

WAY OF THE CROSS, LENT 2025

Leader: In the name of the Father, and of the Son and of the Holy Spirit.

All: Amen.

Leader: Let us pray

All: Lord Jesus, as we look at you, we want to experience your suffering on your road to Calvary which you walked for our salvation. We are aware that the way of your cross and resurrection is taking place once again in our lives at home, at school, in the office, on the streets. The path you walked winds its way into our lives. Be our strength as we walk your path of suffering. Help us to imitate you.

All Sing: O how sad, and sore distressed/ was that Mother, highly blessed/ of the sole-begotten One

Leader: 1st Station: JESUS IS CONDEMNED TO DEATH

Leader: *We adore You, Oh Christ, and we praise you,*

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

Leader: *Jesus was an innocent man. He spoke the truth and loved all people, even sinners and those who disagreed with Him. Why did people have to condemn Him?*

All: Lord Jesus, I place myself among that crowd. So many times I have condemned an innocent person. I have gossiped about my neighbour & my colleagues. I have condemned them to death by spoiling their name and so partaking in that crime which the crowd committed in sentencing you to death. Lord have mercy.

All (Sing): Who On Christ's dear mother gazing/
 Pierced by anguish, so amazing /Born of women would not weep.

Leader: 2nd Station: JESUS ACCEPTS THE CROSS

Leader: *We adore you, Oh Christ, and we praise you,*

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

Leader: *I cannot understand this mystery, Lord. A heavy cross is placed on your shoulders. Yet you keep silent because you know your acceptance of the cross will save us and will put meaning into the crosses that come our way!*

All: Lord, I too have suffering which I cannot understand... trouble at home...no satisfaction, no fulfilment in my work, no one really loves me! Yes. So many difficulties haunt me. I can't understand the reason for them. I fight the cross...my cross. Help me to walk silently like you. Lord have mercy.

All (Sing): Who on Christ's dear mother thinking such a cup of sorrow drinking
 would not share her sorrows deep.

Leader: 3rd Station: JESUS FALLS THE FIRST TIME

Leader: *We adore You, Oh Christ, and we praise you,*

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

Leader: *That cross is too heavy for you, Lord. You have fallen under its weight. But you still cling to it. You have a mission to fulfil and you are going to see it through. You are not the one who gives up easily. You have the courage to go on, no matter how difficult the going may be.*

All: I want is to imitate you, Lord. However trying my circumstances are, I shall never give up. When things go wrong, I will endeavour to make the world a better place...through love! When I feel everyone's against me, I'll try to rise above my feelings...like you. Lord, have mercy.

All (Sing): Bruised, derided, cursed, defiled, she beheld her tender
Child, All with bloody scourges rent.

L: 4th Station: JESUS MEETS HIS MOTHER

Leader: *We adore you, Oh Christ, and we praise you,*

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

Leader: *As you walk on, you meet your Mother! What a perfect understanding there exists between the two of you. She consoles and encourages you in carrying out your Father's will. And you, too, speak words of comfort to help her bear up with this suffering.*

All: Lord, so many families are destroyed because there is no harmony, no understanding between parents and children. Parents sometimes fail to see the motives and aspirations of their children, while children refuse to work hand in hand with their parents. There is a 'generation gap'. Lord we know only you can bridge the gap as you bridged the gap between earth and heaven itself. Lord, have mercy.

All (Sing): O you Mother! fount of love!
Touch my spirit from above
make my heart with yours accord

Leader: 5th Station: SIMON HELPS JESUS CARRY THE CROSS

Leader: *We adore You, Oh Christ, and we praise you,*

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

Leader: *Simon was at first reluctant to help Jesus. He was afraid what people might say about him! But he rallied all the courage he had and offered help. Now there was a change that made him feel happy. One finds happiness only when one goes out to others.*

All: Lord, I am not like Simon. I am not ready to help others because I am afraid of what it would cost me! To offer my love, I'll have to sacrifice my time, my money, my pleasures... Yet there are so many people waiting for my love. My parents, brothers, sisters, children, the person next door, the orphans,

the sick, the sinner, the poor, ...they are all waiting for my love. Lord, I have found the secret to happiness...I must go out to others. Lord, have mercy.

All (Sing): For the sins of His own nation
Saw Him hang in desolation
Till His spirit forth He sent.

Leader: 6th Station: VERONICA WIPES THE FACE OF JESUS

Leader: *We adore You, Oh Christ, and we praise you,*

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

Leader: *Lord, you are tired. Your face is covered with perspiration. You need help. Veronica wipes your face and you feel refreshed. How willing you are to take the help of others.*

All: Many times I am exhausted, Lord. I am burdened with so many trials and anxieties. Give me the courage to let others help me. Help me to open my heart to a priest, to a friend, to those who live with me. Lord, have mercy.

All (Sing): Make me feel as you have felt;
make my soul to glow and melt
with the love of Christ my Lord.

Leader: 7th Station: JESUS FALLS A SECOND TIME

Leader: *We adore You, Oh Christ, and we praise you,*

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

Leader: *Again you have fallen to the ground. The journey is long and difficult. You think of me. You rise and go on.*

All: Lord, I have fallen often and my many sins are dulling my conscience. I get used to evil very quickly. I have given up living a life of holiness and truth. I find myself on the ground. And what is worse my road is not yours! Deliver me from the bondage of habit and let me rise to a better life. Lord, have mercy.

