

# *Follow me – a Scriptural Way of the Cross – for St. Luke Parish*

## **Stations of the Cross – Mostly from the USCCB**

Roman Catholics for many centuries. The traditional Stations of the Cross follow fourteen events of Jesus' Passion and death and conclude with a reflection on the Resurrection. Today the Stations of the Cross can be found in almost every Catholic Church. These stations, based on Catholic Church traditions are not all based on Scripture but nonetheless provide the faithful with an opportunity to deepen their understanding of God's immense love and their faith in the Resurrection.

During the early years of the church, pilgrims would journey to the Holy Land and walk the Via Dolorosa through the streets of the Old City of Jerusalem. The Franciscans, custodians of the Holy Places, have been the primary promoters of the devotion to the Stations of the Cross. Since it was not always possible to travel to Jerusalem, the Stations of the cross allow everyone to meditate on the passion and death of Jesus at their local church or home.

During the 1975 Holy Year, Pope Paul VI approved the introduction of a new series of Stations which are based solely on the Gospels. This Scriptural Way of the Cross starts with a reflection on the Last Supper and concludes with the Resurrection.

The following Stations of the Cross are based on those celebrated by Pope John Paul II on Good Friday 1991. They are presented here as an alternative to the traditional stations<sup>1</sup> and as a way of reflecting more deeply on the Scriptural accounts of Christ's passion.

The presiding minister may be a priest, deacon, or layperson. This minister prays the opening and closing prayers, leads the acclamation, announces the stations, and says the prayer that concludes each station. One or more readers may read the Scriptural reflections. A period of silence should be observed between the Scripture reading and the prayer. A crossbearer accompanied by two candlebearers may stand in front of each station as it is announced. As the cross- and candlebearers move between the stations, all may sing a verse of the *Stabat Mater* (At the Cross Her Station Keeping - traditional) or an appropriate antiphon, such as *Parce Domine* (traditional, various settings) or *Crucem Tuam* (Berthier, GIA),

Before each station:

*Minister:*

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

*All:*

Because by your holy cross you have redeemed the world.

After each station:

*All:*

Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.

<http://www.usccb.org/nab/stations.shtml>

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

Heavenly Father, we pause from the cares and concerns of our daily lives to spend a few moments reflecting upon the events surrounding the death and resurrection of our Lord Jesus. Send your spirit into our hearts, increase our faith and deepen our hope in the resurrection. We ask this in the name of Jesus. Amen

## Opening Prayer:

*Minister:*

God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever. Bless us as we gather to reflect on his suffering and death that we may learn from his example the way we should go. We ask this through that same Christ, our Lord.

*All:* Amen.

## First Station: Jesus washes his disciples' feet and explains to Peter

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:*

Jesus knew his time had come to leave this world and return to his Father. He loved all his disciples and in a particular way these men the Father had given Him to continue his mission. As He sat at table with them and celebrated the Passover with them, "he rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist. He came to Simon Peter, who said to him, 'Master, are you going to wash my feet?' Jesus answered and said to him, 'What I am doing, you do not understand now, but you will understand later.' Peter said to him, 'You will never wash my feet.' Jesus answered him, 'Unless I wash you, you will have no inheritance with me.' Simon Peter said to him, 'Master, then not only my feet, but my hands and head as well.' Jesus said to him, 'Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all.... You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet.'" *John 13:4-10, 13-14.*

*Minister:*

Lord, grant us your strength and wisdom, that we may seek to follow your will in all things

Heavenly Father, will we ever understand all that Jesus has done for us? As he gathered with his disciples for the last time before he died, he washed their feet to teach us that we must serve each other. And then while at table, breaking bread and sharing the cup, Jesus offered the gift of himself to his disciples – and to us. In the midst of the problems and pains of our lives, it is easy to forget that we must serve as Jesus did. As he gave himself to us in the Eucharist, nourish and sustain us that we might share his life and his love with others. We ask this in the name of Jesus. Amen

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Second Station: Jesus and his drowsy disciples in Gethsemane**

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

**Because by your holy cross you have redeemed the world.**

Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak."

