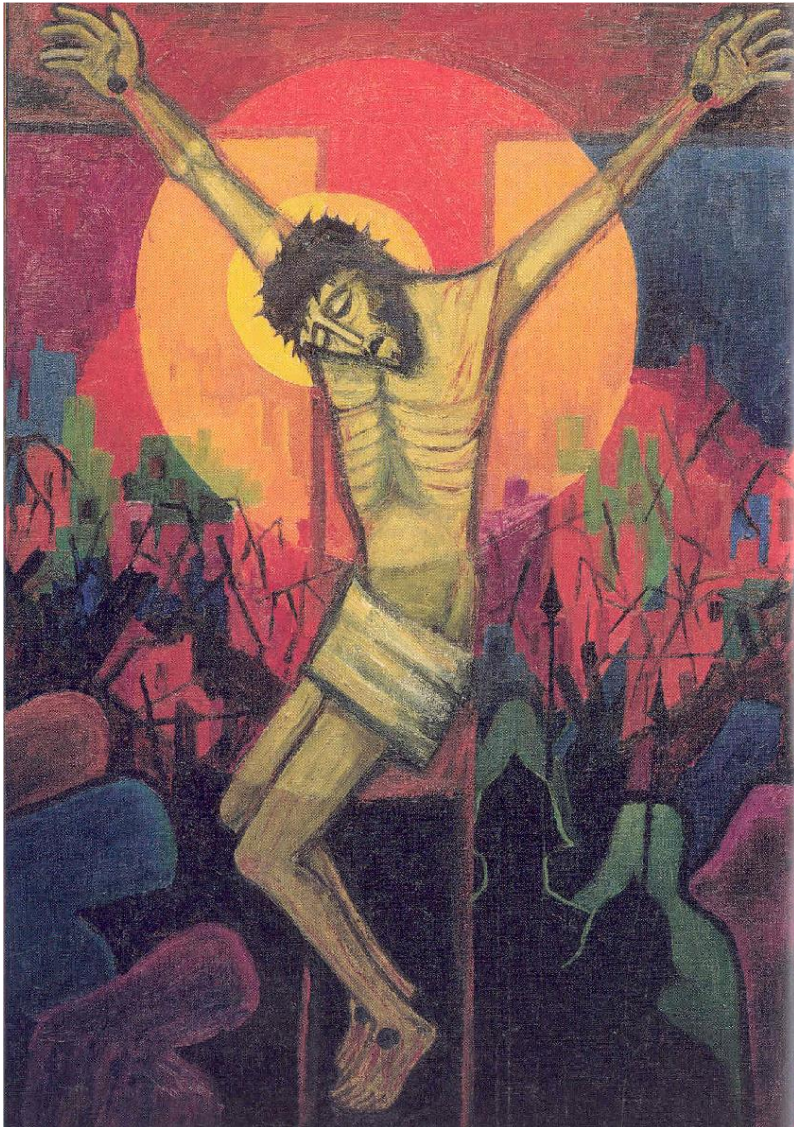


All Saints - Helmsley

The Stations of the Cross



Introduction

The Stations of the Cross is a very old devotion; it may well originate in the desire of Christians to go on pilgrimage to Jerusalem and be in the place where Jesus went to his death. Many churches have 'stations' (the name means 'stopping-places'), in the form of fourteen pictures or sculptures or engravings, or sometimes simple crosses, to allow Christians to pause ('stop') and enter reflectively into those last moments of Jesus's journey of love, and to pray by imagining themselves in Jerusalem with him.

The stations which accompany this devotion are very modern in their style and, unusually, fifteen in number – but no less evocative and rich in meaning.

How to pray the Stations

At each 'station' we begin by naming the station, and we say together **'We adore you, O Christ, and we bless you because by your holy cross you have redeemed the world.'**

Not all of the stations are recorded in the scriptures; they owe much to the creative imagination of Christians who wanted to follow Jesus in this last journey of love. There is a short gospel passage for each station and after each reading there is an 'examination of conscience' using the familiar **'Lord have mercy, Christ have mercy, Lord have mercy'** response from the penitential rite of the Eucharist. Each station ends with a prayer asking for God's healing in our lives and, by so doing, makes us aware of the positive and redemptive aspect of Christ's sufferings.

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

Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it.'

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.

Matthew 27:22-24

Pilate said to them 'what am I to do with Jesus who is called Christ?' They all said, 'Let him be crucified!' 'Why?' he asked, 'What harm has he done?' But they shouted all the louder, 'Let him be crucified!' Then Pilate saw that he was making no impression, that in fact a riot was imminent. So he took some water, washed his hands in front of the crowd and said, 'I am innocent of this man's blood. It is your concern.'
[Pause]

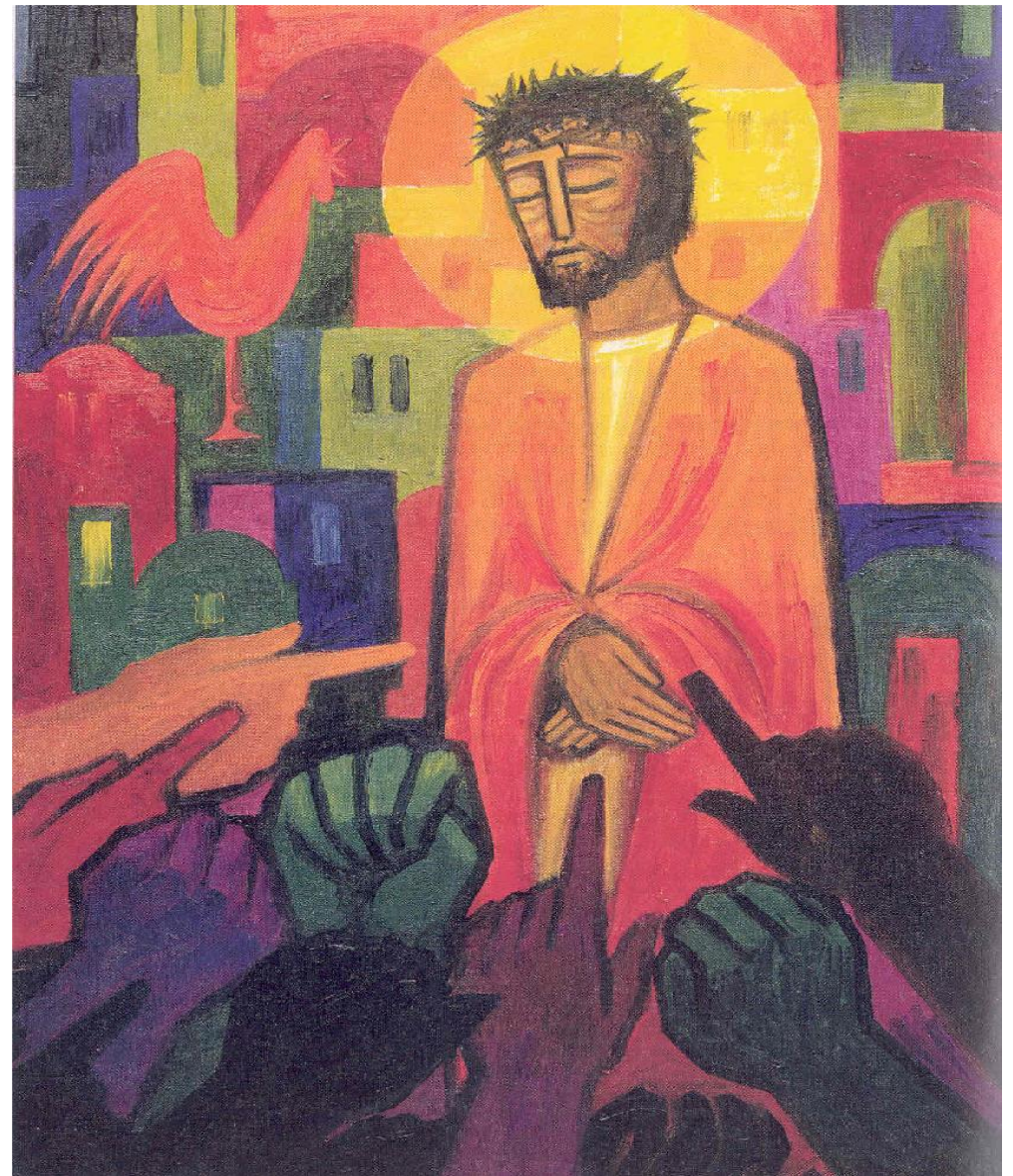
Lord, for the times I have washed my hands of my responsibilities
Lord, have mercy.

