



VIA Church Langley

Stations of the Cross Prayer Guide



JESUS IS CONDEMNED TO DIE

I - Jesus Is Condemned To Death

Matthew 27.20-26 (Mark 15: 1-15)

We adore You, O Christ, and we praise You because by Your holy cross You have redeemed the world.

Sources:

The Book of Common Prayer 2019

Common Worship

Thurston, Herbert (1914). *The Stations of the Cross: an account of their history and devotional purpose.*
London: Burns & Oates

'Stations of the Cross' PDF

www.hopeanglican.us

The Stations of the Cross

www.stmarymagdalenes.weebly.com

Reflections & Prayers Compiled by Sarah Steele @ Via Lethbridge

Reflection: Jesus stands in the most human of places. He has already experienced profound solidarity with so many on this earth by being beaten and tortured. Now he is wrongfully condemned to punishment by death. His commitment to entering our lives completely begins its final steps. He has said "yes" to God and placed his life in God's hands. We follow him in this final surrender and contemplate with reverence each place along the way as he is broken and given for us. As the journey begins ask to be with Jesus.

Prayer: Almighty God, whose most dear Son went not up to joy, but first he suffered pain, and entered not into glory before he was crucified; Mercifully grant that we, walking the Way of the Cross, may find it none other than the way of life and peace; through the same Christ our Lord. Amen.

Scriptures For Reflection

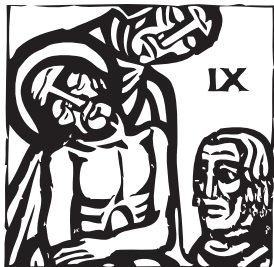
"There is no condemnation now for those who are in Christ Jesus."
—Romans 8:1

"God did not send the Son into the world to condemn the world, but that the world might be saved through Him." —John 3:17

"No one who comes will I ever reject." —John 6:37

"He was spurned and avoided by men, a Man of suffering, accustomed to infirmity, One of those from Whom men hide their faces, spurned, and we held Him in no esteem." —Isaiah 53:3

"All deserted Him and fled." —Mark 14:50



JESUS IS LAID IN THE TOMB

IX Jesus Is Laid In The Tomb

John 19.40-42 (Mark 15: 46-47)

We adore You, O Christ, and we praise You because by Your holy cross You have redeemed the world.

Reflection: Contemplate this act of closure on Jesus' life. In solidarity with all humanity, his body is taken to its grave. In the fullness of faith in the Risen One express gratitude for this way of the cross. Ask Jesus, whose hands, feet and side still bear the signs of this journey, to grant us the graces needed to take up our own crosses to be servants of his own mission.

Prayer: Grant, Lord, that we who are baptized into the death of your Son our Saviour Jesus Christ may continually put to death our evil desires and be buried with him; and that through the grave and gate of death we may come to our joyful resurrection; through his merits, who died and was buried and rose again for us, your Son Jesus Christ our Lord. Amen.

Scriptures For Reflection

"Through baptism into His death we were buried with Him, so that, just as Christ was raised from the dead by the glory of the Father, we too might live a new life." —Romans 6:4

"In baptism you were not only buried with Him but also raised to life with Him because you believed in the power of God Who raised Him from the dead." —Colossians 2:12

"It was in the Spirit also that He went to preach to the spirits in prison." —1 Peter 3:19 (see 1 Pt 4:6)



JESUS CARRIES HIS CROSS

II - Jesus Takes Up His Cross

Matthew 27.27-31 (John 19.13-17)

We adore You, O Christ, and we praise You because by Your holy cross You have redeemed the world.

Reflection: Jesus is made to carry the cross on which he will die. It represents the weight of all our crosses. What he must have felt as he first took it upon his shoulders! With each step he walks in the path of human misery and suffering and experiences its crushing weight. This journey is for us. He welcomes us to suffer with Christ now so that with Christ we will also share in the Resurrection and new life.

