

STATIONS OF THE CROSS

Adapted to be a self-guided journey

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

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

The Lord's Prayer – say the version you prefer

**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.**

**For thine is the kingdom,
the power,
and the glory,
for ever and ever. Amen.**

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as it is in heaven.**

Give us today our daily bread.

**And forgive us our sins
as we forgive those
who sin against us.**

**Save us from the time of trial,
and deliver us from evil.**

**For the kingdom,
and the power,
and the glory are yours,
now and for ever. Amen.**

We will glory in the cross of our Lord Jesus Christ:

In whom is our salvation, our life and resurrection.

Let us pray. *(Silence)*

Assist us mercifully with your grace, Lord God of our salvation, that we may enter with joy upon the meditation of those mighty acts by which you have promised us life and immortality; through Jesus Christ our Lord. **Amen.**

Process to the First Station.

First Station

Jesus is condemned to death

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. And they bound Jesus and led him away and delivered him over to Pilate. And they all condemned him as deserving death. When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called the Stone Pavement, and in Aramaic Gabbatha.

Mark 15:1; 14:64; John 19:13,16t

God did not spare his own Son:
But delivered him up for us all.

Let us pray. *(Silence)*

Almighty God, you have not dealt with us according to our sins, nor rewarded us according to our iniquities; grant that we, who for our evil deeds deserve to be punished, by the might of your grace may mercifully be relieved; through our Lord and Savior Jesus Christ. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Second Station

Jesus takes up his Cross

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

Jesus went out, bearing his own cross, to the place called the Place of a Skull, which in Aramaic is called Golgotha. Like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth. Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!

John 19:17t; Isaiah 53:7b; Revelation 5:12

The Lord has laid on him the iniquity of us all.

For the transgression of my people was he stricken.

Let us pray. *(Silence)*

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 in the way of the Cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Third Station

Jesus falls the first time

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

Christ Jesus, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name. O come, let us worship and fall down, and kneel before the LORD our Maker. For he is our God, and we are the people of his pasture, and the sheep of his hand.

Philippians 2:6-9T; Psalm 95:6-7

Surely he has borne our griefs:

And carried our sorrows.

Let us pray. (Silence)

O God, you know that we are set in the midst of many grave dangers, and because of the frailty of our nature we cannot always stand upright: Grant that your strength and protection may support us in all dangers and carry us through every temptation; through Jesus Christ our Lord. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Fourth Station

Jesus meets his afflicted mother

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

What can I say for you, to what compare you, O daughter of Jerusalem? What can I liken to you, that I may comfort you, O virgin daughter of Zion? For your ruin is vast as the sea; who can heal you? Blessed are those who mourn, for they shall be comforted. The LORD will be your everlasting light, and your days of mourning shall be ended.

Lamentations 2:13; Matthew 5:4; Isaiah 60:20b

A sword will pierce through your own soul also;

That the thoughts of many hearts may be revealed.

Let us pray. (Silence)

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son Jesus Christ, announced by an angel to the Virgin Mary, may by his Cross and passion be brought to the

glory of his resurrection; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Fifth Station

The Cross is laid on Simon of Cyrene

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

As they led Jesus away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus. If anyone would come after me, let him deny himself and take up his cross and follow me. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Luke 23:26; Matthew 16:24; Matthew 11:29-30

Whoever does not bear his own cross and come after me,
Cannot be my disciple.

Let us pray. (Silence)

O God, whose blessed Son did overcome death for our salvation: Mercifully grant that we who have his glorious passion in remembrance may take up our cross daily and follow him; through the same your Son Jesus Christ our Lord. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Sixth Station

A woman wipes the face of Jesus

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

He had no form or majesty that we should look at him, and no beauty that we should desire him. He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. His appearance was so marred, beyond human semblance, and his form beyond that of the children of mankind. But he

was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

Isaiah 53:2-3; 52:14b; 53:5

Restore us again, O LORD God of hosts;

Show the light of your countenance, and we shall be whole.

Let us pray. (Silence)

O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord.

Amen.

Holy God,

Holy and Mighty,

Holy Immortal One,

Have mercy upon us.

Seventh Station

Jesus falls a second time

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. All we like sheep have gone astray; we have turned—every one—to his own way; and the LORD has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth; For the transgression of my people was he stricken.

Isaiah 53:4, 6-7a, 8T

But as for me, I am a worm, and no man,

Scorned by all, and the outcast of the people.