All (Sing): Holy Mother! pierce me through,
in my heart each wound renew/of my Saviour crucified:
Let me share with you His pain,
who for all my sins was slain who for me in torments died.

Leader: 8th Station: JESUS SPEAKS TO THE WOMEN OF JERUSALEM

Leader: **We adore you, Oh Christ, and we praise you,**

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

Leader: They weep and sob for you. They wonder why you are suffering. You look at them... They, and we too, Lord, are the cause of suffering. All: I am like these women. I pity others. I think others are

wrong. When I see the world suffering, I put the blame on politics, economics, the government, the church, my neighbour. I blame the whole world except myself!. Lord, help me realise that if there is no love in my home, if no one loves me, it is because of me. Lord have mercy.

All (Sing): Let me mingle tears with thee
mourning him who mourned for me
all the days that I may live

Leader: 9th Station: JESUS FALLS A THIRD TIME

Leader: *We adore You, Oh Christ, and we praise You,*

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

Leader: *You are flat, face to the ground. The soldiers whip you. The centurion kicks you. What a terrible sight!*

All: *Lord, I want to thank you for offering yourself to me. Love is a sacrifice and your self-gift to me is as whole-hearted as your love. Thank you, Lord.*

All (Sing): By the Cross with you to stay
there with you to weep and pray is all I ask of you to give.

Leader: 10th Station: JESUS IS STRIPPED OF HIS GARMENTS

Leader: *We adore you, Oh Christ, and we praise you,*

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

Leader: *Look at how they treat you. They are grabbing your cloak and cast lots for it. How cruel to rob you of everything.*

All: I am like these soldiers. I have often cheated others in order to get more for myself. I have robbed my neighbour's prestige in order to boost up my own. I have robbed a man of his job in order to keep mine secure. Lord, help me not to be so selfish and greedy. Lord, have mercy.

All Sing: Virgin of all virgins blest!
Listen to my fond request
let me share your grief with you

Leader: 11th Station: JESUS IS NAILED TO THE CROSS

Leader: *We adore you, Oh Christ, and we pray you,*

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

Leader: *You are ready...stretched full length. The hammers are raised and you are nailed to the cross.*

All: Lord, help me to model my life on your own...to stretch myself full length on your pattern of life. Let me be fully dedicated to your plans for me, to the task you want me to achieve, to the mission you want me to fulfil in this world. Jesus, meek and humble of heart, make my heart like unto thine.

All (Sing): Let me, to my latest breath
in my body bear the death of that dying Son of yours

Leader: 12th Station: JESUS DIES ON THE CROSS

Leader: *We adore you, Oh Christ, and we praise you,*

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

Leader: *You are at the end of your earthly life. You are in agony for three hours. At this moment you forgive your enemies, look down with love on those who surround you. You are dead! Mankind had waited for you and you have saved it. Thank you for redeeming us.*

All: Oh my God I'm heartily sorry for having offended Thee, because thou are infinitely good and worthy of being loved and because I love Thee, I repent with all my heart for having offended Thee. Have mercy on me a sinner, AMEN!

All (Sing): Let his stripes and scourging smite me at his holy cross require me
let his blood refresh me there

Leader: 13th Station: JESUS IS TAKEN DOWN FROM THE CROSS AND GIVEN TO HIS MOTHER

Leader: *We adore you, Oh Christ, and we praise you,*

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

Leader: *Your work is done. Your task accomplished. You are now in your mother's arms. The cross stands empty.*

All: Lord, the empty cross is an invitation to me. It is a call to follow in your footsteps. As a Christian, I am called to carry on your work of salvation; to be the light of the world, the salt of the earth. Lord, I accept...I accept your invitation to spread your message. Lord, have mercy.

All (Sing): When the flames of hell would end me
At the judgement day defend me gentle virgin with your prayer.

Leader: 14th Station: JESUS IS LAID IN THE TOMB

Leader: *We adore you, Oh Christ, and we praise you,*

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

Leader: *Jesus is buried. He is laid to rest. Everything seems finished. But it cannot be. There is the resurrection. Suffering is not the end of life but only a path to salvation.*

All: Yes, Lord, how happy I am to know that you have conquered death and suffering. A seed has to die in order to spring forth. I, too, have to die to sin, injustice, dishonesty, impurity, in order to rise in happiness, joy, peace. By your resurrection you have given us hope. You have given meaning to all our suffering. Lord, have mercy.

All Sing: At the Cross her station keeping stood the mournful Mother weeping,
 Close to Jesus to the last.
 By the Cross with thee to stay
 there with thee to weep and pray is all I ask of thee to give.

CONCLUDING PRAYER

All: Lord, we have travelled with you on the road to Calvary. We have prayed as we followed your steps. Help us now, in our daily living, to imitate you, so that we can rise and live in union with you. Holy Spirit descend upon us and fill us with your grace. Amen!

Leader: For the intentions of the Holy Father.

[Our Father, Hail Mary, Glory Be]

Leader: In the name of the Father,