

ST. NORBERT'S PARISH



STATIONS OF THE CROSS

by St. Alphonsus M. Liguori

PREPARATION

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, Whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen.



PROFESSION OF FAITH

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

**At the Cross, her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.**



THE FIRST STATION

JESUS IS CONDEMNED TO DEATH

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

Lector: My adorable Jesus, it was not Pilate, no, it was my sins that condemned You to die. By the merits of this sorrowful journey, I beseech You to assist my soul in its journey towards eternity. I love You, my beloved Jesus; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed!**

THE SECOND STATION

JESUS CARRIES HIS CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how Jesus, in making this journey with the cross on His shoulders, thought of us and offered to His Father the death He was about to undergo.

Lector: My most beloved Jesus, I embrace all the tribulations You have destined for me until death. By the merits of the pain You suffered in carrying Your Cross, I beseech You to give me the necessary help to carry mine with perfect patience and resignation. I love You, Jesus, my love; I repent for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**O how sad and sore distressed,
Was that Mother highly blessed,
Of the sole-begotten One.**

THE THIRD STATION

JESUS FALLS THE FIRST TIME

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider this first fall of Jesus under His Cross. His flesh was torn by the scourges; His head was crowned with thorns, and He had lost a great quantity of blood. He was so weakened that He could scarcely walk, and yet He had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

Lector: My most beloved Jesus, it is not the weight of the Cross but my sins which have made You suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love You, O my Jesus, with my whole heart; I repent for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Christ above in torment hangs,
She beneath behold the pangs,
Of her dying, glorious Son.**

THE FOURTH STATION

JESUS MEETS HIS SORROWFUL MOTHER

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider the meeting of the Son and the Mother, which took place on the journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

Lector: My most loving Jesus, by the sorrow You experienced in this meeting, grant me the grace of a truly devoted love for Your Most Holy Mother. And you, my Queen, who was overwhelmed with sorrow, obtain for me by your intercession a continual and tender remembrance of the Passion of your Son. I love You, Jesus, my love; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?**

THE FIFTH STATION

SIMON HELPS JESUS TO CARRY THE CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how the Jews, seeing that each step Jesus took was weakening Him to the point of expiring and fearing that He would die on the way, when they wished Him to die the ignominious death of the Cross, constrained Simon the Cyrenian to carry the Cross behind our Lord.

Lector: My most sweet Jesus, I will not refuse the Cross, as the Cyrenian did; I accept it; I embrace it. I accept in particular the death You have destined for me; with all the pains that may accompany it, I unite it to Your death; I offer it to You. You have died for the love of me; I will die for the love of You and to please You. Help me by Your grace. I love You, Jesus, my love; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Can the human heart refrain,
From partaking in her pain,
In that Mother's pain untold?**

THE SIXTH STATION

VERONICA WIPES THE FACE OF JESUS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how the holy woman named Veronica, seeing Jesus so afflicted and His face bathed in sweat and blood, presented Him with a towel, with which He wiped His adorable face, leaving the impression of His holy countenance on it.

Lector: My most beloved Jesus, Your face was beautiful before, but in this journey, it has lost all its beauty, and wounds and blood have disfigured it. Alas, my soul was once beautiful when it received Your grace in Baptism, but I have disfigured it by my sins. You alone, my Redeemer, can restore it to its former beauty. Do this by Your Passion, O Jesus. I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.**

THE SEVENTH STATION

JESUS FALLS THE SECOND TIME

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider the second fall of Jesus under the Cross, a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

Lector: My most gentle Jesus, how many times have You pardoned me, and how many times have I fallen again and begun again to offend You? Oh, by the merits of this new fall, give me the necessary help to persevere in Your grace until death. Grant that in all temptations which assail me, I may always commend myself to You. I love You, Jesus, my love; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**For the sins of His own nation,
Saw Him hang in desolation,
Till His spirit forth He sent.**

THE EIGHTH STATION

THE WOMEN OF JERUSALEM WEEP OVER JESUS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how those women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them: "Weep not for Me but for your children."