*Matthew 26:36-41*

*Minister:*

Lord, grant us the courage of our convictions that our lives may faithfully reflect the good news you bring.

Gracious God, while the disciples slept, Jesus, alone and in anguish, prayed for deliverance from death. You did not turn a deaf ear to his plea, but through his resurrection, made him victorious over death. Our future is often frightful and difficult to accept. We pray for deliverance from pain, from sickness, and from the loneliness that seems to separate us even from you. Listen to our prayers. Send your Spirit to comfort us and to help us trust in your will. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Third Station: Jesus is Condemned by the Sanhedrin**

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

**Because by your holy cross you have redeemed the world.**

*Reader:* When day came the council of elders of the people met, both chief priests and scribes, and they brought him before their Sanhedrin. They said, "If you are the Messiah, tell us," but he replied to them, "If I tell you, you will not believe, and if I question, you will not respond. But from this time on the Son of Man will be seated at the right hand of the power of God." They all asked, "Are you then the Son of God?" He replied to them, "You say that I am." Then they said, "What further need have we for testimony? We have heard it from his own mouth."

*Luke 22: 66-71*

*Minister:*

Lord, grant us your sense of righteousness that we may never cease to work to bring about the justice of the kingdom that you promised.

Merciful Father, the chief priests, having judged Jesus guilty, sought testimony that would lead to his death. Many testified falsely against him. So often we judge others and like the chief priests, seek reasons to verify our judgments. Remove from our hearts the desire to stand in judgment, and banish from our minds the temptation to speak falsely about others. Give us the wisdom to seek the goodness in all people. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Fourth Station: Jesus is Judged by Pilate who Appeals to the Crowd**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:* The chief priests with the elders and the scribes, that is, the whole Sanhedrin, held a council. They bound Jesus, led him away, and handed him over to Pilate. Pilate questioned him, "Are you the king of the Jews?" He said to him in reply, "You say so." The chief priests accused him of many things. Again Pilate questioned him, "Have you no answer? See how many things they accuse you of." Jesus gave him no further answer, so that Pilate was amazed.... Pilate, wishing to satisfy the crowd, released Barrabas... [and] handed [Jesus] over to be crucified.

*Mark 15: 1-5, 15*

*Minister:*

Lord, grant us discernment that we may see as you see, not as the world sees.

Father in heaven, because they feared the power of Jesus and wanted him destroyed, they took him to Pilate to be condemned to death. Innocent, Jesus stood silent, not even defending himself against their false testimony. The world stands in judgment of your ways, O Lord. The values of our society conflict with the values Jesus taught. Strengthen our resolve to follow you, O Lord, so that our lives may always give testimony to the faith we have in you. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Fifth Station: Jesus is Scourged and Crowned with Thorns**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:*

Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly.

*John 19: 1-3*

*Minister:*

Lord, grant us patience in times of suffering that we may offer our lives as a sacrifice of praise.

Merciful God, though guilty of no crime, Jesus was scourged and crowned with thorns. Our King was whipped and mocked. It was to free us from sin and death that Jesus suffered the cruelties of his passion. Heavenly Father, through our baptism you have chosen us as your people and have made us a royal nation, heirs of your kingdom. Through the sufferings of our Lord Jesus, give us the courage to face the hardships of our lives. Help us to see the effect of our sins and grant us your forgiveness. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Sixth Station: Jesus Bears the Cross**

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

**Because by your holy cross you have redeemed the world.**

*Reader:* When the chief priests and the guards saw [Jesus] they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him. I find no guilt in him." ... They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

*John 19: 6, 15-17*

*Minister:*

Lord, grant us strength of purpose that we may faithfully bear our crosses each day.

