

About the Stations of the Cross

Millions of people make pilgrimages to the Holy Land, to walk the same path as Jesus when he carried the Cross. There are 14 locations, also called stations, where major events of his crucifixion took place. Eight of these are found in the Bible and six were passed down through tradition.

Meditating on each Station of the Cross brings us closer to Christ through his Passion. Those who can't visit the Holy Land are able to make a spiritual pilgrimage through prayer.

About this Version of the Prayer

There are many variations of the Stations of the Cross prayer. Some include verses from the Bible. Others include the spiritual writings of the saints. Some are read. Others are sung. Some take over an hour to pray. Others, like this one, take about 15 minutes.

This version was created from the *Stations of the Cross* written by St. Alphonsus Liguori in 1761.

Pray the Stations of the Cross

When praying in a group, the leader will read what is in **black (V)**. Everyone will say what is in **red (All or R)**.

Sign of the Cross

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

Opening Prayer

V. Let Us Pray:

R. My Lord Jesus Christ, you have made this journey to die because of your infinite love for me. So many times I have sinned, but I repent sincerely because I love you. I strive to live my life always united with you.

The 1st Station: Jesus Is Condemned to Death

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: After having been scourged and crowned with thorns, Jesus was unjustly condemned to be crucified.

V. Let Us Pray:

R. Jesus, it is because of my sins that you are going to die. Through the merits of your sorrowful journey, help me in my journey to heaven.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 2nd Station: Jesus Is Made to Carry the Cross

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: Jesus received the Cross and offered to his Father the death that he was about to undergo for us.

V. Let Us Pray:

R. Jesus, through the merits of your pain and suffering in carrying the Cross, help me to carry my cross, and embrace my own pain and suffering with patience and resignation.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 3rd Station: Jesus Falls the First Time

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: Jesus fell for the first time onto the hard ground. The soldiers hit him and yelled at him to get up. He was in so much pain, but he got up and carried that heavy Cross for us.

V. Let Us Pray:

R. Jesus, the weight of my sins adds to your pain and suffering. Through the merits of your first fall, deliver me from falling into mortal sin.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 4th Station: Jesus Meets His Mother

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: Jesus met his mother Mary along his journey. They stared at each other with sorrow and joy because of their deep love.

V. Let Us Pray:

R. Jesus, through the sorrow and joy you had in meeting your mother, help me to behold Mary as my mother too.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 5th Station: Simon Helps Jesus Carry the Cross

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: When they saw how weak Jesus was, they feared he might die on his journey, so they gave a man named Simon the Cross to carry behind our Lord.

V. Let Us Pray:

R. Jesus, I accept the cross you give me and I will carry my cross without complaint to my own death.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 6th Station: Veronica Wipes the Face of Jesus

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: A woman named Veronica, seeing Jesus suffering so much, with sweat and blood running into his eyes, wiped his face. By a miracle he left an image of his face on the towel.

V. Let Us Pray:

R. Jesus, your face was once clean but blood and sweat disfigured it; then Veronica wiped your face clean. My soul was once clean but sin has disfigured it. Through your suffering wipe my soul clean.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 7th Station: Jesus Falls a Second Time

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: Jesus fell for the second time under the weight of our sins. The fall renews all the pain in his body and makes his head throb.

V. Let Us Pray:

R. Jesus, so many times you have forgiven me and so many times I have sinned again. Through the merits of your second fall, help me to call on you every time I am tempted to sin.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 8th Station: Jesus Meets the Women of Jerusalem

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: Seeing Jesus walking to his death, the women of Jerusalem wept with compassion. But Jesus said to them, "Weep not for me but for your children."

V. Let Us Pray:

R. Jesus, I am sorry for all my sins and I weep because of the pain you endured to save me.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 9th Station: Jesus Falls the Third Time

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: Jesus was so weak that he could barely move, but the soldiers pushed him to walk faster, and he fell to the ground for the third time.

V. Let Us Pray:

R. Jesus, because I am weak you are going to Calvary. Give me strength to overcome my weakness and conquer temptation.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 10th Station: Jesus Is Stripped of His Garments

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: The soldiers grabbed Jesus and stripped off his clothes.

V. Let Us Pray:

R. Jesus, help me strip my soul of bad habits so I can give all my love to you; you who are so worthy of all my love.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 11th Station: Jesus Is Nailed to the Cross

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: The soldiers pushed Jesus down and nailed his hands and feet to the Cross. Then they raised the Cross to publicly display the bloody and naked body of our Lord.

V. Let Us Pray:

R. Jesus, you suffered pain and humiliation on the Cross. May I never forget how you were pierced to save me.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 12th Station: Jesus Dies on the Cross

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: After suffering on the Cross for three hours, Jesus gave up his life to the Father, and died.

(pause for a moment of silence)

V. Let Us Pray:

R. Jesus, through my sins I deserve to be punished. But your death is my hope. And by your grace, when I die I will join you in heaven.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 13th Station: Jesus Is Taken Down from the Cross

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: Two of his disciples took Jesus down from the Cross and placed his body in the arms of his mother.

V. Let Us Pray:

R. Holy Mary, mother of my Lord, so close to the heart of Jesus, hold me in your arms and pray for me to your Son.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

The 14th Station: Jesus Is Laid in the Tomb

V. We adore you, O Christ, and we praise you.

R. Because by your holy Cross, you have redeemed the world.

Meditation: The two disciples laid Jesus in the tomb.

V. Let Us Pray:

R. Jesus, three days later you rose from the dead. Through your death and resurrection, may I be raised on the last day to be with you always.

I love you, Jesus. I repent of my sins. Help me to never sin again, to love you always, and to do your will.

Sing Twice: Jesus, remember me, when you come into your kingdom.

Closing Prayer

V. Let Us Pray:

R. Thank you Jesus for loving me. Fill my heart with faith, hope, and love, with true repentance for my sins, and a firm desire to do your will.

Our Father (The Lord's Prayer)

All. 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.

Sign of the Cross

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