

# Stations of the Cross



A Contemporary Version by  
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for the  
The Community of the Gospel  
2016



## Stations of the Cross

### **Invitatory**

*The officiant opens with this sentence: (All stand)*

The collective darkness of mankind slew our Lord,  
but this did not diminish his love for us!

As St. Paul wrote in his letter to the Corinthians,  
“Now you are the body of Christ,  
And individually members of it.  
Indeed, the body does not consist of one member,  
but of many. So it is with Christ.  
If one member suffers,  
All suffer together with it.”

### **Preparatory Prayer**

O Most Merciful Jesus, with an open and contrite heart, we ask for your Divine Presence on this journey of the Cross in today’s world. Through your life you provided us with the wisdom to live an upright and just life; through your death you demonstrated what the depth of mankind’s darkness could do without you; and through your resurrection you proved that nothing can diminish your love for us, not even death itself. We ask for your continued guidance and support that we may yet begin again as you walk this journey with us, even today. Amen.

Glory to the Father, and to the Son,  
and to the Holy Spirit. \*  
**As it was in the beginning, is now,  
and will be forever. Amen.**

## **The Stations**

### **Station 1. Jesus is condemned to death.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

When morning came, all the chief priests and the elders of the people conferred together against Jesus in order to bring about his death. They bound him, and handed him over to Pilate the governor. The governor asked him, 'Are you the King of the Jews?' Jesus said, 'You say so.' Then Pilate said to him, 'Do you not hear how many accusations they make against you?' But he gave him no answer, not even to a single charge, so that the governor was greatly amazed. Now at the festival the governor was accustomed to release a prisoner for the crowd, anyone whom they wanted. At that time they had a notorious prisoner, called Barabbas. So after they had gathered, Pilate said to them, 'Whom do you want me to release for you, Barabbas or Jesus who is called the Messiah?' For he realized that it was out of jealousy that they had handed him over. While he was sitting on the judgment seat, his wife sent word to him, 'Have nothing to do with that innocent man, for today I have suffered a great deal because of a dream about him.' Now the chief priests and the elders persuaded the crowds to ask for Barabbas and to have Jesus killed. The governor again said to them, 'Which of the two do you want me to release for you?' And they said, 'Barabbas.' Pilate said to them, 'Then what should I do with Jesus who is called the Messiah?' All of them said, 'Let him be crucified!' Then he asked, 'Why, what evil has he done?'

But they shouted all the more, 'Let him be crucified!' So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, 'I am innocent of this man's blood; see to it yourselves.' Then the people as a whole answered, 'His blood be on us and on our children!' So he released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

The Gospel of the Lord.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Jesus was condemned to death following false accusations. People may hold false perceptions of others or themselves because of the illusions and prejudices covering their soul. This can lead to harm and damage to others or to ourselves. Are you always affirming of others, or have you sometimes been critical? Are there any injustices done to you that still have to be healed?]

Lord, we see what can happen when we hold false ideas about others or ourselves in our minds. Grant that we hold only the image of you when we look upon others or ourselves before we allow any thought in our mind, or take any action. **Amen.**



- everydaylife.globalpost.com

## **Station 2. Jesus carries his cross.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ according to John:

So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha.

The Gospel of the Lord.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Jesus was forced to carry the cross that would be used to crucify him. Sometimes we have to carry a burden that doesn't necessarily belong to us. Sometimes we agree to carry another's burden. If we think about how we are all interconnected, all part of God's one family, then, as St. Paul says, when one person is suffering, we all are suffering. If one person has to carry a cross, then a part of us has to carry that cross, too. This is what Jesus was demonstrating for us. We must work together.]

Lord, help me remain open to the needs of others. Not that I can solve everyone's problems, but I can be with them in thought, word and prayer. And where I have the power to take action, show me the way. **Amen.**



- dualdiagnosis.org

### **Station 3. Jesus falls the first time.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

Jesus soon stumbled under the weight and size of the cross.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Our spiritual journey is often punctuated with stumbles and falls. Sometimes the falls teach us, sometimes they make us stronger, and sometimes they just hurt. When this happens, we find the strength through Christ to get up and continue on. Who can help you on your journey? Who can you help on theirs?]