Jesus, king of glory, crowned with thorns, bowed under the weight of the cross that the hands of men prepared for you, impress upon our hearts the image of your face covered with blood, so that it may remind us that you loved us to the point of giving yourself up for us (*Gal 2:20*). May our gaze never move from the sign of our salvation, raised up on the heart of the world, for, contemplating it and believing in you, we do not become lost, but have eternal life (*Jn 3:14-16*).

Jesus, on your lacerated shoulders lies the weight of the shameful gibbet: by your gift the cross becomes a constellation of jewels and the tree of Paradise becomes once more the tree of life.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Seventh Station: Jesus is Helped by Simon of Cyrene to Carry the Cross**

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

**Because by your holy cross you have redeemed the world.**

*Reader:* They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross. *Mark 15: 21*

*Minister:*

Lord, grant us willing spirits that we may be your instruments on earth.

Jesus, you walked, resolutely, on the way that leads to Jerusalem (*Lk 9:51*) your sufferings have made you mankind's guide on the way of salvation (*Heb 2:10*). You are our precursor on the road of your Passover (*Heb 6:20*). Come and help all who, knowingly or obliged by dark events, walk in your footsteps, you who said: "Blessed are those who mourn, for they shall be comforted" (*Mt 5:4*).

Jesus, Raised up from under the weight of the cross by Simon of Cyrene, so that he, unknowing companion on the way of sorrow, might become your friend and guest in the abode of eternal glory.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Eighth Station: Jesus Meets the Women of Jerusalem**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:* A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time, people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?"

*Luke 23: 27-31*

*Minister:*

Lord, grant us gentle spirits that we may comfort those who mourn.

Jesus, King of glory, crowned with thorns, your face covered in blood and spittle, teach us to seek unceasingly your face (*Ps 27:8-9*) so that its splendour will enlighten our way (*Ps 89:15*); teach us to discover it under the appearance of men marked by sickness, prostrated by discouragement, debased by injustice. Leave imprinted in our eyes the features of your beloved face; of which the "least of your brothers" (*Mt 25:40*) are a bright reflection, a sacrament of your presence among us.

Jesus, accompanied to the hill of the Skull by a retinue of weeping women: they have discovered your face of light, your word of grace.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Ninth Station: Jesus is Crucified**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:* When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. [Then Jesus said, "Father, forgive them, they know not what they do."]

*Luke 23: 33-34*

*Minister:*

Lord, grant us merciful hearts that we may bring your reconciliation and forgiveness to all.

Merciful and mighty God, it was for our sins that Jesus was nailed to the cross. It was for our sins that Jesus endured the agonies of his passion that we might be free from the slavery of sin and eternal death. Be with us now. From the depths of our sinfulness and hatred, rescue us. Forgive us our sins, heal our broken hearts and restore us to new life. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Tenth Station: Jesus Promises His Kingdom to the Good Thief**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:* Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise."

*Luke 23: 39-43*

*Minister:*

Lord, grant us perseverance that we may never stop seeking you.

Eternal God, in an age in which thousands of people are called upon to die in the battles of their leaders, we have a King who gave his life in our battle over sin and death. And even in the midst of his pain and agony, Jesus spoke a word of comfort to the Good Thief, forgiving his sins and welcoming him to the Kingdom. Father, give us the strength to follow the way of Jesus. In the midst of our pains and agonies, help us continue to comfort your people, sharing with them your forgiveness, your healing and your life. One day may we all be united with you in the Kingdom. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Eleventh Station: Jesus Speaks to His Mother and the Disciple**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:* Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

*John 19: 25-27*

*Minister:*

Lord, grant us constancy that we may be willing to stand by those in need.

Jesus, beloved Son of the Father, to the sufferings on the cross is added the pain of seeing beside you your mother afflicted with sorrow. We entrust to you the desolation and rebellion of parents bewildered in the face of pain or the death of a child; we entrust to you the dejection of so many orphans, of solitary or abandoned children. You are present in their sufferings as you were on the cross, near to the Virgin Mary. May the day of meeting come when all tears will be wiped away, and joy will be without end.