Prayer: O Lord our God, whose blessed Son gave his back to be whipped and did not hide his face from shame and spitting: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Scriptures For Reflection

"Jesus said to all: 'Whoever wishes to be My follower must deny his very self, take up his cross each day, and follow in My steps.'" — Luke 9:23

"I wish to know Christ and the power flowing from His resurrection; likewise, to know how to share in His sufferings by being formed into the pattern of His death." —Philippians 3:10

"Even now I find my joy in the suffering I endured for you. In my own flesh I fill up what is lacking in the sufferings of Christ for the sake of His body, the Church." —Colossians 1:24

"Never be ashamed of your testimony to our Lord, nor of me, a prisoner for His sake; but with the strength which comes from God bear your share of the hardship which the gospel entails." —2 Timothy 1:8



SIMON OF CYRENE HELPS JESUS
CARRY THE CROSS

III - Simon Helps Jesus To Carry His Cross

Luke 23.26 (Matthew 16.24)

We adore You, O Christ, and we praise You because by Your holy cross You have redeemed the world.

Reflection: Jesus is made to experience the poverty of not being able to carry his burden alone. He enters the experience of all who must depend upon others to survive. Those who suffer tribulations, suffering, persecutions, and are despised for the love of God are helping Jesus carry His cross. If they persevere, they will be partakers of His glory in heaven.

Prayer: Almighty God, whose beloved Son willingly endured the agony and shame of the cross for our redemption: Give us courage, we ask you, to take up our cross and follow him, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

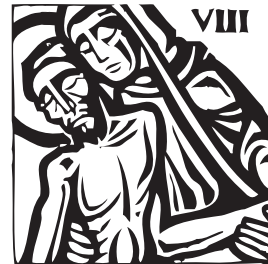
Scriptures For Reflection

"As they led Him away, they laid hold of one Simon the Cyrene who was coming in from the fields. They put a crossbeam on Simon's shoulder for him to carry along behind Jesus." —Luke 23:26

"Insult has broken My heart, and I am weak, I looked for sympathy, but there was none; for comforters and I found none." —Psalm 69:21

"The Lord saw this and was aggrieved that right did not exist. He saw that there was no one and was appalled that there was none to intervene." —Isaiah 59:15-16

"Roam the streets of Jerusalem, look about and observe, search through her public places to find even one who lives uprightly and seek to be faithful, and I will pardon her!" —Jeremiah 5:1



JESUS IS TAKEN DOWN FROM
THE CROSS

VIII - Jesus Is Taken Down From The Cross

John 19: 38

We adore You, O Christ, and we praise You because by Your holy cross You have redeemed the world.

Reflection: Jesus has truly died. A profound sacrifice, complete. We pause to remember that even in the hour of darkness, he is still here.

Prayer: O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day and rise with him to newness of life; through Jesus Christ our Lord. Amen.

Scriptures For Reflection

"No one has gone up to heaven except the One Who came down from there — the Son of Man (Who is in heaven)." —John 3:13

"He ascended" —what does that mean but that He had first descended into the lower regions of the earth? He Who descended is the very One Who ascended high above the heavens, that He might fill all men with His gifts." —Ephesians 4:9-10

"Rather, He emptied Himself and took the form of a slave, being born in the likeness of men. He was known to be of human estate, and it was thus that He humbled Himself." —Philippians 2:7-8



JESUS DIES ON THE CROSS

VII – Jesus Dies On The Cross

Luke 23:44-46 (John 19: 28-37)

We adore You, O Christ, and we praise You because by Your holy cross You have redeemed the world.

Reflection: Let us be immersed in a sea of sorrow over the death of Jesus and say to Him: "Lord, we thank you for having died on the cross for our sins." We stand at the foot of the cross, side by side with all of humanity, and behold our salvation.

Prayer: Almighty God, we beseech you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed and given into the hands of sinners, and to suffer death upon the Cross, who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

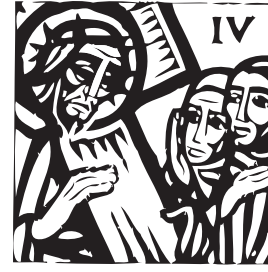
Scriptures For Reflection

"Silence before Him, all the earth!" —Habakkuk 2:20

"Silence in the presence of the Lord God!" —Zephaniah 1:7

"For if we have been united with Him in a death like His, we shall certainly be united with Him in a resurrection like His." Romans 6:5

"Then Jesus told His disciples, "If anyone would come after me, let Him deny Himself and take up His cross and follow me." Matthew 16:24



JESUS MEETS THE WOMEN OF JERUSALEM

IV - Jesus Meets The Women Of Jerusalem

Luke 23: 27-28

We adore You, O Christ, and we praise You because by Your holy cross You have redeemed the world.