Lord, for the times I fail to have the courage to do what I know is right.
Christ, have mercy.

Lord, for the times I blame others for my actions.
Lord, have mercy.

Lord, heal my memories of those occasions when I have been wrongly accused and help me forgive those who have judged me unjustly.

JESUS IS CONDEMNED TO DEATH



Second Station: Jesus accepts the cross.

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

Matthew 27:27-31

The governor's soldiers took Jesus with them into the Praetorium and collected the whole cohort round him. Then they stripped him and made him wear a scarlet cloak and having twisted some thorns into a crown they put this on his head and placed a reed in his right hand. To make fun of him they knelt to him saying, 'Hail, king of the Jews!' And they spat on him and took the reed and struck him on the head with it. And when they had finished making fun of him, they took off the cloak and dressed him in his own clothes and led him away to crucify him.

[Pause]

Lord, for the times I am disgruntled and complain about my lot.

Lord, have mercy.

Lord, for the times I mock and ridicule others.

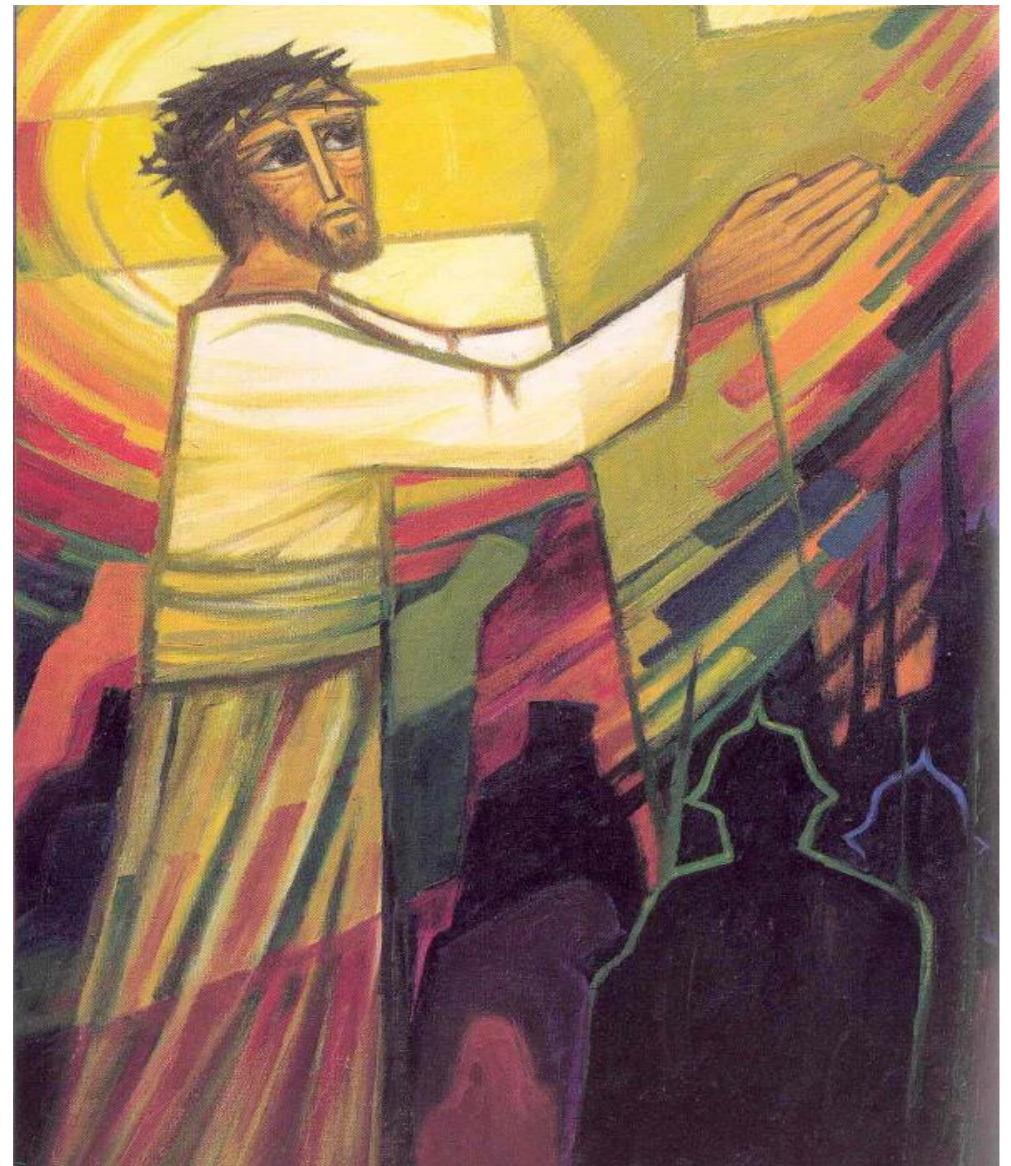
Christ, have mercy.

Lord, for the times I punish others, loading them with burdens.

Lord, have mercy.

Heal me, Lord, of the injuries I have felt from the words and actions of others.

JESUS TAKES UP HIS CROSS



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.

Hebrews 2:17-18

It was essential that he should in this way become completely like his brothers so that he could be a compassionate and trustworthy high priest of God's religion, able to atone for human sins. That is, because he has himself been through temptation he is able to help others who are tempted.

[Pause]

Lord, for the times I have called others to fall.

Lord, have mercy.

Lord, for the times I fail to show compassion.

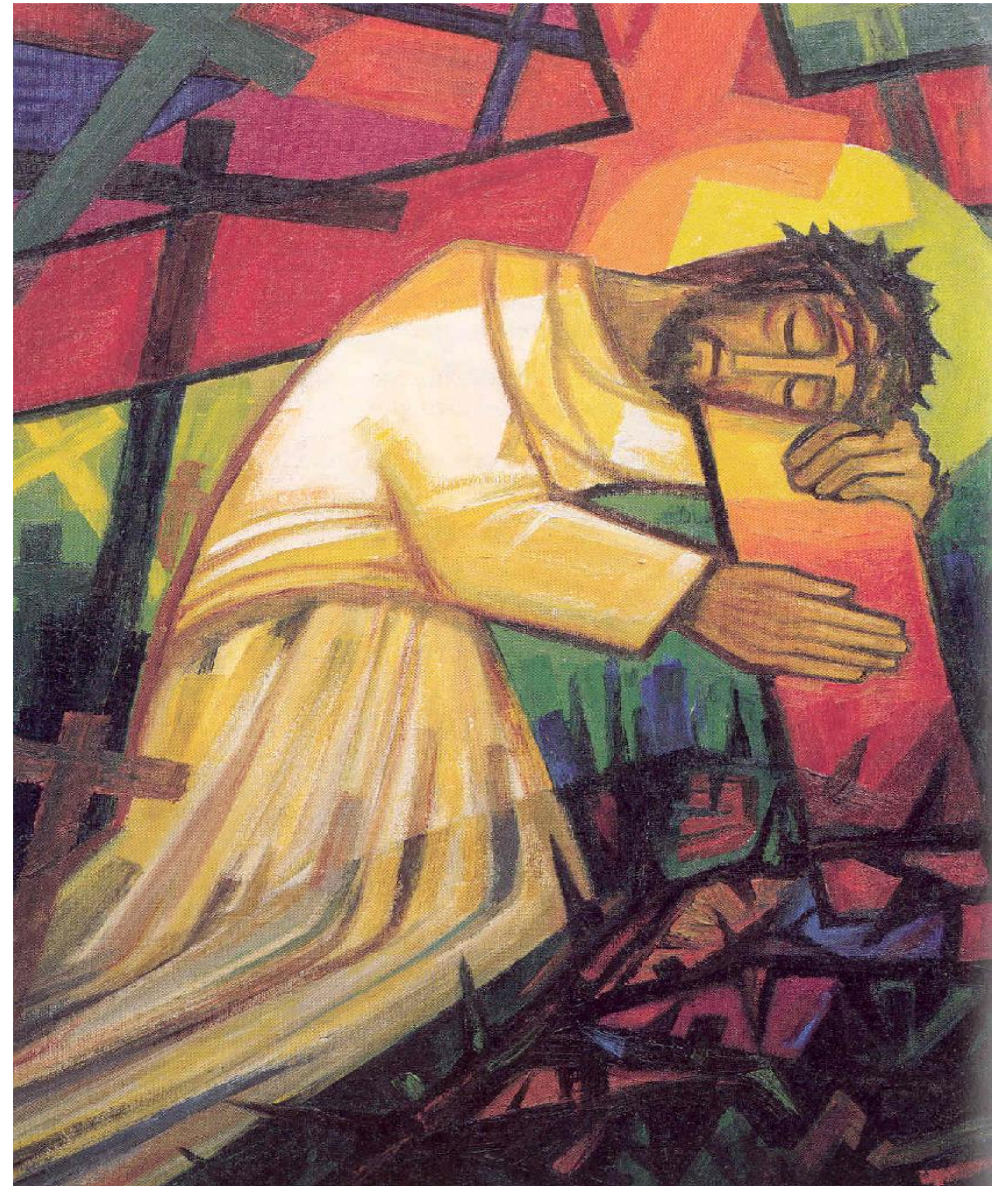
Christ, have mercy.