Jesus, dying on the cross you entrust your mother to the beloved one, the virgin Apostle to the pure Virgin who carried you in her womb.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**



## **Twelfth Station: Jesus Dies on the Cross**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

When Jesus took the wine, he said, "Now it is finished." Then he bowed his head and delivered over his spirit. Since it was the preparation day, the Jews did not want to have the bodies left on the cross during the Sabbath, for that Sabbath was a solemn feast day. They asked Pilate that the legs be broken and the bodies be taken away. Accordingly, the soldiers came and broke the legs of the men crucified with Jesus. When they came to Jesus and saw that he was already dead, they did not break his legs. One of the soldiers thrust a lance into his side and immediately blood and water flowed out. (Jn 19:30-34)

*Minister:*

Lord, grant us trust in you that when our time on earth is ended our spirits may come to you without delay.

Heavenly Father, in your mercy, you did not allow Jesus to endure a long period of suffering on the cross. Weakened by a sleepless night, the scourging and crowning with thorns, and the agonies of the crucifixion, Jesus bowed his head and delivered over his spirit. To rescue us from eternal darkness and despair, Jesus gave up his life. How can we ever return the love Jesus has shown us? May his Sacred Heart, out of which flowed blood and water, be our continued source of grace and love. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

## **Thirteenth Station: Jesus is Placed in the Tomb**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:*

When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it [in] clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed.

*Matthew 27: 57-60*

*Minister:*

Lord, grant us your compassion that we may always provide for those in need.

Almighty God, it was a sad and lonely group who removed the body of Jesus from the cross. Abandoned by most of his disciples and followers, his body was laid to rest in a borrowed tomb. Father, who would have thought that anyone could give so completely of themselves? To the foolish, his death would seem to be his destruction, but through the eyes of faith, his death and resurrection give birth to the joys of new life. Help us accept the trials and misfortunes of this life, filled with hope in the resurrection and eternal life. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**



## **Fourteenth Station: Jesus Walks with the Disciples and Breaks the Bread with them at Emmaus**

**We adore you, O Christ, and we praise you.  
Because by your holy cross you have redeemed the world.**

*Reader:*

“Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and ... it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.... Then... he interpreted to them what referred to him in all the scriptures.... they urged him, ‘Stay with us, for it is nearly evening and the day is almost over.’ So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight.” Luke 24:13,15-16,27,29-31.

*Minister:*

Lord, grant us your compassion that we may always provide for those in need.

Father, we thank You for revealing to us through these disciples of Emmaus your will that Jesus is with us still in the Holy Eucharist, the Breaking of the Bread, and continues to walk with us on our journey of faith to You. When He breathed on his apostles and disciples and gave them your Holy Spirit, whom You sent upon them all with power on the day of Pentecost, Jesus gave us an Advocate to help us remember and understand all that Jesus has said and taught us. Grant us to remain attentive to Jesus through the abiding presence and power of the Holy Spirit, that like Jesus and with Him we too may continue to know and do your holy will. We ask this in the name of Jesus. Amen.

**Lord Jesus, crucified and risen, have mercy on us. Help us walk in your steps.**

*Reader:*

At the sight of Jesus, those who had entertained doubts fell down in homage, Jesus came forward and addressed them in these words: “Full authority has been given to me both in heaven and on earth; go, therefore, and make disciples of all the nations. Baptize them in the name of the Father and of the Son and of the Holy Spirit. Teach them to carry out everything I have commanded you. And know that I am with you always, until the end of the world.” (Mt 28:17-20)

### **Closing Prayer:**

*Minister:*

Lord Jesus Christ, your passion and death is the sacrifice that unites earth and heaven and reconciles all people to you. May we who have faithfully reflected on these mysteries follow in your steps and so come to share your glory in heaven where you live and reign with the Father and the Holy Spirit one God, for ever and ever.

*All:*

Amen.

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