



**Scriptural Quotations and Reflections  
on the Stations of the Cross  
2022**

# Stations of the Cross 2022

## Prayer of St. Francis of Assisi before the Cross

Lord, as we journey with you, the Way of the Cross, we remember the prayer of St. Francis of Assisi before your cross:

**Most High, glorious God,  
enlighten the darkness of my heart  
and give me true faith,  
certain hope and perfect charity,  
sense and knowledge, Lord,  
that I may carry out  
Your holy and true command.**

## 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.*

*So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves." Then the people as a whole answered, "His blood be on us and on our children!" So he released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. Mt. 27:24-26*

You look so alone, so vulnerable. Where is everyone else? Where are your friends, your father, your God? You saved so many, why can't you save yourself? As we look at you we remember the millions around the world condemned to poverty, pain, disease, death. "Only those who serve with love are able to protect", Pope Francis said. We think of those unjustly imprisoned and those in prison. We live in an unjust world. Lord, we ask you to be with the condemned.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

## 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.*

*So they took Jesus; and carrying the cross by himself, he went out to what is called the Place of the Skull, which in Hebrew is called Golgotha. Jn. 19:16-17*

You look so brave. A heavy cross placed on your shoulders, a burden not of your own making. Was this a free choice, or God's will, or both. As we look at you, we remember people who carry heavy burdens. We think of our own loved ones under physical, emotional, financial, mental pressure. Help us to help them. Lord, be with the overburdened.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **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.*

*Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. Is. 53:4-5*

It's too heavy. This cross. This pain. This burden. Did you look too far down the road and falter? Did you feel afraid? Was all this just one big mistake. We remember those who fear failure, who fear the future, who fall when they can't face what lies ahead. Lord, be with those living in fear, suffering from depression, anxiety, or panic.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **Fourth Station** **Jesus Meets His Mother Mary**

*We Adore You, O Christ, and We Bless You,  
Because by Your Holy Cross You Have Redeemed the World.*

*Then Simeon blessed them and said to his mother Mary, "This child is destined for the falling and rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed – and a sword will pierce your own soul too." Lk. 2:34-35*

‘And a sword will pierce your heart too.’ Did those words come back to haunt you? You suffered in his coming, now you stand silent and suffering at the foot of the cross as the one you love hangs despised, taunted, betrayed, ridiculed and rejected. Only a mother’s love could endure so much. No mother should have to see her child like this. We remember mothers everywhere, mothers who fear for their children, mothers who lie awake at night waiting for their children to return home safely, mothers who watch their children suffering, mothers who have lost their children. Lord, be with our Mothers.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **Fifth Station**

#### **Simon of Cyrene helps Jesus Carry the Cross**

*We Adore You, O Christ, and We Bless You,  
Because by Your Holy Cross You Have Redeemed the World.*

*As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus Lk. 23:26*

What were you thinking as you looked back at this stranger; this man plucked from the crowd; Simon of Cyrene. Were you wondering where your best friends were? Where were they when you most needed them? And this stranger steps forward. Often it’s the people we expect most of that let us down and those we expect little of rise and surprise us. We remember those who have been unexpectedly kind to us, who’s small gestures make a huge impact. We remember especially the people of Ukraine and the many who have fled their homeland seeking refuge. Lord be with the people who make a difference in all our lives.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **Sixth Station**

#### **Veronica 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, nothing in his appearance that we should desire him. He was despised and rejected by others; a man suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account. Is. 52:2-3*

Veronica, what were you thinking? Stepping out from the crowd, getting in harm's way, where angels fear to tread. But maybe that's it; maybe you weren't thinking! Compassionate people use their courage to by-pass the head and follow their heart. Your unthinking courage softened his blows, but left you in a vulnerable position. Pope Francis said, "a little mercy makes the world a little less cold and more just." Lord, be with those who do the right thing, yet suffer the consequences. Many may think about doing something, but few act. Lord, be with the brave.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **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.*

*Now that I have fallen, they gather around delighted. They crowd about to jeer at me. They take me by surprise, strike me and tear me to pieces. They provoke me with their mockery and their jibes, as they gnash their teeth at me. Ps. 34:15-16*

A second slip and you fall. A second mistake, no second chances. How could you, after all the help you just got? It's so shameful to fall again. We remember those who struggle with addiction, relapse, failure. Send to those who help them, patience and to those who fall renewed strength, to find honest courage and try again. Lord, be with all addicts.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **Eight 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.*