Lord, for the times I am no support to my brothers and sisters.

Lord, have mercy.

Heal me, Lord, of the hurt my pride has suffered. Help me not to be too proud to ask forgiveness of those I have hurt.

JESUS FALLS THE FIRST TIME



Fourth Station: Jesus meets his mother.

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

Luke 1:30-33

'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.'

[Pause]

Lord, for the times I have not accepted your Word.

Lord, have mercy.

Lord, for the times I have allowed the troubles and trials of the day to get the better of me.

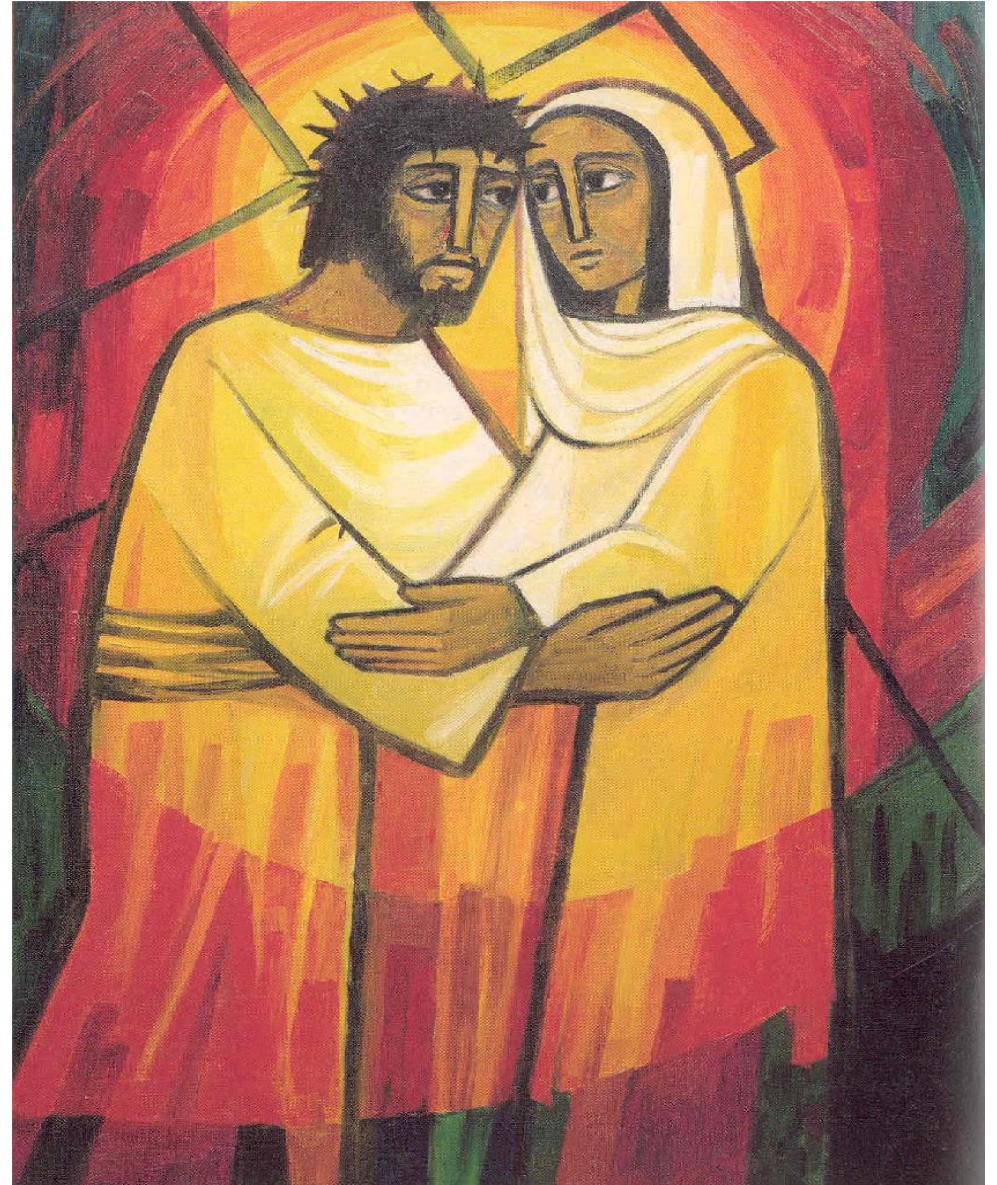
Christ, have mercy.

Lord, for the times I have been too full of my own importance.

Lord, have mercy.

Lord, heal me of all fear, give me the wisdom to know your will and the strength to carry it out.

JESUS MEETS HIS MOTHER



Fifth Station: Simon of Cyrene helps Jesus to carry his cross.

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

[Matthew 27:32](#)

On their way out, they came across a man from Cyrene, Simon by name, and enlisted him to carry his cross.

[Pause]

Lord, for the times I fail to help carry other people's burdens.

Lord, have mercy.

Lord, for the times I fail to share whatever you have given me.

Christ, have mercy.

Lord, for the times I do not welcome strangers.

Lord, have mercy.

Lord, heal my lack of openness to others. Help me to make the first move to welcome others.

SIMON OF CYRENE



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.

Matthew 25:35-40

For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me.” Then the virtuous will say to him in reply, “Lord, when did we see you hungry and feed you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?” And the King will answer, “I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me.”

[Pause]

Lord, for the times I fail to see you in my neighbour.

Lord, have mercy.

Lord, for the times I fail to show hospitality.

