

# STATIONS OF THE CROSS

*According to St. Alphonsus Liguori*



With Verses of the *Stabat Mater* and  
Benediction of the Blessed Sacrament

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# ST. ALPHONSUS LIGUORI'S STATIONS OF THE CROSS

## PREPARATORY PRAYER

*(to be said kneeling before the altar)*

My Lord, Jesus Christ,  
You have made this journey to die for me with  
unspeakable love  
and I have so many times ungratefully  
abandoned You.  
But now I love You with all my heart  
and, because I love You, I am sincerely sorry for  
ever having offended You.  
Pardon me, my God, and permit me to accompany  
You on this journey.  
You go to die for love of me;  
I want, my beloved Redeemer, to die for love of You.  
My Jesus, I will live and die always united to You.

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



“And with that he released Barabbas as they asked; Jesus he scourged, and gave him up to be crucified.”

- Mt 27:26

## THE FIRST STATION PILATE CONDEMNS JESUS TO DIE

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (*Kneel*)

All My adorable Jesus,  
it was not Pilate;  
no, it was my sins that condemned You to die.  
I beseech You, by the merits of this sorrowful journey,  
to assist my soul on its journey to eternity.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

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



“So Jesus went out, carrying his own cross, to the place named after the skull; its Hebrew name is Golgotha.”

- Jn 19:17

## THE SECOND STATION JESUS ACCEPTS HIS CROSS

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father in our behalf, the death He was about to suffer. (*Kneel*)

All My most beloved Jesus,  
I embrace all the sufferings You have destined for me  
until death.  
I beg You, by all You suffered in carrying Your cross,  
to help me carry mine with Your perfect peace and  
resignation.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

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





“They arrayed him in a scarlet cloak and put  
around his head a crown which they had  
woven out of thorns.”

- Mk 15:17

## THE THIRD STATION

### JESUS FALLS FOR THE FIRST TIME

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider the first fall of Jesus. Loss of blood from the scourging and crowning with thorns had so weakened Him that He could hardly walk, and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross. (*Kneel*)

All My beloved Jesus,  
it was not the weight of the cross  
but the weight of my sins that made You suffer so  
much.  
By the merits of this first fall,  
save me from falling into mortal sin.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

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



“Jesus was followed by a great multitude of people, and also of women, who beat their breasts and mourned over him.”

- Lk 23:27

## THE FOURTH STATION JESUS MEETS HIS AFFLICTED MOTHER

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how the Son met His Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly. (*Kneel*)

All My most loving Jesus,  
by the pain You suffered in this meeting  
grant me the grace of being truly devoted to Your  
most holy Mother.  
And you, my Queen, who were overwhelmed with  
sorrow, obtain for me by your prayers a tender and a  
lasting remembrance of the passion of your divine Son.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.

Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as 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.*





“As for his cross, they forced a man of  
Cyrene, Simon by name, whom they met on  
their way out, to carry it.”

- Mt 27:32



# THE FIFTH STATION

## SIMON HELPS JESUS CARRY HIS CROSS

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after our Lord. (*Kneel*)

All My beloved Jesus  
I will not refuse the cross as Simon did.  
I accept it and embrace it.  
I accept in particular the death that is destined for me  
with all the pains that may accompany it.  
I unite it to Your death and I offer it to You.  
You have died for love of me;  
I will die for love of You and to please You.  
Help me by Your grace.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

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



“Many women stood watching from far off;  
they had followed Jesus from Galilee.”  
- Mt 27:55

## THE SIXTH STATION VERONICA OFFERS HER VEIL TO JESUS

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of His sacred countenance. (*Kneel*)

All My beloved Jesus,  
Your face was beautiful before You began this journey;  
but, now, it no longer appears beautiful  
and is disfigured with wounds and blood.  
Alas, my soul also was once beautiful  
when it received Your grace in Baptism,  
but I have since disfigured it with my sins.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

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



“The people stood by, watching; and the rulers joined them in pouring scorn on him.”  
- Lk 23:35

## THE SEVENTH STATION JESUS FALLS THE SECOND TIME

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord. (*Kneel*)

All My most gentle Jesus,  
how many times You have forgiven me,  
and how many times I have fallen again and begun  
again to offend You!  
By the merits of this second fall,  
give me the grace to persevere in Your love until  
death.  
Grant, that in all my temptations, I may always have  
recourse to You.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as 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.*





“It is not for me that you should weep,  
daughters of Jerusalem; you should weep for  
yourselves and your children.”

