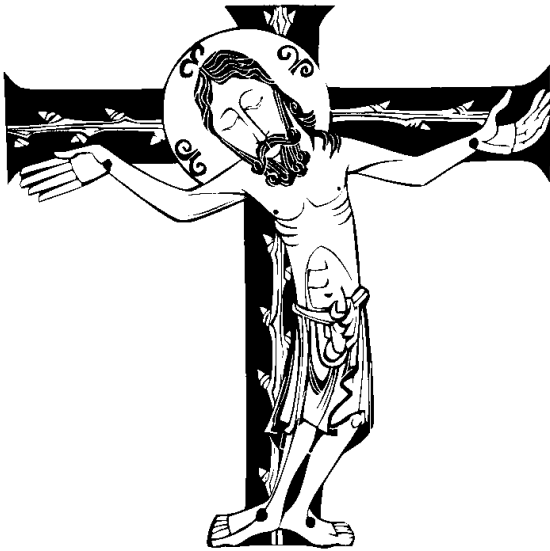


---

# THE WAY of the CROSS

*According to the method of St. Alphonsus Ligurori*



*Thank you for taking this Worship Aid with you as you leave. If you plan on attending Stations of the Cross again this Lent, please consider saving this Worship Aid to reuse the next time you attend.*

*We are unable to reuse paper worship aids at this time.*

---

# At the Cross Her Station Keeping



1. At the cross her sta - tion keep - ing, Mar - y stood in  
 2. While she wait - ed in her an - guish, See - ing Christ in  
 3. With what pain and des - o - la - tion, With what no - ble  
 4. Ev - er pa - tient in her yearn - ing, Though her tear - filled



- sor - row, weep - ing, When her Son was cru - ci - fied.  
 tor - ment lan - guish, Bit - ter sor - row pierced her heart.  
 res - ig - na - tion, Mar - y watched her dy - ing Son.  
 eyes were burn - ing, Mar - y gazed up - on her Son.

- |   |   |
|---|---|
| 5. Who, that sorrow contemplating,<br>On that passion meditating,<br>Would not share the Virgin's grief?    | 10. Mother, may this prayer be granted:<br>That Christ's love may be implanted<br>In the depths of my poor soul.    |
| 6. Christ she saw, for our salvation,<br>Scourged with cruel acclamation,<br>Bruised and beaten by the rod. | 11. At the cross, your sorrow sharing,<br>All your grief and torment bearing,<br>Let me stand and mourn with you.   |
| 7. Christ she saw with life-blood failing,<br>All her anguish unavailing,<br>Saw him breathe his very last. | 12. Fairest maid of all creation,<br>Queen of hope and consolation,<br>Let me feel your grief sublime.              |
| 8. Mary, fount of love's devotion,<br>Let me share with true emotion<br>All the sorrow you endured.         | 13. Virgin, in your love befriend me,<br>At the Judgment Day defend me.<br>Help me by your constant prayer.         |
| 9. Virgin, ever interceding,<br>Hear me in my fervent pleading:<br>Fire me with your love of Christ.        | 14. Savior, when my life shall leave me,<br>Through your mother's prayers receive me<br>With the fruits of victory. |
| 15. Let me to your love be taken,<br>Let my soul in death awaken<br>To the joys of Paradise.                |   |

## PREPARATORY PRAYER

My Lord Jesus Christ, Thou hast made this journey to die for me with love unutterable, and I have so many times unworthily abandoned Thee; but now I love Thee with my whole heart, and because I love Thee, I repent sincerely for having ever offended Thee. Pardon me, my God, and permit me to accompany Thee on this journey. Thou goest to die for love of me; I wish also, my beloved Redeemer, to die for love of Thee. My Jesus, I will live and die always united to Thee.

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

### BEFORE EACH STATION

PRESIDER: *We adore you, O Christ, and we bless you.*

ALL:     **Because by your holy Cross you have  
redeemed the world.**

## THE FIRST STATION: Jesus is condemned to death.

PRESIDER: Consider that Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

PEOPLE: My adorable Jesus, it was not Pilate, no, it was my sins that condemned Thee to die. I beseech Thee, by the merits of this sorrowful journey, to assist my soul in its journey toward eternity. I love Thee, my beloved Jesus; I love Thee more than myself; I repent with my whole heart of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,     ✠ **Have mercy on us!**

ALL:     **While she waited in her anguish,  
Seeing Christ in torment languish.  
Bitter sorrow pierced her heart.**

## THE SECOND STATION: Jesus is made to carry His Cross.

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

PEOPLE: My most beloved Jesus, I embrace all the tribulations that Thou hast destined for me until death. I beseech Thee, by the merits of the pain Thou didst suffer in carrying Thy cross, to give me the necessary help to carry mine with perfect patience and resignation. I love Thee, Jesus, my love; I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ Have mercy on us!