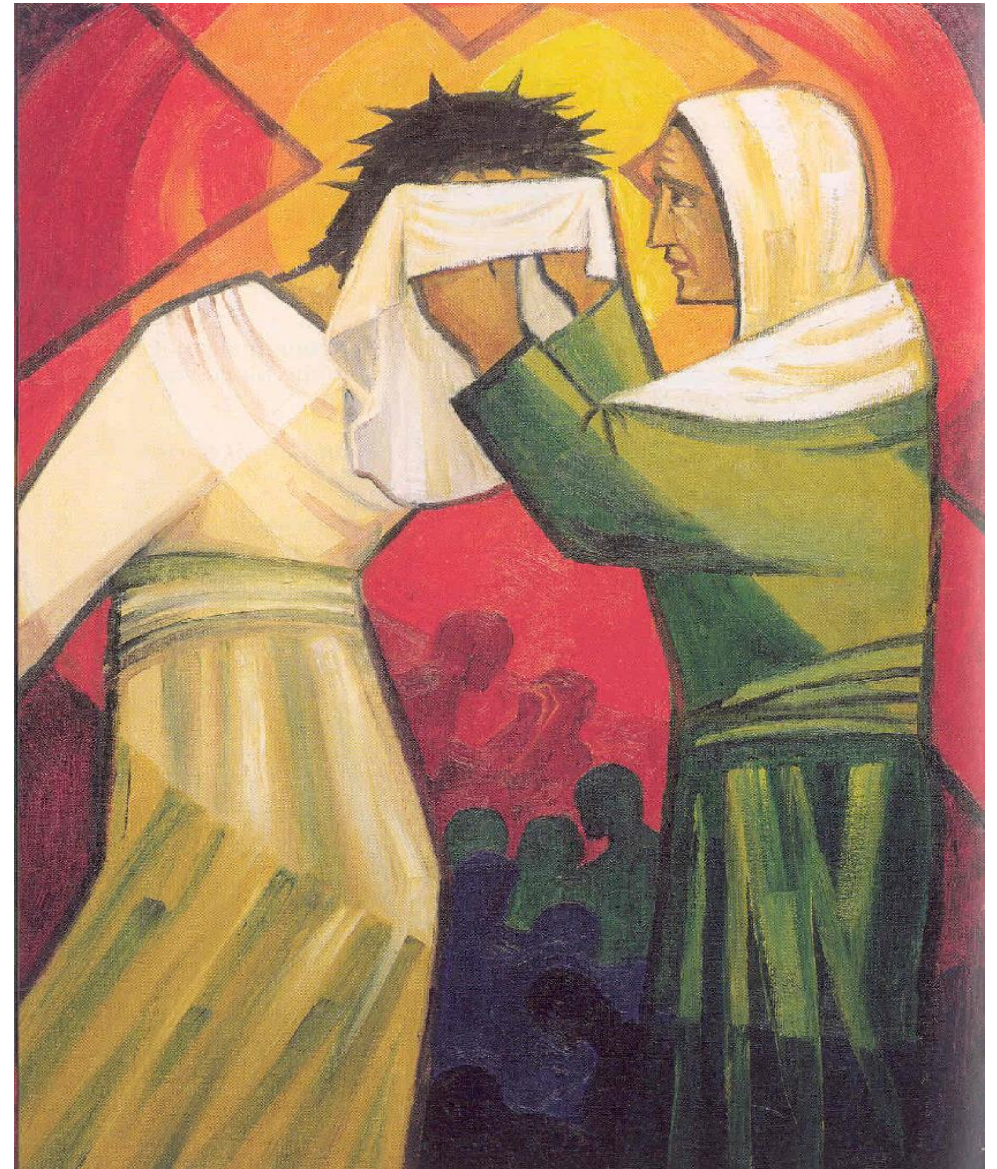
Christ, have mercy.

Lord, for the times I fail to see the needs of others.

Lord, have mercy.

Heal me, Lord, of the prejudices that prevent me from reaching out to others.

VERONICA



Seventh Station: Jesus falls the second time.

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

Isaiah 53:5-6

Yet he was pierced through for our faults, crushed for our sins. On him lies a punishment that brings us peace, and through his wounds we are healed. We had all gone astray like sheep, each taking his own way, and Yahweh burdened him with the sins of all of us.

[Pause]

Lord, for the times I have wounded others.

Lord, have mercy.

Lord, for the times I have preferred to go my own way.

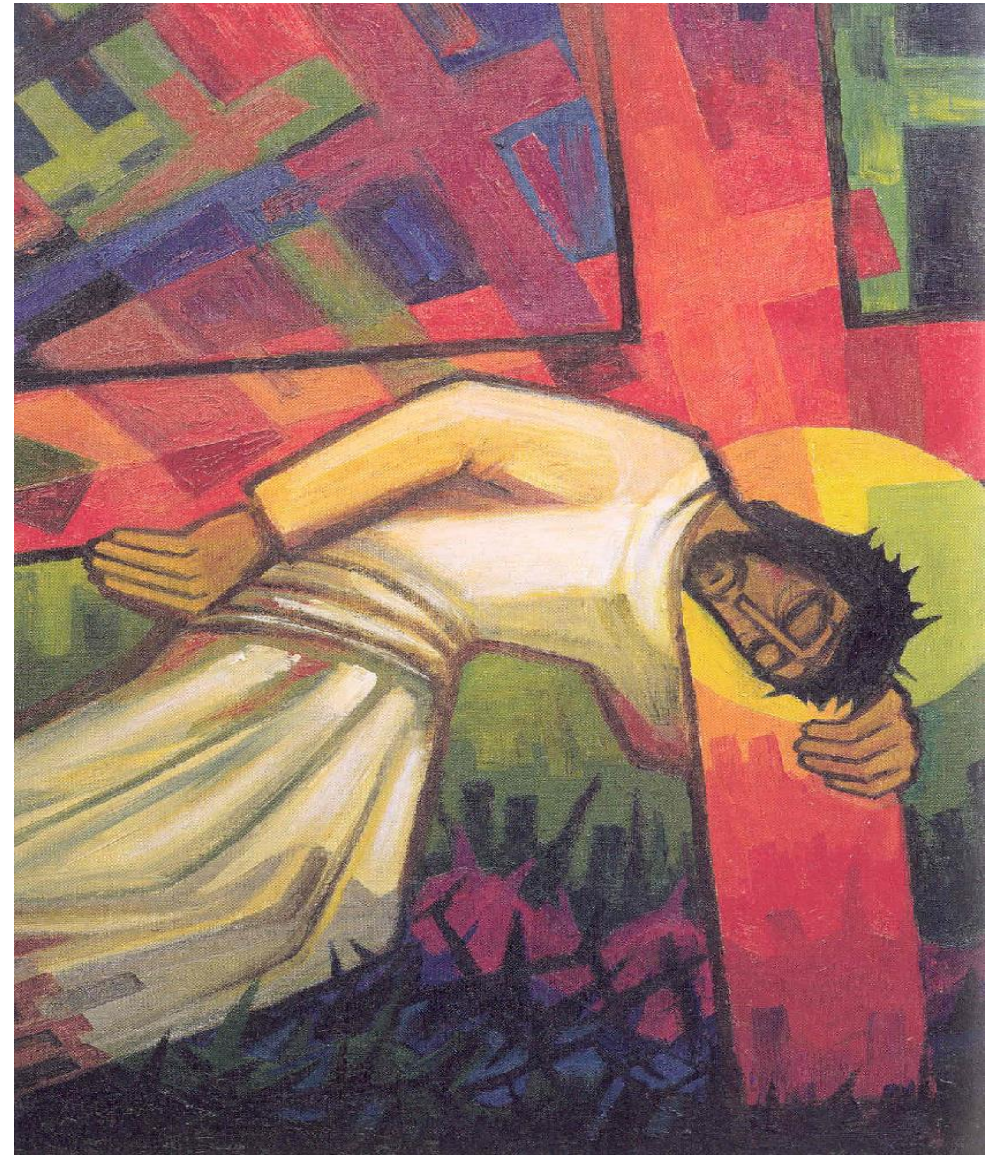
Christ, have mercy.

Lord, for the times I have exaggerated the faults of others.

Lord, have mercy.

Heal me, Lord, of all resentments. Help me to bring your peace and healing to those I have wounded.

JESUS FALLS THE SECOND TIME



Eighth 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.

Luke 23:27-28

Large numbers of people followed him, and of women too, who mourned and lamented for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me; weep rather for yourselves and for your children.

[Pause]

Lord, for the times I fail to comfort those in need.

Lord, have mercy.

Lord, for the times I am lacking in generosity.

