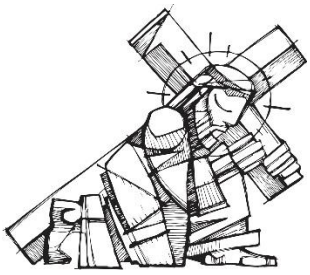
A Short Stations of the Cross



At the beginning of each station:
We adore you, O Christ, and we bless you.
R. **Because by your holy cross**
you have redeemed the world.

(Pause for a moment of silent reflection after each Station)

The First Station:
Jesus is condemned to death
Jesus was unjustly condemned.
He accepted this out of love for us.
Help us, Lord, to accept what we find hard in life, and to place our trust in your promise that we will never be without your presence.

Second Station:
Jesus takes up his cross
With great courage Jesus took up his cross.
Help us, Lord, to follow your example and walk with you through life.

Third Station:
Jesus falls the first time
Jesus became like us in human weakness and frailty.
Support us, Lord, when we stumble and fall.

Fourth Station:
Jesus meets his mother
Mary your mother was always there for you.
Help us to be there for our families and friends in all difficult times, and to show them your compassion.

Fifth Station:
Simon of Cyrene helps carry the cross
Simon shared the weight of your cross as you went forward to lay down your life for us all.
Be with us as we strive to reach out to those in need in our world today.

Sixth Station:
Veronica wipes the face of Jesus
The compassion of Veronica for you in your hour of need is a pale reflection of your great compassion for all of us.
Help us to show your love in deeds of kindness to all we meet.

Seventh Station:
Jesus falls the second time
With great courage you continued and went forward on the road to Calvary.
Help us to be strong and to draw courage from you when we meet life's problems.

Eighth Station:
Jesus speaks to the women of Jerusalem
Jesus was aware of the depth of grief these women showed for him, and he in turn showed great concern for their future and the future of their children.
When we are in pain, help us not to become so inward looking that we forget to look outward and be open to the pain of others.

Ninth Station:
Jesus falls the third time
When all seemed lost, Jesus persevered in doing the will of the Father, and drew strength from his Father.
Teach us how to draw strength from you when life and all the problems of our world seem too much for us.

Tenth Station:
Jesus is stripped of his garments
Every possession was taken from Jesus,
and his great heart of love was revealed to us.
Help us to have poverty of spirit that we may see your love everywhere.

Eleventh Station:
Jesus is nailed to the cross
Nailed to the cross, Jesus freely offered his life for us and for the whole human race.
When we feel constrained and trapped by fears in life, give us the grace of inner freedom which sees your hand at work in all the circumstances in which we find ourselves.

Twelfth Station:
Jesus dies on the cross
With a loud cry, Jesus breathed his last and sent forth the Spirit.
Give us great hope and trust that nothing can separate us from your love, not even death itself.

Thirteenth Station:
Jesus is taken down from the cross
The small group of followers gave you in death to Mary, your Mother.
May she gather us and form us into your faithful disciples, ready to witness to your goodness and love.

Fourteenth Station:
Jesus is laid in the tomb
In the stillness of the tomb,
we keep watch for signs of your presence.
In the noise and distraction of our daily lives, help us make time and space to recognise you.

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Adapted by Fr Dave Heywood.