ALL: **With what pain and desolation,  
With what noble resignation,  
Mary watched her dying Son.**

## THE THIRD STATION: Jesus falls the first time.

PRESIDER: Consider this first fall of Jesus under His cross. his flesh was torn by the scourges, His head 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.

PEOPLE: My beloved Jesus, it is not the weight of the cross, but of my sins, which had made Thee suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love Thee, O my Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ Have mercy on us!

ALL: **Ever patient in her yearning,  
Though her tear-filled eyes were burning,  
Mary gazed upon her Son.**

## THE FOURTH STATION: Jesus meets his sorrowful mother.

**PRESIDER:** Consider the meeting of the Son and the Mother, which took place on this 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.

**PEOPLE:** My most loving Jesus, by the sorrow Thou didst experience in this morning, grant me the grace of a truly devoted love for Thy most holy Mother. And thou, my Queen, who was overwhelmed with sorrow, obtain for me by thy intercession a continual and tender remembrance of the Passion of thy Son. I love Thee, Jesus, my love; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ **Have mercy on us!**

**ALL:**      **Who, that sorrow contemplating,  
On that passion meditating,  
Would not share the Virgin's grief?**

## THE FIFTH STATION: Simon of Cyrene helps Jesus to carry his cross.

**PRESIDER:** Consider that the Jews, seeing that at each step Jesus, from weakness, was on the point of expiring, and fearing 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.

**PEOPLE:** 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 that Thou hast destined for me, with all the pains which may accompany it, I unite it to Thy death; I offer it to Thee. Thou hast died for love of me! I will die for love of Thee, and to please Thee. Help me by Thy grace. I love Thee, Jesus, my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ **Have mercy on us!**

**ALL:**      **Christ she saw, for our salvation,  
Scourged with cruel acclamation,  
Bruised and beaten by the rod.**

## THE SIXTH STATION: Veronica wipes the face of Jesus.

PRESIDER: Consider that 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 on it the impression of His holy countenance.

PEOPLE: My most beloved Jesus. Thy face was beautiful before, but in this journey is has lost all its beauty, and wounds and blood have disfigured it. Alas! my soul also was once beautiful, when it received Thy grace in Baptism, but I have disfigured it since by my sins. Thou alone, My Redeemer, canst restore it to its former beauty. Do this by Thy Passion, O Jesus. I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ Have mercy on us!

ALL: **Christ she saw with life-blood failing,  
All her anguish unavailing,  
Saw him breathe his very last.**

## THE SEVENTH STATION: Jesus falls the second time.

PRESIDER: Consider the second fall of Jesus under the cross - a fall which renews the pains of all the wounds of the head and members of our afflicted Lord.

PEOPLE: My most gentle Jesus, how many times Thou hast pardoned me, and how many times have I fallen again, and begun again to offend Thee! Oh, by the merits of this new fall, give me the necessary helps to persevere in Thy grace until death. Grant that in all temptations which assail me I may always commend myself to Thee. I love Thee, Jesus, my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ Have mercy on us!

ALL: **Mary, fount of love's devotion,  
Let me share with true emotion,  
All the sorrow you endure.**

## THE EIGHTH STATION: The women of Jerusalem weep over Jesus.

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

PEOPLE: My Jesus, laden with sorrows, I weep for the offenses that I have committed against Thee, because of the pains which they have deserved, and still more because of the displeasure which they have caused Thee, Who hast loved me so much. It is Thy love, more than the fear of Hell, which causes me to weep for my sins. My Jesus, I love thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ Have mercy on us!

ALL: **Virgin, ever interceding  
Hear me in my fervent pleading  
Fire me with your love of Christ.**

## THE NINTH STATION: Jesus falls the third time.

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

PEOPLE: Ah, my outraged Jesus, by the merits of the weakness that Thou didst 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 Thy friendship. I love Thee, Jesus, my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ Have mercy on us!