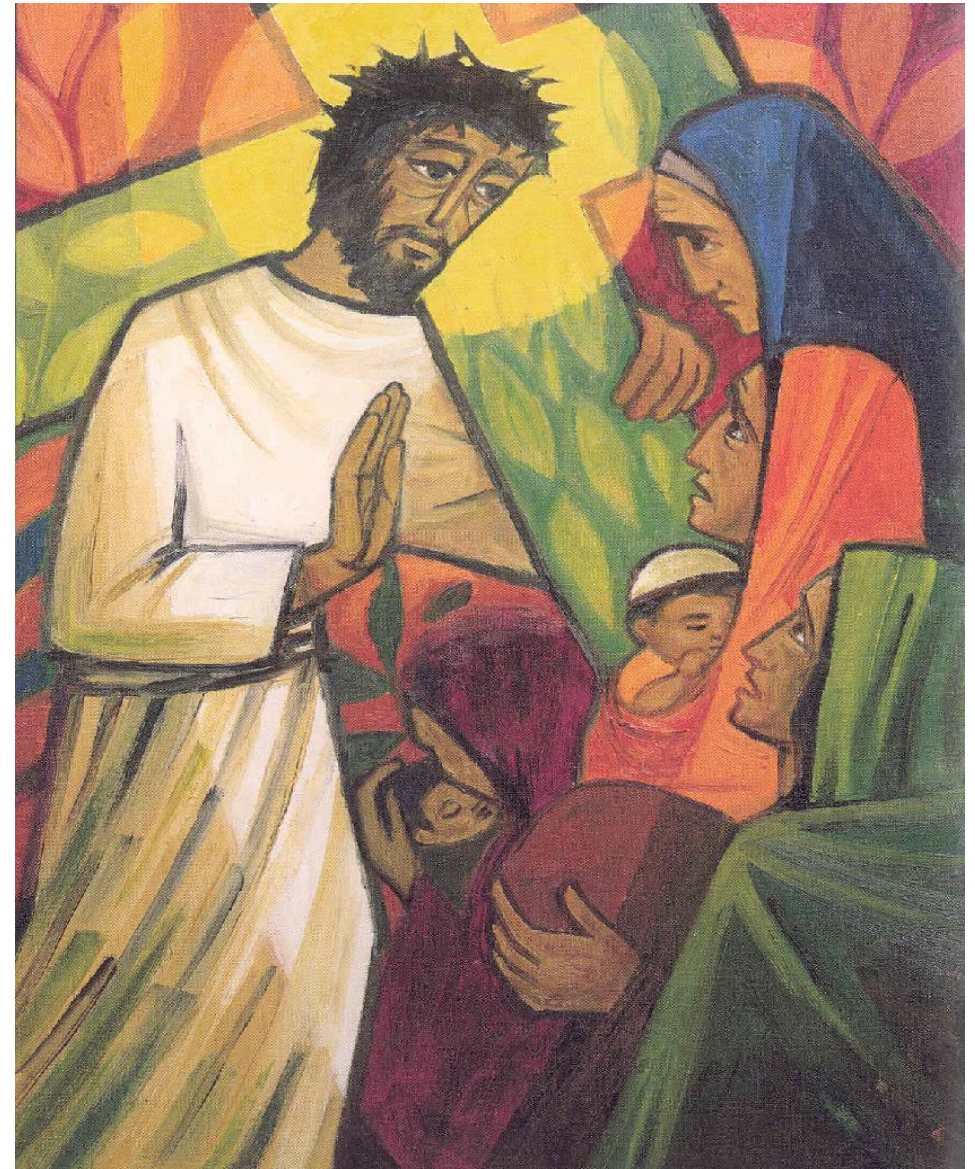
Christ, have mercy.

Lord, for the times I do not listen to people.

Lord, have mercy.

Lord, fill with your healing love, each moment of my life where there has been a lack of love. Fill me with your love so that I may share it with others.

THE WOMEN OF JERUSALEM



Ninth Station: Jesus falls a third time.

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

1 Peter 2:22-24

He had not done anything wrong, and there had been no perjury in his mouth. He was insulted and did not retaliate with insults; when he was tortured he made no threats but he put his trust in the righteous judge. He was bearing our faults in his own body on the cross, so that we might die to our faults and live for holiness; through his wounds you have been healed. You had gone astray like sheep but now you have come back to the shepherd and guardian of your souls.

[Pause]

Lord, for the times I have accused others falsely.

Lord, have mercy.

Lord, for the times I have been untruthful.

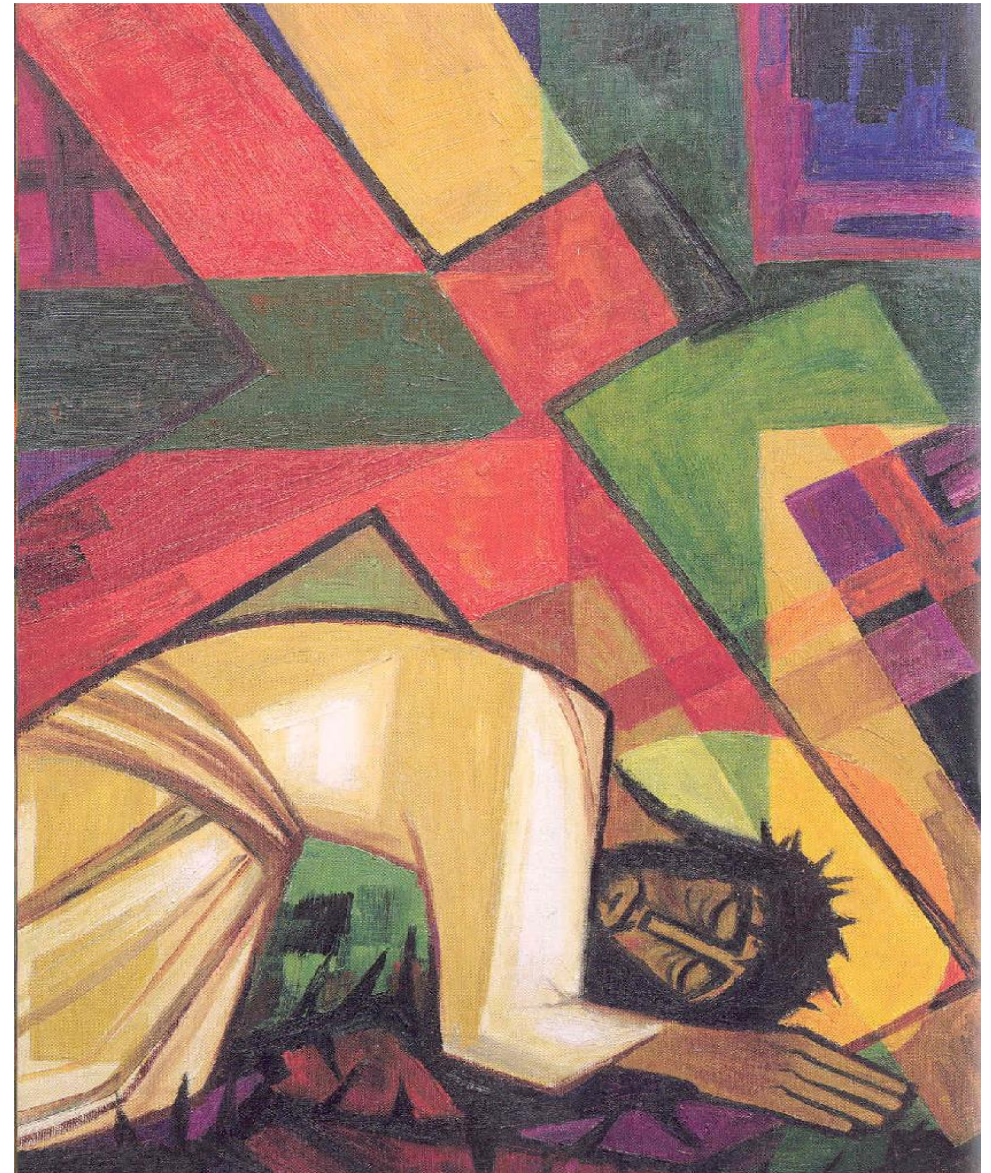
Christ, have mercy.

Lord, for the times I have retaliated unjustly.

Lord, have mercy.

Heal me, Lord, of all insults that have crippled me. Help me, Lord, to be gentle with others.

JESUS FALLS THE THIRD TIME



Tenth Station: Jesus is stripped of his garments.

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

John 19:23-24

They took his clothing and divided it into four shares, one for each soldier. His undergarment was seamless, woven in one piece from neck to hem; so they said to one another, 'Instead of tearing it, let's throw dice to decide who is to have it.' In this way the words of scripture were fulfilled: They shared out my clothing among them. They cast lots for my clothes.

[Pause]

Lord, for my immodest thoughts and actions.

Lord, have mercy.

Lord, for the sharpness of my tongue.

