

**The Way of the Cross with Mary,  
the Mother of Jesus**



## First Station

# Jesus is Condemned to Die

It was early Friday morning when I saw my Son  
That was the first glimpse I had of him since they took him away  
His bruised and bleeding skin  
Sent a sword of pain deep into my heart  
And tears ran down my cheeks.

Then Pilate from his chair of judgment  
Asked the Crowd why they wanted my Son executed  
All around me, they shouted  
“Crucify him”  
I wanted to plead with them to stop!  
But I knew this had to be,  
So I stood by and cried silently.

## Lord Jesus

It is hard for me to imagine  
The anguish your Mother felt  
At your condemnation  
What but about today ~ When I hold a grudge ....?  
“Crucify him!”  
When I judge others  
“Crucify Him “  
Doesn't this bring tears of anguish  
To both you and your mother?

Forgive me Jesus

## Second Station

### Jesus Takes up His Cross

Regaining a little strength  
I walked with the crowds to the entrance of the square  
A door flew open  
And my Son stumbled out, the guards laughing behind him  
Two men dragged over a heavy wooden cross  
and dropped it on his shoulders.

Then they shoved him down the road  
My pain for him was unbearable  
I wanted to take the cross from him and carry it myself  
But I knew this had to be,  
So I walked on silently.

#### Lord Jesus

I beg you to forgive me  
For the many times  
I have added more weight to your cross  
By closing my eyes to the pain  
And the loneliness of my neighbour.  
Forgive me, for gossiping about others  
And for always trying to find excuses  
To avoid certain people  
Help me to be like Mary ~  
Always seeking to lighten the crosses of others.

Forgive me Jesus

## The Third Station

### Jesus Falls the First Time

I followed close behind my Son  
As he stumbled toward Calvary.  
Nothing had ever hurt me more  
than to see him in such pain.  
I saw the cross digging into his shoulders  
My heart dropped when I saw him fall  
Face to the ground,  
The heavy cross landing squarely on his back .  
For a moment I thought my beloved son was dead.

Now, my whole body began to tremble  
Then the guards kicked him  
He rose slowly and began to walk again  
Yet they still whipped him  
I wanted to protect him with my own body  
But, I knew this had to be  
So, I walked on and wept silently.

**Lord Jesus,**  
How often have I seen you fall,  
And unlike Mary, have left you there without concern  
How often have I seen people make mistakes  
And laughed at them  
How often do I find myself getting angry  
When someone does things differently than I ?  
Mary offered her support  
Through your entire passion  
Help to do the same for you  
By the support I give to others.

Lord have mercy on me .

## The Fourth Station

### Jesus meets His Grieving Mother

I managed to break through the crowd  
And was walking side by side with my Son.  
I called to him through the shouting voices  
He stopped  
Our eyes met ~ Mine full of tears of anguish  
His full of pain and confusion  
I felt helpless  
Then his eyes said to me  
“ Courage! There is a purpose for this”.  
A stumbled on, I knew he was right.  
So I followed and prayed silently.

#### Lord Jesus

Forgive me the many times  
Our eyes have met and I turned mine away  
Forgive me the times things did not go my way  
And I let everyone know about it.  
Forgive me the times  
I brooded over little inconveniences  
Or became discouraged  
And did not heed your call to courage !  
Yes, Lord  
Our eyes have met many times,  
But fruitlessly .

## The Fifth Station

### **Simon Helps Jesus Carry his Cross**

I could now see almost complete helplessness  
On the face of my Son  
As he tried to carry his heavy load  
Each step looked as if it would be his last.  
I felt his every pain in my heart  
And I wanted the whole thing to end.  
Then I noticed some commotion near Jesus  
The guards had pulled a protesting man  
from the crowd.  
They forced him to pick up the back of the Cross  
And help lighten my Son's load.  
He asked the guards why this had to be.  
I knew,  
And so followed silently.

#### **Lord Jesus**

I have many times  
Refused to help you  
I have been a selfish person  
Who has questioned your word  
Don't let me remain like Simon ~  
But help me to be like your mother, Mary,  
Who always silently followed and obeyed.

## The Sixth Station

### Veronica Wipes the Face of Jesus

As I continued close by Jesus  
A woman pushed past the guards  
Took of her veil  
And began to wipe my Son's sweating, bloody face.  
The guards immediately pulled her back.  
Her face seemed to say  
" Why are you doing this to him?"  
I knew .....

So I walked on in faith, silently.

**Lord Jesus,**  
This woman gave you the best she could  
On the other hand  
I have wanted to take more than I give.  
So many opportunities arise every day  
For me to give to you  
By giving to others~  
But I pass them by.  
My saviour  
Never let me ask why again,  
But help me to give all I have to you.

Seventh Station

## **Jesus Fall the Second Time**

Again  
My Son fell.  
And again my grief was overwhelming  
And the thought that he might die  
I started to move towards him  
But the soldiers prevented me.

He rose and stumbled ahead slowly  
Seeing my Son fall  
Get up again and continue on,  
Was bitter anguish to me  
But, I knew this had to be  
I walked on silently.