*A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children." Lk. 23:27-28*

Did falling make you more human? Is that why you always reached out to the weak and vulnerable. Even now, as you were dying on your feet – you were moved by the women’s sadness. You seemed to understand others and always made time for them. We remember those who despite their own troubles make time for us and our problems. This is their station. Lord, be with those generous with their time.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

## **Ninth Station** **Jesus Falls the Third 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 regard equality with God as something to be exploited, but empties himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself, and became obedient to the point of death – even death on a cross. Phil. 2:6-8*

It’s all too much. You are at your lowest ebb. You can’t go on. Not one mile. Not one step. You are at breaking point. Close to the edge. Who will save you now? We remember tonight people in darkness, in despair. People who may have thoughts of suicide and people bereaved by suicide. Lord, send your gentle light to all and be with those in darkness.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

## **Tenth Station** **Jesus is Stripped of his Clothes.**

We Adore You, O Christ, and We Bless You,  
Because by Your Holy Cross You Have Redeemed the World.

*Then the soldiers of the governor took Jesus into the governor’s headquarters, and they gathered the whole cohort around him. They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, “Hail King of the Jews. Mt. 27:27-29*

The shame, the indignity. The utter vulnerability. Left like a broken child for all to see. To point the finger at. To jeer. To shame. Here we remember all victims of abuse; physical, emotional, mental, sexual. People whose rights have been stripped off, who have been made feel ashamed – the victims of rape and violence in the home. Lord, be with the abused.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **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.*

*Two others also, who were criminals, were led away to be put to death with Jesus. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, Father forgive them; for they do not know what they are doing.” Lk. 23:32-34*

Trapped. Tortured. Betrayed. It is the cruellest of punishments. Nailed naked on a cross like a common criminal. Your loved ones cannot bear to see, to hear you like this. The horror is just too much. We remember the victims of torture everywhere. We remember those ridiculed because they profess their faith in you, especially the young and impressionable. Wherever people are tortured or ridiculed, so Lord are you. Lord, be with all tortured souls.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **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 it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out in a loud voice, “Eloi, Eloi, lama sabachtani?” which means, “My God, my God, why have you forsaken me?” when some of the bystanders heard it, they said, “Listen he is calling Elijah.” And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, “wait, let us see whether Elijah will come and take him down.” Then Jesus gave a loud cry and breathed his last. Mk. 15:33-37*

There are no words for this station... only our own prayer..... and ..... silence.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **Thirteenth Station**

#### **Jesus is Taken Down from the Cross**

We Adore You, O Christ, and We Bless You,  
Because by Your Holy Cross You Have Redeemed the World.

*After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave permission; so he came and removed the body. Nicodemus, who had first come to Jesus by night, also came bringing a mixture of myrrh and aloes, weighing about a hundred pounds. Jn. 19:38-39*

No more pain now. It's all over. The struggle is finished. For the soldier the job is done; a mother.....a heart broken; her son.....a mission **almost** completed. We remember all those who are grieving, those who have loved and lost. Lead them gently into your arms lord. Lord, be with the grieving.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

### **Fourteenth Station**

#### **Jesus is Laid in the Tomb.**

We Adore You, O Christ, and We Bless You,  
Because by Your Holy Cross You Have Redeemed the World.

*Joseph of Arimathea brought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Jesus saw where the body was laid. Mk. 15:46-47*

Mary, it's just the two of you now. Everyone is gone. All is quiet. Are you remembering him as a baby? How you cradled your first born child? What are you holding on to – memories, sorrow, pain, trust, hope, love. For love waits and trusts that one day light will shine through loss. Love will conquer death. Remember us Lord, as we look upon your tomb.

*I love you Jesus, my love above all things. I repent of my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may always love you, and then do with me what you will.*

## **Final Prayer**

Almighty and eternal God, merciful Father, you have given us your beloved Son as an example of humility, obedience, and patience, who even in the midst of suffering reaches out and touches our lives, helping us to live by the cross. Pope Francis reminds us that “Christ’s cross embraced with love never leads to sadness, but to joy, the joy of having been saved. Graciously grant that inflamed by His infinite love, we may take up the Gospel together, following Jesus as His true disciples. May we rise joyfully one day with him to His invitation: “Come, blessed of My Father, and inherit the kingdom which has been prepared for you from the foundation of the world.” We ask this through Christ our Lord.