Lord, be with me and give me strength as I walk the spiritual journey. **Amen.**



[www.poverties.org](http://www.poverties.org)

## **Station 4. Jesus meets his mother.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

Jesus meets his mother while carrying the cross to Golgotha.

Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us, His children, now and at the hour of our death. **Amen.**

**Praise be to You, O Christ.**

*Silence for reflection.*

[The ties of family carry special bonds, but can also be the source of deeper hurt. There are hurts in life we cannot spare our loved ones. Who has been special to you in your life? Who has been hurt that needs support?]

Lord, help me to know the members of my family more deeply, that we may understand each other more truly. **Amen.**



- dubemrazy.wordpress.com

## **Station 5. Simon helps Jesus.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

On their way out to Golgotha, they seized a man from Cyrene who was coming in from the country, called Simon, father of Alexander and Rufus, and made him shoulder the cross and carry it behind Jesus for a while.

The Gospel of the Lord.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Sometimes we are asked to help others, and sometimes we initiate the action. But either way, we do it with the help of the Lord. How can you respond generously?]

Lord, help me to see the needs of others and respond appropriately. Help me to serve with my heart when called upon. **Amen.**



- GiveLiveInspire



## **Station 6. Veronica wipes the face of Jesus.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A woman came out of the crowd to get close to Jesus. Her name was Veronica. She takes her veil and begins to wipe the blood and sweat from Jesus' face. Jesus' holy countenance is imprinted on this act through the veil.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Tradition holds that an image of Jesus appeared on the veil of Veronica. This should not be too unusual, since all good works carry the spirit and image of Christ in our hearts, wherever and whenever performed. Who do you look to for comfort? Do you know of someone in need of comforting?]

Lord, help me to hold the image of Christ in my heart, and help me to see it in the hearts of others. **Amen.**



- vcdholistichealing.com

## **Station 7. Jesus falls the second time.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

Jesus, once again carrying the cross, stumbles again under its weight. His strength is diminishing, and the crowds jeers and taunts are growing. The soldiers continue pushing and striking him, making him rise and continue on.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Our journey through life is rarely without troubles and trials. Just because we claim the love of God in our hearts does not mean that the journey will be smooth. It does mean, however, that God will be with us along the way. Are you stumbling under the weight of oppression from others? Do you realize when you may be the oppressor?]

Lord, be my strength as I walk the path. **Amen.**



- aashaonline.com

## **Station 8. Jesus meets the women of Jerusalem.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

Large numbers of people followed him, including the women of Jerusalem, 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. The days are surely coming when people will say, 'Blessed are those who are barren, the wombs that have never borne children, the breasts that have never suckled!' Then they will begin to say to the mountains, 'Fall on us!' and to the hills, 'Cover us!' For if this is what is done to green wood, what will be done when the wood is dry?"

The Gospel of the Lord.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Sometimes our own sufferings can be diminished when we help others with their sufferings. We can make choices. Who do you know that is in need of help?]

Lord, give us a joyful attitude, and help us to help others. **Amen.**



- newyorksocialdiary.com

## **Station 9. Jesus falls a third time.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

Arriving exhausted at the foot of Calvary, Jesus falls yet again. Although physically exhausted, his resolve to complete his mission carries him forward even though the worst still awaits him.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Continuing to stumble in what we try to do can cause us to give up trying. But this is where faith and the support of Christ enter in. Do you sometimes feel like giving up? What keeps you going? Are you taking on too much? Does your life need to be downsized? simplified?]

Lord, guide us to a life fit for our true selves, not our egos. **Amen.**



- drritamarie.com

## **Station 10. Jesus is stripped of his garments.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

The soldiers took Jesus' clothing and divided it into four shares, one for each soldier. One of his garments was seamless, woven in one piece from neck to hem. So the soldiers 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 divide my garments among them and cast lots for my clothes."