Lector: My Jesus, laden with sorrows, I weep for the offences I have committed against You because of the pains they have deserved and still more because of the displeasure they have caused You, who have loved me so much. It is Your love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love You more than myself; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**O thou Mother! Font of love,
Touch my spirit from above,
Make my heart with yours accord.**

THE NINTH STATION

JESUS FALLS THE THIRD TIME

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners was excessive, who tried to hasten His steps when He had scarcely strength to move.

Lector: Ah, my outraged Jesus, by the merits of the weakness You did suffer in going to Calvary, give me strength sufficient to conquer all human respect and all my wicked passions, which have led me to despise Your friendship. I love You, Jesus, my love, with my whole heart; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Make me feel as You have felt;
Make my soul to glow and melt,
With the love of Christ my Lord.**

THE TENTH STATION

JESUS IS STRIPPED OF HIS GARMENTS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them.

Lector: Comfort your Savior that was cruelly treated, and say to Him: My innocent Jesus, by the merits of the torment You felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in You, who are so worthy of my love. I love You, O Jesus, with my whole heart; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Holy Mother! Pierce me through,
In my heart each wound renew,
Of my Savior crucified.**

THE ELEVENTH STATION

JESUS IS NAILED TO THE CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how Jesus, after being thrown on the Cross, extended His hands and offered to His Eternal Father the sacrifice of His death for our salvation. These barbarians fastened Him with nails and then, raising the Cross, allowed Him to die with anguish on this infamous gibbet.

Lector: My Jesus! Loaded with contempt, nail my heart to Your feet, that it may ever remain there, to love You, and never quit You again. I love You more than myself; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Let me share with you His pain,
Who for all my sins was slain,
Who for me in torment died.**

THE TWELFTH STATION

JESUS IS RAISED UPON THE CROSS AND DIES

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how Jesus, after three hours of Agony on the Cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

Lector: O my dying Jesus, I kiss devoutly the Cross on which You died for the love of me. I have merited by my sins to die a miserable death, but Your death is my hope. Ah, by the merits of Your death, give me grace to die, embracing Your feet and burning with love for You. I yield my soul into Your hands. I love You with my whole heart; I repent for ever having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**Let me mingle tears with Thee,
Mourning Him who mourned for me,
All the days that I may live.**

THE THIRTEENTH STATION

JESUS IS TAKEN DOWN FROM THE CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how, after the death of our Lord, two of His disciples, Joseph and Nicodemus, took Him down from the cross and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness and pressed Him to her bosom.

Lector: O Mother of sorrow, for the love of your Son, accept me as your servant and pray to Him for me. And You, my Redeemer, since You have died for me, permit me to love You, for I wish for You and nothing more. I love You, my Jesus, and I repent for ever having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

**By the cross with You to stay;
There with You to weep and pray,
Is all I ask of You to give.**

THE FOURTEENTH STATION

JESUS IS LAID IN THE SEPULCHRE

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

Priest: Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands. They then closed the tomb, and all withdrew.

Lector: Oh, my buried Jesus, I kiss the stone that enclosed You. But You rose again on the third day. I beseech You, by Your resurrection, make me rise gloriously with You on the last day, to be always united with You in heaven, to praise You and love You forever. I love You, and I repent for ever having offended You. Never permit me to offend You again. Grant that I may love You always, and then do with me what You will.

OUR FATHER... HAIL MARY... GLORY BE...

Virgin of all Virgins best!

Listen to my fond request;

Let me share your grief divine.

PRAYER TO JESUS CRUCIFIED

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul, I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope and Charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul, I ponder within myself and mentally contemplate Your five wounds, having before my eyes the words which David the prophet put on Your lips concerning You: "They have pierced My hands and My feet, they have numbered all My bones."

For the intention of the Holy Father,

OUR FATHER... HAIL MARY... GLORY BE...





“IF ANY WANT TO BECOME MY FOLLOWERS, LET THEM DENY THEMSELVES AND TAKE UP THEIR CROSS AND FOLLOW ME.”

MT 16:24