### **Lord Jesus**

Of all people  
Mary was your most faithful follower,  
Never stopping in spite of all the pain he felt for you  
I have many times turned away from you by my sins  
And have caused others to turn away from you.  
I beg you to have mercy on me.



The Eight Station

## **Jesus Speaks to the Women**

I was walking a few steps behind Jesus  
When I saw him stop.  
Some women were there, crying for him  
And taking pity on him.  
He told them not to shed tears for him.  
They had the opportunity to accept him as the Messiah  
Like many others, they rejected him instead.  
He told them to shed tears for themselves,  
Tears that would bring their conversion.  
They did not see the connection between that  
and his walk to death  
I did,  
And as he walked on, I followed silently.

### **Lord Jesus**

Many times I have acted like these women  
Always seeing the faults of others  
And pitying them  
Yet, rarely have I seen my own sinfulness  
And asked your pardon  
Lord, you have taught me through these women.  
Forgive me, Lord .....

For my blindness.

## The Ninth Station

### **Jesus Falls the Third Time**

This fall of Jesus was agony to me !  
Not only had he fallen on the rocky ground again,  
But now he was almost at the top of the hill  
Of Crucifixion.

The soldiers screamed at him and abused him  
Almost dragging him the last few steps.  
My heart pounded as I imagined  
what they would do to him next.

But I knew this had to be,  
So I climbed the hill silently behind him.

#### **Lord Jesus**

I know that many times  
I have offered my hand to help people ~  
But when it became inconvenient  
Or painful for me  
I left them  
Making excuses for myself.  
Help me, Lord,  
To be like your mother, Mary,  
And never take my supporting hand  
Away from those who need it.

## The Tenth Station

### **Jesus is Stripped of His Garments**

With my Son finally relieved  
Of the weight of the cross  
I thought he would have a chance to rest.  
But the Guards immediately started  
To rip off his clothes  
Off his blood –clotted skin  
The sight of my Son in such pain  
Was unbearable.  
Yet, since I knew this had to be  
I stood by and cried silently.

#### **Lord Jesus**

In my own way I too have stripped you,  
I have taken away the good name of another by foolish talk  
And have stripped people of human dignity  
By my own prejudice.  
Jesus,  
There are so many times I have offended you  
Through the hurt I have caused others .  
Help me to see you  
In all people .

The Eleventh Station

## **Jesus is Nailed to the Cross**

As they threw Jesus on the Cross  
He willingly allowed himself to be nailed.  
As they punctured his hands and his feet,  
I felt the pain in my heart.

They then lifted up the Cross.  
There he was ~ My Son  
Whom I love so much  
Being scorned as he struggled  
For the last few moments of earthly life  
But I knew this had to be  
So I stood by and prayed silently.

### **Lord Jesus**

What pain you endured for me  
And what pain your mother went through.  
Seeing her only Son die for love of me!  
Yet, both you and she are ready  
To forgive me  
As soon as I repent of my sin  
Help me, Lord,  
To turn away from sinfulness.

The Twelfth Station

## **Jesus Dies on the Cross**

What greater pain is there for a mother  
Than to see her Son die right before her eyes!  
I, who had brought this saviour into the world  
And watched him grow,  
Stood helplessly beneath his Cross  
As he lowered his head  
And died.  
His earthly anguish was finished  
But mine was greater than ever.  
Yet, this had to be  
And I had to accept it,  
So I stood by and I mourned silently.

My Jesus  
Have mercy on me  
For what my sins have done to you  
And to others  
I thank you for your great act of love.  
You have said  
That true love is laying down your life  
For your friends.  
Let me always be your friend.  
Teach me to live my life for others,  
And not fail you again .

Thirteenth Station

**Jesus is taken from the Cross**

The Crowd had gone :  
The Noise Stopped.  
I stood quietly with one of Jesus' friends  
And looked up at the dead body  
Of our Saviour  
My Son.

Then two men took the body from the Cross  
And placed it in my arms.  
A deep sorrow engulfed my being.  
Yet, I also felt  
Deep joy  
Life had ended cruelly for my Son,  
But it had also brought life to all of us.  
I knew this had to be  
And I prayed silently.

**Lord Jesus,**  
Your passion has ended  
Yet, it still goes on  
Whenever I choose sin over you  
I have done my part in your Crucifixion  
And now my saviour  
I beg your forgiveness with all my heart  
Help me to live a life  
Worthy of you and your mother.

Fourteenth Station

## **Jesus is Placed in the Tomb**

We brought Jesus' body to a tomb  
And I arranged it there myself  
Silently weeping  
Silently rejoicing  
I took one more look at my loving Son,  
And then walked out.

They closed the Tomb  
And before I left, I thought,  
I knew this had to be .....  
It had to be for you!  
I would wait in faith  
Silently.

**Yes, Lord Jesus**  
This had to be  
Because you love me,  
And for no other reason.  
All you ask is that I live a good life.  
You never said such a life  
Would be easy.  
I am willing to leave sin behind  
And live for you alone,  
In my brothers and sisters.