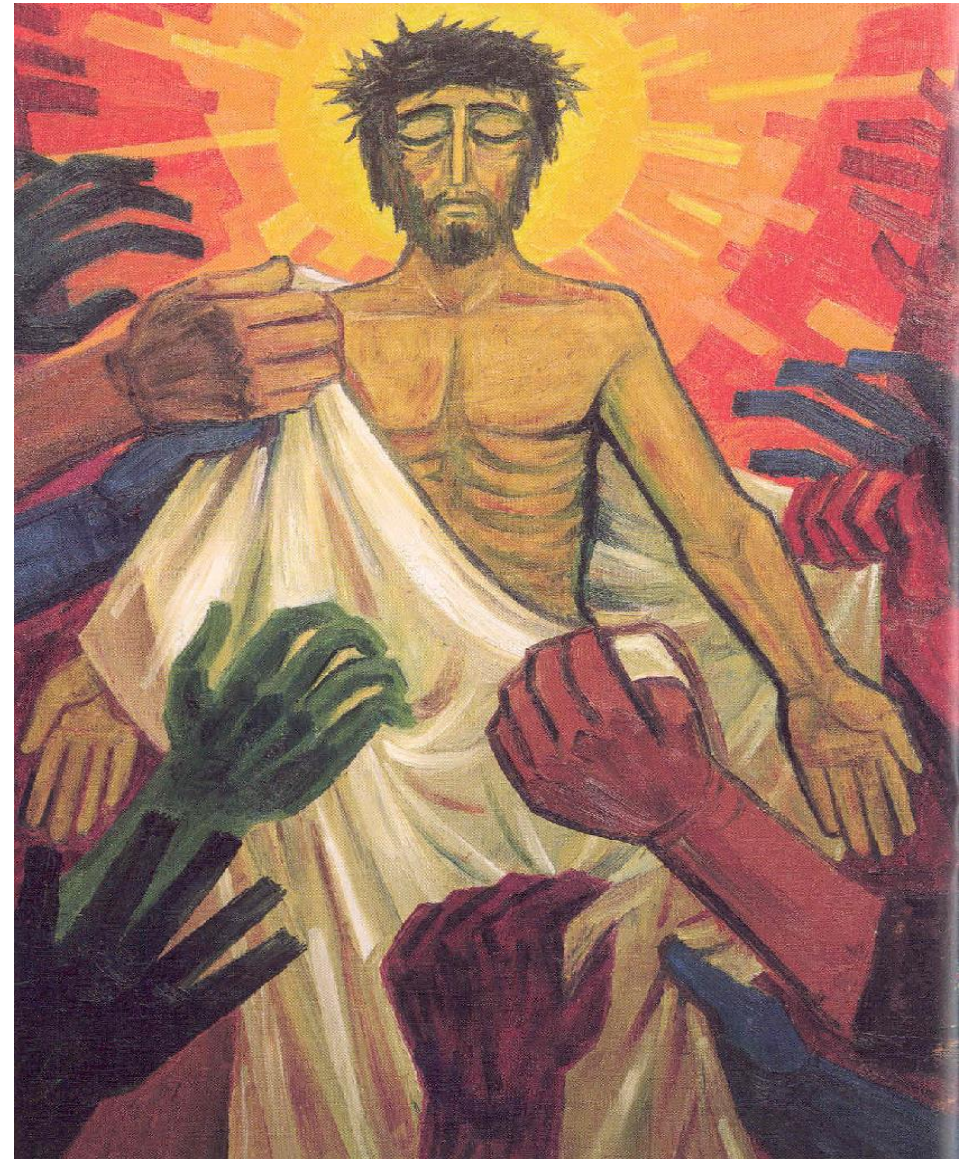
Christ, have mercy.

Lord, for my impatience with others.

Lord, have mercy.

Heal me, Lord, of all that I am ashamed. Drive all evil far from me, Lord.

JESUS IS STRIPPED



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.

Luke 23:33-34

When they reached the place called The Skull, they crucified him there and the two criminals also, one on the right, the other on the left. Jesus said, 'Father, forgive them; they do not know what they are doing.'

[Pause]

Lord, for the times I fail to forgive others.

Lord, have mercy.

Lord, for the times I crucify others.

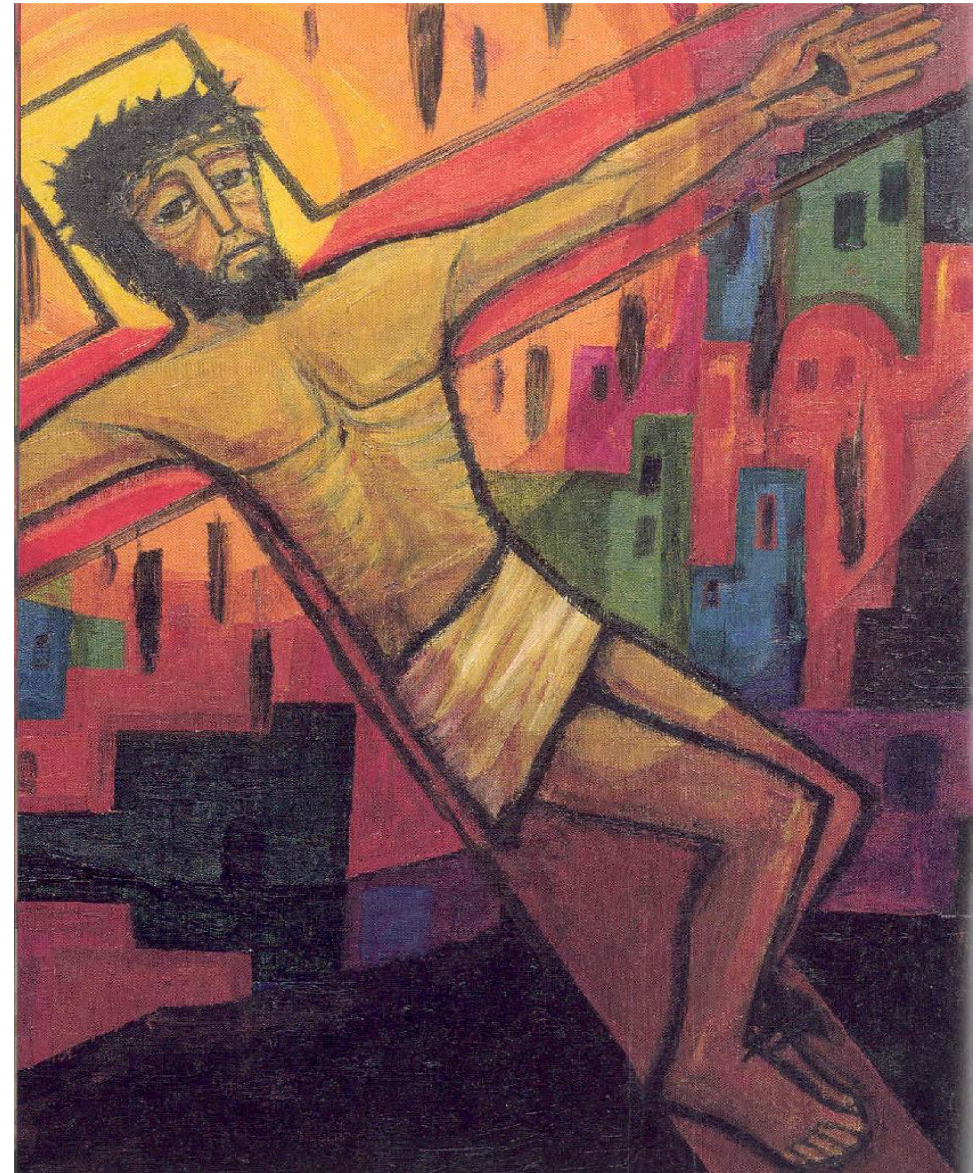
Christ, have mercy.

Lord, for the times I turn my back on you.

Lord, have mercy.

Heal me, Lord, of all my jealousy, of all that binds and cripples me.

JESUS IS NAILED TO THE CROSS



Twelfth Station: Jesus speaks to his mother.

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world.

John 19:25-27

Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple he loved standing near her, Jesus said to his mother, 'Woman, this is your son. Then to the disciple he said, 'This is your mother.' And from that moment the disciple made a place for her in his home.

