesus clothes are taken away

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

All: **Because by your holy cross
You have redeemed the world.**

The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all!



As a child, sometimes I'm tempted to repeat stories I know are unclean and disrespectful. I sometimes try to act grown up by using crude and bad words.

As an adult, sometimes I repeat stories that are disrespectful of others. I can entertain thoughts that are not clean. Sometimes I give the young people around me a bad example to follow.

Help me to keep myself pure and clean. Help me say things that build up the people around me. Help me overcome worldly desires that I may become more like Jesus. Help me set a good example for others to follow.

My Jesus, stripped of Thy garments and drenched with gall, strip me of love for things of earth, and make me loathe all that savors of the world and sin.

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified. All: **Have mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace. All: **Amen.**

3rd Station—Jesus falls the first time



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

All: **Because by your holy cross
You have redeemed the world.**

Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again.

As a child, sometimes I start to do something, but then get tired of

it. I hurry to get finished and sometimes don't do my work well. Sometimes I don't pay attention to what I should be doing. When things get hard for me, sometimes I give up.

As an adult, I sometimes put things off. I give up too easily, and sometimes don't do my work as well as I know I can.

My Jesus, the heavy burden of my sins is on Thee, and bears Thee down beneath the cross. I loathe them, I detest them; I call on Thee to pardon them; may Thy grace aid me never more to commit them.

Our Father.... Hail Mary.... Glory Be to the Father....

Leader: Jesus Christ Crucified.

All: **Have mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: **Amen.**

12th Station—Jesus dies on the cross

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

All: **Because by your holy cross
You have redeemed the world.**

As Jesus hung on the cross, he forgave the soldiers who had crucified him, and prayed for his mother and friends. Jesus wanted all of us to be able to live forever with God, so he gave all he had for us.

Jesus, let me take a few moments now to consider your love for me. Help me thank you for your willingness to go to your death for me. Help me express my love for you!

My Jesus, three hours didst Thou hang in agony, and then die for me; let me die before I sin, and if I live, live for Thy love and faithful service.

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified.

All: **Have mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: **Amen.**



1st Station—Jesus is condemned to death



Leader: We adore Thee, O Christ, and bless Thee.

All: **Because by Thy holy cross Thou hast redeemed the world.**

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death.

As a child, sometimes I feel alone. Sometimes I feel that others don't

stand up for me and defend me when I am afraid. Sometimes I don't feel like I am treated fairly, especially if I am scolded or corrected.

As an adult, sometimes I feel abandoned and afraid as well. Sometimes I too, feel like I am treated unfairly or blamed for things unfairly. I have a hard time when people criticize me at home or at work.

Help me be grateful for what you did for me. Help me to accept criticism and unfairness as you did, and not complain. Help me pray for those who have hurt me.

My Jesus, often have I signed the death warrant by my sins; save me by Thy death from that eternal death which I have so often deserved.

Our Father.... Hail Mary.... Glory Be to the Father....

Leader: Jesus Christ Crucified.

All: **Have mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: **Amen.**

14th Station—Jesus is laid in the tomb

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

All: **Because by your holy cross You have redeemed the world.**

Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.

As a child, sometimes I try to keep everything for myself. I find it hard to share my things with my brothers or sisters and with my friends.

As an adult, I can be selfish too. I can accumulate things and keep them for myself. I try to make sure I have what I want before I share what I have with anybody else.

Help me think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial. Help me think of how Joseph loved Jesus so much that he gave him his own tomb.

My Jesus, beside Thy body in the tomb I, too, would lie dead; but if I live, let it be for Thee, so as one day to enjoy with Thee in heaven the fruits of Thy passion and Thy bitter death.

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified.

All: **Have mercy on Us.**

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: **Amen.**