ALL: **Mother, may this prayer be granted:  
That Christ's love may be implanted  
In the depth of my poor soul.**

**THE TENTH STATION: Jesus is stripped of his garments.**

**PRESIDER:** 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. Compassionate your Saviour thus cruelly treated, and say to Him:

**PEOPLE:** My innocent Jesus, by the merits of the torment which Thou hast felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in Thee, Who are so worthy of my love. I love Thee, O Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ **Have mercy on us!**

**ALL:**      **At the cross, your sorrow sharing,  
All your grief and torment bearing,  
Let me stand and mourn with you.**

**THE ELEVENTH STATION: Jesus is nailed to the Cross.**

**PRESIDER:** Consider that Jesus, after being thrown on the cross, extended His hands, and offered to His eternal Father the sacrifice of His life for our salvation. These barbarians fastened Him with nails, and then, raising the cross, left Him to die with anguish on this infamous gibbet.

**PEOPLE:** My Jesus, loaded with contempt, nail my heart to Thy feet, that it may ever remain there to love Thee and never quit Thee again. I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ **Have mercy on us!**

**ALL:**      **Fairest maid of all creation,  
Queen of hope and consolation,  
Let me feel your grief sublime.**



**THE TWELFTH STATION: Jesus is raised upon the Cross and dies.**

**PRESIDER:** Consider how thy Jesus, after three hours of agony of the cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

**PEOPLE:** O my dying Jesus, I kiss devoutly the cross on which Thou didst die for love of me. I have merited by my sins to die a miserable death, but Thy death is my hope. Ah, by the merits of Thy death, give me grace to die, embracing Thy feet and burning with love for Thee. I commit my soul into Thy hands. I love Thee with my whole heart; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ **Have mercy on us!**

**ALL:**      **Virgin, in your love befriend me,  
At the Judgment Day defend me.  
Help me by your constant prayer.**

**THE THIRTEENTH STATION: Jesus is taken down from the Cross and placed in the arms of His mother.**

**PRESIDER:** Consider that Our Lord having expired, 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.

**PEOPLE:** O Mother of Sorrow, for the love of this Son, accept for me thy servant, and pray to Him for me. And Thou, my Redeemer, since Thou hast died for me, permit me to love Thee; for I wish but Thee, my Jesus, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ **Have mercy on us!**

**ALL:**      **Savior, when my life shall leave me,  
Through your mother's prayers receive me  
With the fruits of victory.**

## THE FOURTEENTH STATION: **Jesus is laid in the Sepulchre.**

**PRESIDER:** Consider that 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.

**PEOPLE:** Ah, my buried Jesus, I kiss the stone that encloses Thee. But Thou didst rise again the third day. I beseech Thee, by Thy resurrection, make me rise glorious with Thee at the Last Day, to be always united with Thee in Heaven, to praise Thee and love Thee forever. I love Thee, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

*Our Father. Hail Mary. Glory Be.*

✠ Lord Jesus, crucified,      ✠ **Have mercy on us!**

**ALL:**      **Let me to your love be taken,  
Let my soul in death awaken  
To the joys of Paradise.**

*Then, the ministers return to the foot of the altar, and to complete the devotion, say the Our Father, Hail Mary, and Glory Be five times in honor of the Passion of Jesus Christ.*

## **PRAYER TO JESUS CRUCIFIED**

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee that Thou wouldst 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 Thy five wounds, having before my eyes the words which David the prophet put on Thy lips concerning Thee: "They have pierced my hands and my feet, they have numbered all my bones."

*All Saints gratefully acknowledges the following copyright holders:*

*Stabat Mater* text by Jacopone da Todi (1230-1306), translation by Anthony G. Peti (1932-1985) © 1971 Faber Music, LTD, music *STABAT MATER* Mainz *Gesangbuch* 1661, harmony by Richard Proulx (1937-2010), © 1986 GIA Publications. Used by permission of OneLicense.net license # A-701298.

---

ALL SAINTS CATHOLIC CHURCH  
9300 Stonewall Road • Manassas, VA 20110  
703-368-4500 • [WWW.ALLSAINTSVA.ORG](http://WWW.ALLSAINTSVA.ORG)

---