[Pause]

Lord, for the times I do not welcome others into my life.

Lord, have mercy.

Lord, for the times I show disrespect to my mother and father, to my brothers and sisters.

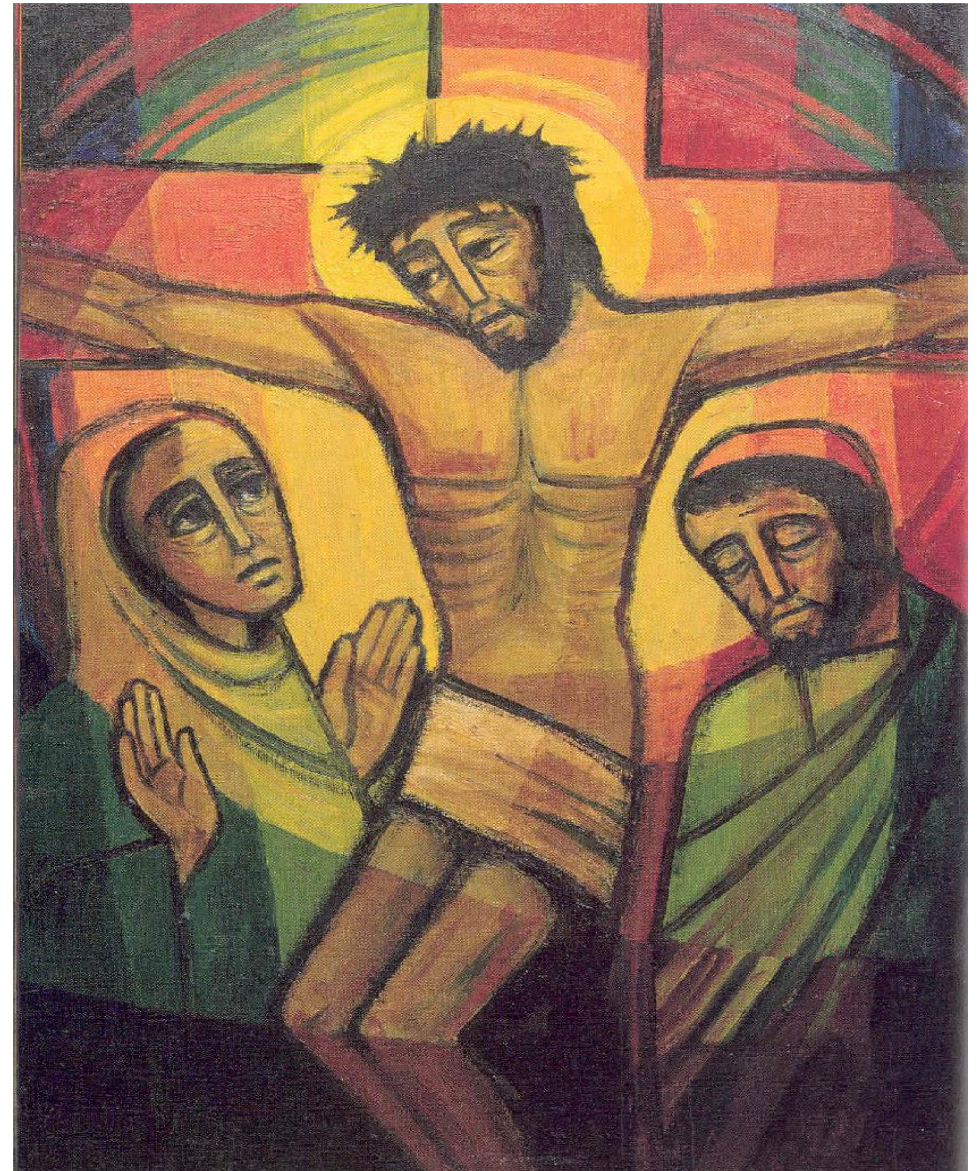
Christ, have mercy.

Lord, for the times I devalue the life you give us.

Lord, have mercy.

Lord, heal my relationships with parents, family and friends and with all those with whom I share my life.

JESUS SPEAKS TO HIS MOTHER



Thirteenth 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.

[Luke 23:44-46](#)

It was now about the sixth hour and, with the sun eclipsed, a darkness came over the whole land until the ninth hour. The veil of the Temple was torn right down the middle; and when Jesus had cried out in a loud voice, he said, 'Father, into your hands I commit my spirit'. With these words he breathed his last.

[Pause]

Lord, for the times I fail to give myself to you.

Lord, have mercy.

Lord, for the times I fail to commit myself to others.

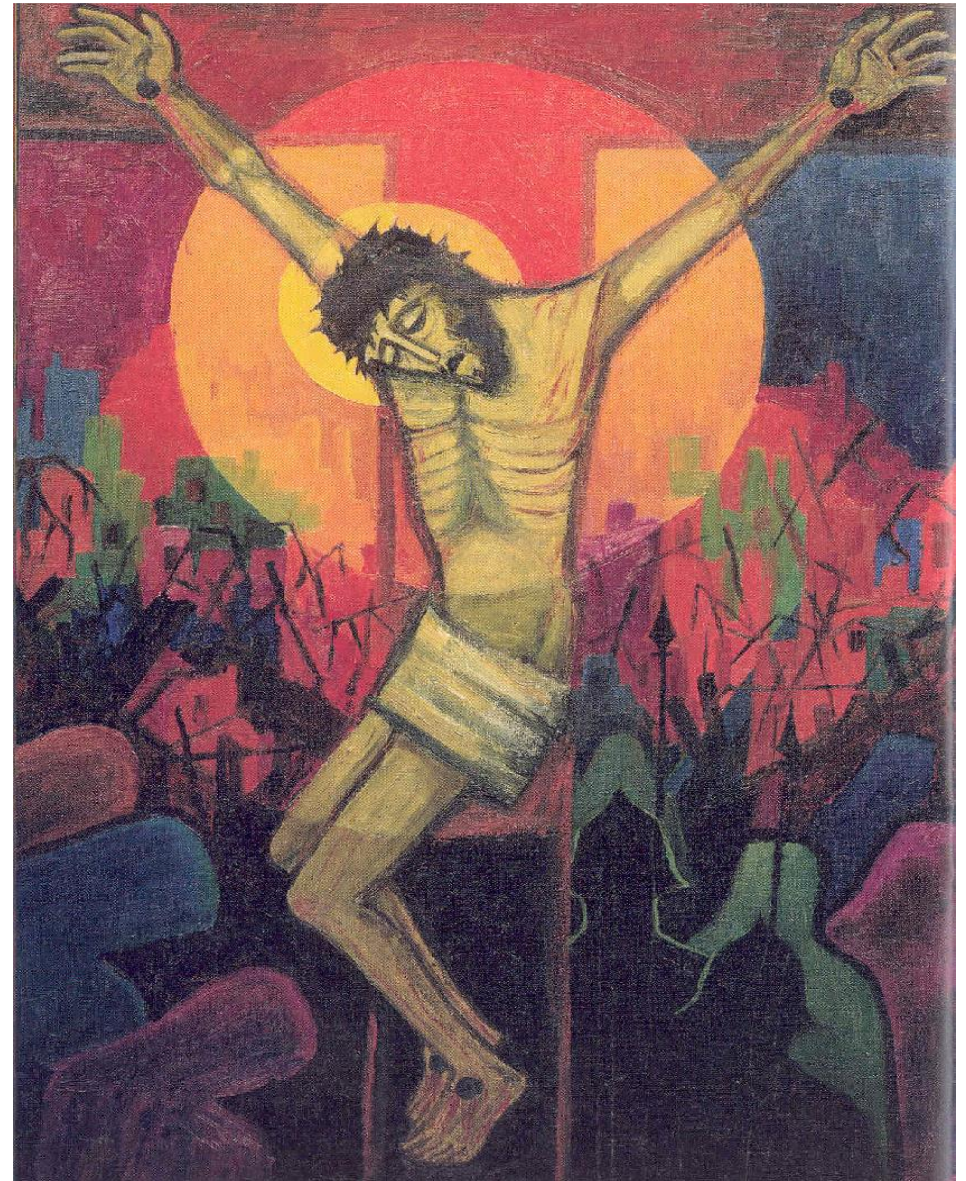
Christ, have mercy.