The Gospel of the Lord.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Many of us carry the wounds of abuses and humiliations caused by others. The inequity in life creates an imbalance of resources. Christ knows what this is like. What do you think he wants to tell you about this?]

Lord, show us that regardless of our life's experiences, you hold us in the dignity of love. **Amen.**



- jurist.org

- www.planetizen.com

## **Station 11. Jesus is nailed to the cross.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

Then they crucified Jesus on the cross at the place of the skull, Golgotha along with two others, one on his right, the other on his left. Jesus said, "Father, forgive them; they do not know what they are doing."

The Gospel of the Lord.

**Praise be to You, O Christ.**

*Silence for reflection.*

[They nailed Jesus to the cross thinking that this would get him out of the way. It appeared that he was trapped. But soon he would be raised and be given a new life. Do you sometimes feel trapped by life; that there is no way out of problems? Have these experiences ever provided you with a new beginning, a new life, that you didn't realize before?]

Lord, give us a trusting heart in times of peril and struggle. **Amen.**



- reformingmonk.net

It was now about noon, and a darkness came over the whole land until about 3pm.

## **Station 12. Jesus dies on the cross.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

In the ninth hour (about 3pm), Jesus cited Psalm 22 by crying out, "My God, my God, why have you forsaken me?" When some of those who stood there heard this, they said, "The man is calling on Elijah." One of them quickly ran to get a sponge which he filled with vinegar and, putting it on a reed, gave it to him to drink. But the rest of the people said, "Wait! See if Elijah will come to save him." But Jesus cried out in a loud voice saying, "Father, it is finished. Into your hands I commit my spirit." With these words he bowed his head and breathed his last. Suddenly the veil of the Sanctuary was torn in two from top to bottom, the earth shook, and rocks were split. A centurion saw all that was taking place and said, "In truth this man was the Son of God."

The Gospel of the Lord. **Praise be to You, O Christ.**

*Silence for reflection.*

[God has been thrown from many of our courts, schools, and work place. The rational, scientific mind usually has no place for God, either. The spiritual truths are diminished in favor of material ones. Jesus is shut out of too many hearts. What can you do to keep God alive in your life?]

Lord, help us to invite you into our lives, completely. **Amen.**



-www.catholic.com

## **Station 13. The body of Jesus is taken down.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

After this, Joseph of Arimathaea, who was a follower 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 he came and took it away.

The Gospel of the Lord.

**Praise be to You, O Christ.**

*Silence for reflection.*

[Jesus waited to be taken down from the cross and to be laid to rest. We, too, often have to wait before we are helped. Grocery check-out lines, traffic lights, the check coming in the mail, or pain relief. When we help others shorten their wait, we help Jesus down from the cross.]



- Charize Fontanilla

Lord, help me to accept the things I cannot change, and to change the things I can; and grant me the wisdom to know the difference. **Amen.**



## **Station 14. Jesus is laid in the tomb.**

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We adore you, O Christ, and bless you. \*

**Through your love you have redeemed the world.**

A Reading from the Gospel of our Lord Jesus Christ:

Joseph of Arimathaea took the body of Jesus, wrapped it in a clean shroud, and put it in his own tomb which he had hewn out of the rock, and which never held a body. Nicodemus came as well - the same one who had first come to Jesus at night-time - and he brought a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and bound it in linen cloths with the spices, following the Jewish burial custom. Then they rolled a large stone across the entrance of the tomb and went away. Mary of Magdala and the other Mary were there, sitting opposite the sepulcher.

*Silence for reflection.*

[Death seems so final, but we must remember that we are only part physical. The resurrection of Jesus gives us assurance that death is not complete, nor is it permanent. It is God's unwavering intention to bring us all home to His pasture, one way or another, at some point in time, complete with a risen body.]

The Gospel of the Lord. **Praise be to You, O Christ.**



- telegraph.co.uk

## Concluding Prayer

Merciful God, creator of all the peoples of the Earth and lover of every soul; have compassion on all who do not know you, let your gospel be heard in every heart through your Spirit, warm the hearts of those who oppose it, and bring home to your pasture any who have gone astray; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

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