- Lk 23:28

## THE EIGHTH STATION

### JESUS SPEAKS TO THE WOMEN

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as He walked along. Jesus said to them, "Weep not so much for me, but rather for your children." (*Kneel*)

All My Jesus, laden with sorrows,  
I weep for the sins which I have committed against You  
because of the punishment I deserve for them;  
and, still more, because of the displeasure they have  
caused You  
who have loved me with an infinite love.  
It is Your love, more than the fear of hell,  
which makes me weep for my sins.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.

Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

*O sweet Mother! Fount of Love,  
Touch my spirit from above  
Make my heart with yours accord.*



“And they beat him over the head with a rod,  
and spat upon him, and bowed their knees in  
worship of him.”

- Mk 15:19

## THE NINTH STATION JESUS FALLS THE THIRD TIME

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (*Kneel*)

All My outraged Jesus,  
by the weakness You suffered in going to Calvary,  
give me enough strength to overcome all human respect  
and all my evil passions which have led me to despise  
Your friendship.

I love You, Jesus, my love, above all things.

I repent with my whole heart for ever having  
offended You.

Never permit me to separate myself from You again.

Grant that I may love You always and then do with me  
as 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*





“This was in fulfilment of the passage in scripture which says: They divided my spoils among them; cast lots for my clothing.”  
- Jn 19:24



# THE TENTH STATION

## JESUS IS STRIPPED OF HIS GARMENTS

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to His lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him: (*Kneel*)

All My innocent Jesus,  
by the torment You suffered in being stripped of Your  
garments,  
help me to strip myself of all attachment for the things  
of earth,  
that I may place all my love in You who are so worthy  
of my love.

I love You, Jesus, my love, above all things.

I repent with my whole heart for ever having  
offended You.

Never permit me to separate myself from You again.

Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

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



“Jesus meanwhile was saying, Father,  
forgive them; they do not know  
what they are doing.”

- Lk 23:34

## THE ELEVENTH STATION

### JESUS IS NAILED TO THE CROSS

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (*Kneel*)

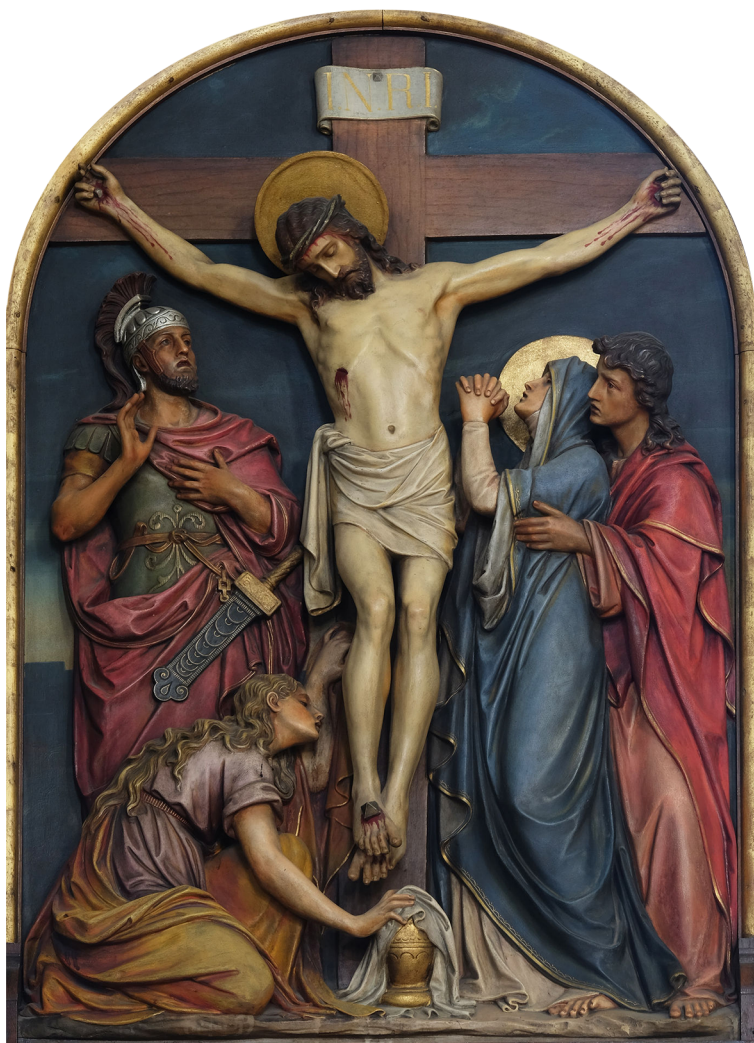
All My despised Jesus,  
nail my heart to the cross  
that it may always remain there to love You and never  
leave You again.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.

Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

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



“Jesus drank the vinegar, and said, It is achieved. Then he bowed his head, and yielded up his spirit.”

- Jn 19:30

## THE TWELFTH STATION JESUS DIES UPON THE CROSS

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (*Kneel*)

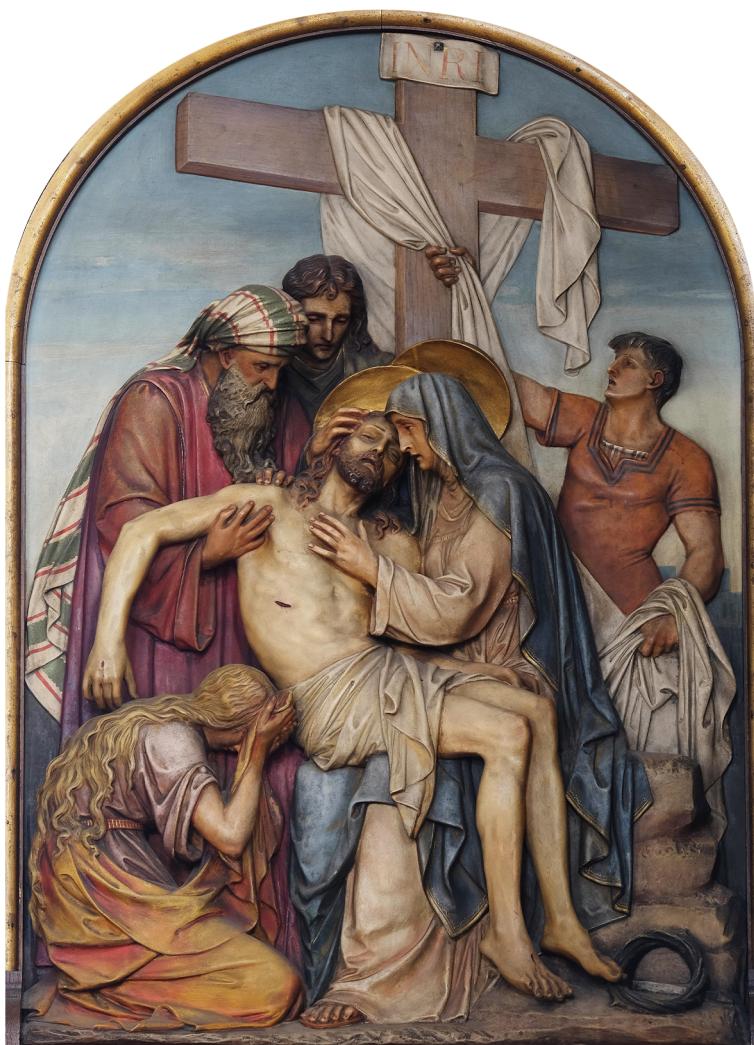
All My dying Jesus,  
I devoutly kiss the cross on which You would die for love  
of me.  
I deserve, because of my sins, to die a terrible death;  
but Your death is my hope.  
By the merits of Your death,  
give me the grace to die embracing Your feet and burning  
with love for You.  
I yield my soul into Your hands.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as 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.*





“They took Jesus’ body, then, and wrapped it in winding-cloths with the spices; that is how the Jews prepare a body for burial.”

- Jn 19:40



# THE THIRTEENTH STATION

## JESUS IS TAKEN DOWN FROM THE CROSS

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how, after our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom. (*Kneel*)

All O Mother of Sorrows,  
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,  
allow me to love You,  
for I desire only You and nothing more.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.

Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as 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.*



“Here, since the tomb was close at hand,  
they laid Jesus, because of the Jewish feast  
on the morrow.”

- Jn 19:42

## THE FOURTEENTH STATION JESUS IS PLACED IN THE SEPULCHER

Leader We adore You, O Christ, and we praise You. (*Genuflect*)

All Because, by Your holy cross, You have redeemed the world. (*Rise*)

Leader Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed. (*Kneel*)

All Oh, my buried Jesus,  
I kiss the stone that closes You in.  
But You gloriously did rise again on the third day.  
I beg You by Your resurrection that I may be raised  
gloriously on the last day,  
to be united with You in heaven, to praise You and love  
You forever.