Let us pray. (Silence)

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. **Amen.**

Holy God,

Holy and Mighty,

Holy Immortal One,

Have mercy upon us.

Eighth Station

Jesus meets the women of Jerusalem

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

There followed Jesus a great multitude of the people and of women who were mourning and lamenting for him. But turning to them Jesus said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.”

Luke 23:27-28

Those who sow in tears

Shall reap with songs of joy.

Let us pray. (Silence)

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. **Amen.**

Holy God,

Holy and Mighty,

Holy Immortal One,

Have mercy upon us.

Ninth Station

Jesus falls a third time

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light; he has besieged and enveloped me with bitterness and tribulation; he has made me dwell in darkness like the dead of long ago. Though I call and cry for help, he shuts out my prayer. He has made my teeth grind on gravel, and made me cower in ashes. Remember, O Lord, my affliction and my wanderings, the wormwood and the gall!

Lamentations 3:1-2, 5-6, 8, 16, 19T

Like a lamb that is led to the slaughter,

And like a sheep that before its shearers is silent, so he opened not his mouth.

Let us pray. (Silence)

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Tenth Station

Jesus is stripped of his garments

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

And when they came to a place called Golgotha (which means Place of a Skull), they offered him wine to drink, mixed with gall, but when he tasted it, he would not drink it. And when they had crucified him, they divided his garments among them by casting lots. This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots."

Matthew 27:33-35; John 19:24b

They gave me gall to eat,

And when I was thirsty they gave me vinegar to drink.

Let us pray. (Silence)

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. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Eleventh Station

Jesus is nailed to the Cross

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. And the Scripture was fulfilled that says, "He was numbered with the transgressors."

Luke 23:33; Mark 15:28

They pierced my hands and my feet:
They stand staring and looking upon me.

Let us pray. (Silence)

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.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Twelfth Station

Jesus dies on the Cross

We adore you, O Christ, and we bless you,
Because by your holy Cross you have redeemed the world.

When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, “Woman, behold, your son!” Then he said to the disciple, “Behold, your mother!” When Jesus had received the sour wine, he said, “It is finished.” Then Jesus, calling out with a loud voice, said, “Father, into your hands I commit my spirit!” And he bowed his head and gave up his spirit.

John 19:26-27a, 30a; Luke 23:46a; John 19:30b

Christ for us became obedient unto death:
Even death on a cross.

Let us pray. (Silence)

O God, who for our redemption gave your only begotten Son to die upon the Cross, and by his glorious resurrection delivered us from the devil and the power of death: Grant us grace to die daily to sin, that we may live with him in the joy of his resurrection; who lives and reigns with you and the Holy Spirit, now and for ever. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Thirteenth Station

The body of Jesus is placed in the arms of his mother

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

All you who pass by, look and see if there is any sorrow like my sorrow? My eyes are spent with weeping; my soul is poured out because of the destruction of my people. Do not call me Naomi (which means pleasant); call me Mara (which means bitter), for the Almighty has dealt very bitterly with me.

Lamentations 1:12a; Lamentations 2:11aT; Ruth 1:20

Her tears run down her cheeks:

And she has none to comfort her.

Let us pray. (Silence)

Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness; for your tender mercies' sake. **Amen.**

Holy God,

Holy and Mighty,

Holy Immortal One,

Have mercy upon us.

Fourteenth Station

Jesus is laid in a tomb

We adore you, O Christ, and we bless you,

Because by your holy Cross you have redeemed the world.

When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body and wrapped it in a clean linen shroud and laid it in his own new tomb, which he had cut in the rock. And he rolled a great stone to the entrance of the tomb and went away.

Matthew 27:57-60

You will not abandon me to the grave:

Nor let your holy One see corruption.

Let us pray. (Silence)

Grant, Lord, that we who are baptized into the death of your Son our Savior 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 pass to our joyful resurrection; through the merits of him who died and was buried and rose again for us, your Son Jesus Christ our Lord. **Amen.**

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

Concluding Prayers

Savior of the world, by your Cross and precious blood you have redeemed us;
Save us, and help us, we humbly beseech you, O Lord.

Let us pray. (Silence)

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.**

To Christ our Lord who loves us and has freed us from our sins by his blood and made us a kingdom, priests to his God and Father, to him be glory and dominion forever and ever. **Amen.**