Lord, for the times I fail to allow others to be themselves.

Lord, have mercy.

Heal me, Lord, with the power of your Spirit. May you so live in me that I may be used to give new life to those around me.

JESUS DIES ON THE CROSS



Fourteenth Station: The body of 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.

John 19:38

After this, Joseph of Arimathaea, who was a disciple of Jesus – though a secret one because he was afraid of the Jews – asked Pilate to let him remove the body of Jesus. Pilate gave permission, so they came and took it away.

[Pause]

Lord, for the times I fail to turn to you for healing.

Lord, have mercy.

Lord, for the times I fail to admit that I know you.

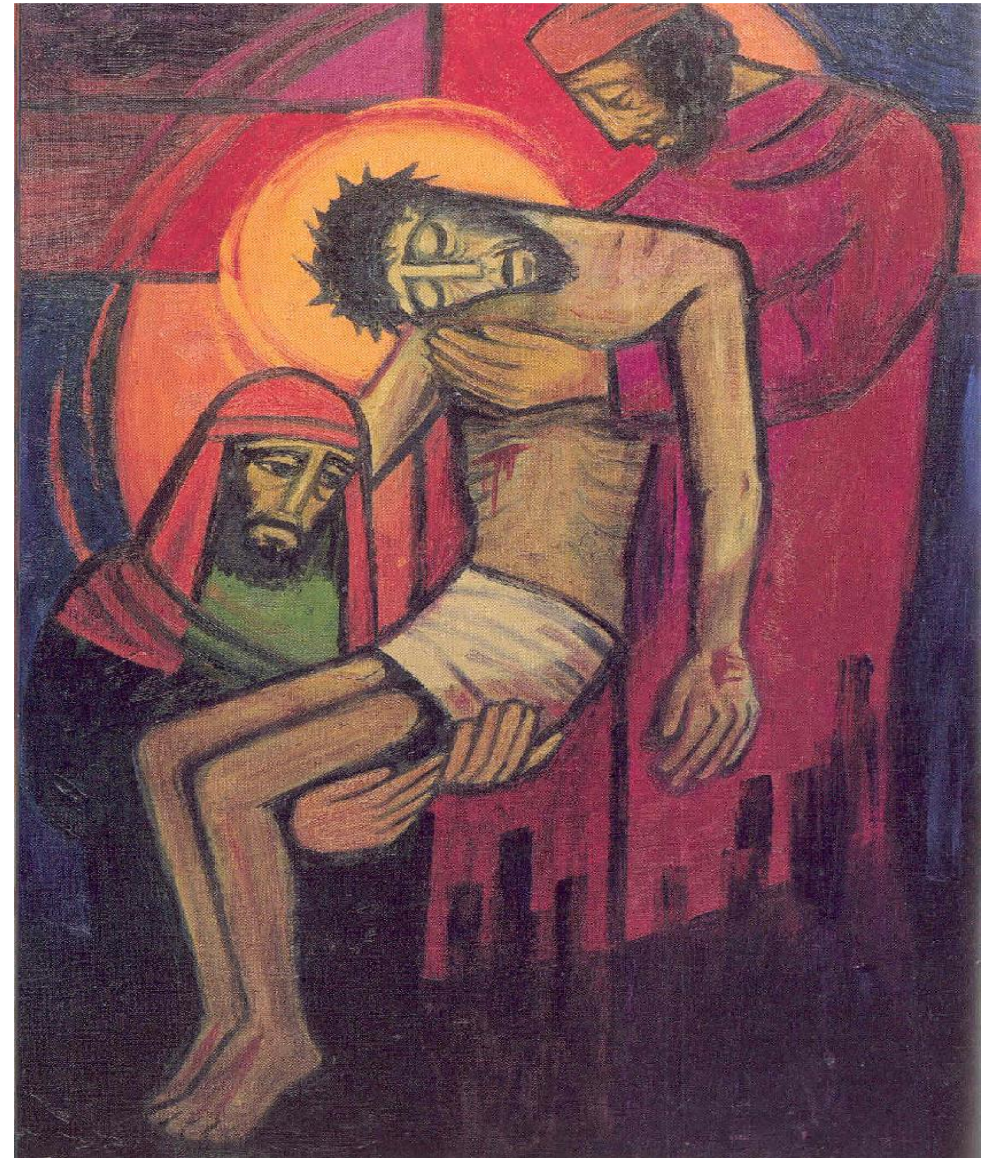
Christ, have mercy.

Lord, for the times my silence and inaction have offended or misled others.

Lord, have mercy.

Heal me, Lord, of all humiliation. Make of me the person you want me to be.

JESUS IS REMOVED FROM THE CROSS



Fifteenth 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.

John 19:40-42

They took the body of Jesus and wrapped it with the spices in linen cloths, following the Jewish burial custom. At the place where he had been crucified there was a garden, and in this garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there.

[Pause]

Lord, for the times I fail to trust in the power of your resurrection.

Lord, have mercy.

Lord, for the times I fail to respect the thoughts and customs of others.

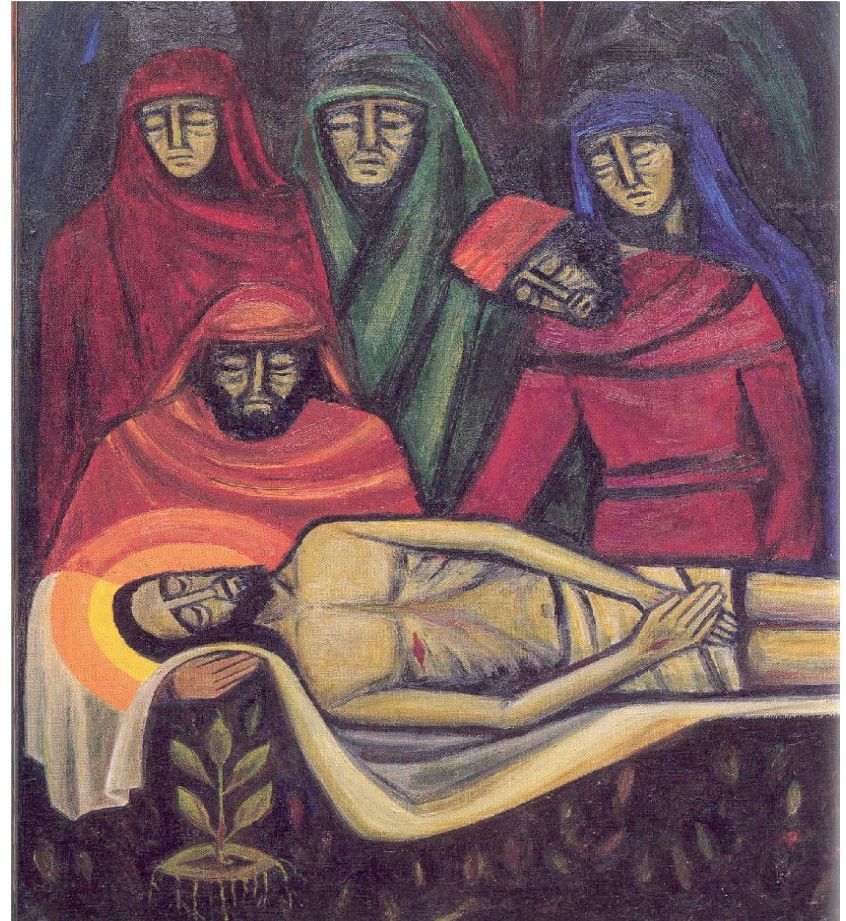
Christ, have mercy.

Lord, for the times I disturb the peace you came to bring.

Lord, have mercy.

Heal me, Lord, with the peace and joy of your love. Use me to bring your healing to my brothers and sisters.

JESUS IS BURIED



Concluding Prayer

Lord Jesus Christ, we thank you for all the benefits you have won for us, for all the pains and insults you have borne for us. Most merciful redeemer, friend and brother, may we know you more clearly, love you more dearly, and follow you more nearly, day by day.

Amen.