I love You, Jesus, my love, above all things.  
I repent with my whole heart for ever having  
offended You.  
Never permit me to separate myself from You again.  
Grant that I may love You always and then do with me  
as You will.

(Our Father, Hail Mary, Glory Be)

*Virgin of all virgins blest!  
Listen to my fond request:  
Let me share your grief divine.*

## PRAYER TO JESUS CHRIST CRUCIFIED

*(to be said kneeling before the altar)*

My good and dear Jesus,  
I kneel before You,  
asking You most earnestly  
to engrave upon my heart  
a deep and lively faith, hope, and charity,  
with true repentance for my sins,  
and a firm resolve to make amends.  
As I reflect upon Your five wounds,  
and dwell upon them  
with deep compassion and grief,  
I recall, good Jesus,  
the words the Prophet David  
spoke long ago concerning Yourself:  
“They pierced My hands and My feet;  
they have numbered all My bones.”

# BENEDICTION OF THE MOST BLESSED SACRAMENT

## SALUTARIS HOSTIA

- |  |   |
|--|---|
| 1. O saving Victim, open wide<br>The gate of heav'n to us below,<br>Our foes press us on ev'ry side;<br>Your aid supply, your strength bestow.                 | 1. O salutaris Hostia<br>Quæ cæli pandis ostium:<br>Bella premunt hostilia,<br>Da robur, fer auxilium.        |
| 2. To your great name be endless praise<br>Immortal Godhead, One in Three;<br>O grant us endless length of days<br>In our true native land with Thee.<br>Amen. | 2. Uni trinoque Domino<br>Sit sempiterna gloria,<br>Qui vitam sine termino<br>Nobis donet in patria.<br>Amen. |

## TANTUM ERGO

- |  |  |
|--|--|
| 1. Down in adoration falling,<br>This great Sacrament we hail;<br>Over ancient forms of worship<br>Newer rites of grace prevail;<br>Faith will tell us Christ is present,<br>When our human senses fail. | 1. Tantum ergo Sacramentum<br>Veneremur cernui,<br>Et antiquum documentum<br>Novo cedat ritui<br>Præstet fides supplementum<br>Sensuum defectui.           |
| 2. To the everlasting Father,<br>And the Son who made us free<br>And the Spirit, God proceeding<br>From them each eternally,<br>Be salvation, honor, blessing,<br>Might and endless majesty.<br>Amen.    | 2. Genitori Genitoque<br>Laus et jubilatio,<br>Salus, honor, virtus quoque<br>Sit et benedictio:<br>Procedenti ab utroque<br>Compar sit laudatio.<br>Amen. |

V. You have given them bread from heaven.  
R/. Having within it all sweetness.

V. Panem de cœlo præstitisti eis.  
R/. Omne delectamentum in se habentem.



## DIVINE PRAISES

Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her Glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be Saint Joseph, her most chaste spouse.  
Blessed be God in His angels and in His Saints.

## HOLY GOD

Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on earth Thy scepter claim,  
All in Heaven above adore Thee;  
Infinite Thy vast domain,  
Everlasting is Thy reign.

Hark the glad celestial hymn  
Angel choirs above are raising;  
Cherubim and seraphim,  
In unceasing chorus praising,  
Fill the heavens with sweet accord:  
Holy, holy, holy Lord.

## PLENARY INDULGENCE

Under the usual conditions\* a Plenary Indulgence is granted to the faithful who make the pious exercise of the Way of the Cross. Those who are impeded can gain the same indulgence if they spend at least one half an hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ.

*Enchiridion Indulgentiarum, no. 63*

\*Receive Holy Communion and the Sacrament of Penance within eight days and recite prayers for the Intentions of the Holy Father.

1. The three conditions may be fulfilled several days before or after the performance of the prescribed work; it is, however, fitting that Holy Communion be received and the prayer for the intention of the Sovereign Pontiff be said on the same day the work is performed.
2. A single sacramental confession suffices for gaining several plenary indulgences; but Holy Communion must be received and prayer for the intention of the Sovereign Pontiff must be recited for the gaining of each plenary indulgence.
3. The condition of praying for the intention of the Sovereign Pontiff is fully satisfied by reciting one Our Father and one Hail Mary; nevertheless, each one is free to recite any other prayer according to his piety and devotion.