Reflection: The women of Jerusalem and their children come out to comfort and thank Jesus. They had known his compassion and welcomed his words of healing and freedom. He had broken all kinds of social and religious conventions to connect with them. Now they are here to support him. He feels their grief. He suffers, knowing he can't remain to help them more in this life. Remember this same tender, compassionate, and merciful love is for each of us.

Prayer: Almighty and everlasting God, you hate nothing you have made, and you forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Scriptures For Reflection

"Jesus wept." —Luke 19:41

"My tears are stored in your flask; are they not recorded in your book?" —Psalm 56:9

"Oh, that My head were a spring of water, my eyes a fountain of tears, that I might weep day and night over the slain of the daughter of my people!" —Jeremiah 8:23

"Let my eyes stream with tears day and night, without rest, over the great destruction which overwhelms the virgin daughter of my people." —Jeremiah 14:17



JESUS IS STRIPPED OF HIS
GARMENTS

V - Jesus Is Stripped Of His Garments

John 19: 23-24

We adore You, O Christ, and we praise
You because by Your holy cross You
have redeemed the world.

Reflection: Part of the indignity is to be crucified naked. Jesus is completely stripped of any pride or dignity. He experiences the ultimate vulnerability of the defenseless. No shield or security protects him. Contemplate all that has been taken from him and how much he has given for us. He hangs on the cross in total humility for you.

Prayer: Almighty and everlasting God, in your tender love for us you sent your Son our Savior Jesus Christ to take upon himself our nature, and to suffer death upon the Cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and come to share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Scriptures For Reflection

"She gave birth to her first-born Son and wrapped Him in swaddling clothes and laid Him in a manger." —Luke 2:7

"Then the disciple Jesus loved cried out to Peter, 'It is the Lord!' on hearing it was the Lord, Simon Peter threw on some clothes — he was stripped— and jumped into the water." —John 21:7

"We groan while we are here, even as we yearn to have our heavenly habitation envelop us. This it will, provided we are found clothed and not naked. While we live in our present tent we groan; we are weighed down because we do not wish to be stripped naked but rather to have the heavenly dwelling envelop us, so that what is mortal may be absorbed by life." —2 Corinthians 5:2-4



JESUS IS NAILED TO THE CROSS
-THE CRUCIFIXION-

VI - Jesus Is Nailed To The Cross – The Crucifixion –

Luke 23: 33-43

We adore You, O Christ, and we praise
You because by Your holy cross You
have redeemed the world.

Reflection: We can only imagine the cruelty and the unrelenting agony which Jesus experienced during the crucifixion. We enter the realm of mystery: why did God, who became man for love of us, let himself be nailed to a piece of wood and lifted up amid atrocious physical and spiritual torments? As God, Jesus could have released Himself from the hands of His executioners. He did not powerlessly succumb to being nailed to the cross; He willed it for our salvation. Allow this triumphant surrender by God because of a love we can only glimpse here on earth to wash you anew. Hear it call you to see Christ in everyone you encounter. The cross renews a love inside each of us for Christ and the world he came to save.

Prayer: Lord Jesus Christ, you stretched out your arms of love on the hard wood of the Cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. Amen.

Scriptures For Reflection

"He was pierced for our offences, crushed for our sins, upon Him was the chastisement that makes us whole, by His stripes we were healed." —Isaiah 53:5

"I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of grace and petition; and they shall look on Him Whom they have thrust through, and they shall mourn for Him as one mourns for an only son, and they shall grieve over Him as one grieves over a first-born." —Zechariah 12:10

"As He said this, He showed them His hands and feet." —Luke 24:40