



THE STATION
OF THE CROSS
CATHOLIC MEDIA NETWORK

2022

Prayers of the Stations of the Cross

As we walk and meditate through the Stations of the Cross, there is a special blessing bestowed upon us. The journey Christ took, from Pilate's court to His burial in the tomb, can bring a deeper meaning to each of our lives. As we contemplate each step, our faith in God is refreshed and renewed. Through the work Christ does in our own hearts, we can come to understand His power and His desire for His Holy Church in a new light.

"And they were in the way going up to Jerusalem; and Jesus went before them: and they were amazed; and as they followed, they were afraid. And he took again the twelve, and began to tell them what things should happen unto him, Saying, Behold, we go up to Jerusalem; and the Son of man shall be delivered unto the chief priests, and unto the scribes; and they shall condemn him to death, and shall deliver him to the Gentiles: And they shall mock him, and shall scourge him, and shall spit upon him, and shall kill him: and the third day he shall rise again."

Mark 10:32-34

Praying the prayers of the Stations of the Cross is traditionally practiced during Holy Week, especially on Good Friday. Masses across the world gather together and join in this time of meditation together. If you cannot attend mass and want to participate, these prayers can be prayed at home.



Before you begin, pray this prayer:

"O Lord Jesus, You paid the price – suffering for the redemption of all humankind and You won the victory. We shall walk with You, O Jesus to those high places of pain, for there is much in our own lives and in our communities that cries out for redemption. And so we pray... Forgive us O Lord."

The First Station: Jesus Is Condemned to Death

Scripture: Mark 15:1-5, 15

Prayer: "O Lord, how many times in life have we been guilty of unjustly condemning each other and blaming those who are poor for being poor. Forgive us, O Lord!"

Reflection: Jesus was innocent and yet He chose to take the punishment for the transgressions of mankind. How does the Savior's response speak to us today?



The Second Station: Jesus Carries His Cross

Scripture: John 19:6, 15-17

Prayer: "O Lord, there are so many people who are carrying crosses. Strengthen us to help carry the load by sharing what we have. Help us to share Your name through action with those who feel abandoned."

Reflection: Our Beautiful Christ carried the weight of His own Cross and yet His mind was fixed on those He was called to deliver. It can be easy in our lives to focus on the cares of our lives and forget about being a witness of the love of Christ to others. How can this picture of Christ's journey give you grace for others?





The Third Station: Jesus Falls the First Time

Scripture: John 19:1-3

Prayer: “O Lord, whenever we fall down in service to You, help us to look up to the many acts of charity and mercy Your Son, Jesus did. If we can look up, we will get up.”

Reflection: With the crown of thorns on His head and the beating on His body, and the emotional pain He had endured, Christ was exhausted by the weight of His Cross, and so, He had fallen. How have you been wounded by the betrayal of this world? How can this picture of Christ give you grace to rise again?



The Fourth Station: Jesus Meets His Mother

Scripture: John 19: 25-27

Prayer: “Jesus we know what You are telling us. To watch the pain of those we love is harder than bearing our own. Help us to reach out and comfort those who are suffering.”

Reflection: Mary, the Mother of Jesus, watched as her Son walked through the agony of this journey. How does this picture of heartbreak, and yet surrender, impact our lives?





The Fifth Station: Simone of Cyrene Helps Jesus to Carry the Cross

Scripture: Mark 15:21

Prayer: “O Lord, help us to remember that we are called to help each other on the way, along this way, even if it may mean carrying each other on this journey. You did it for us; let us follow Your example and do it for others.”

Reflection: Simone of Cyrene was called out of the crowd to help Jesus. Maybe he volunteered, maybe he was simply chosen by the Romans, but either way, he plays a crucial role in assisting Jesus on this journey. When have you been asked to help someone carry their cross in life? How did you respond to this?



The Sixth Station: Veronica Wipes the Face of Jesus

Scripture: Isaiah 53:2-3

Prayer: “O Lord, we marvel at Veronica’s compassion in running to You to wipe Your face at the moment of suffering. Help us to act swiftly and reach out to those who are suffering from addiction, homelessness, poverty, and mental or physical abuse. Help us to recognize and respond with compassion to the pain within our midst.”

Reflection: St. Veronica stepped out courageously to help Jesus in this moment. Remember, it was a fearful thing to be a follower of Jesus at this time, and yet, she was moved with compassion to care for Him. How can this picture of love and courage change the way you interact with those around you?





The Seventh Station: Jesus Falls the Second Time

Scripture: Romans 8:31-39

Prayer: "O Lord when the road to justice becomes littered with obstacles, help us to be determined to stay on course. O Lord, forgive our apathy!"

Reflection: We all fall short, we all stumble and fall. This is why we needed a Savior. How can the strength of Christ in this picture remind us to continue to follow the path of God for our life?

The Eighth Station: Jesus Meets the Women & Children

Scripture: Luke 23:27-31

Prayer: "Lord God, even in Your suffering, You acknowledged those who were called low in society. O Lord when we become "caught up in our own lives," help us to remember others and forgive us of our selfcenteredness."

Reflection: Even in the midst of His agony, Christ's attention was on others. How can we as His Church receive strength to love others, even in the midst of our own pain?





The Ninth Station: Jesus Falls the Third Time

Scripture: Psalm 38

Prayer: "Lord God, on the road to Calvary, You fell down, but You got up. O Lord, when the arm of injustice knocks us down, help us to get back up and stand for justice. O Lord, forgive us of our self pity!"

Reflection: Christ fell not once, not twice, but three times on His journey. Is there an area of your life where you continue to fall short of stumble? Where can you turn to for help to overcome these struggles?



The Tenth Station: Jesus Is Stripped of His Clothes

Scripture: John 19:23-24

Prayer: "O Lord, release us from material trappings of this world and make us poor in spirit so that we may be rich in You."

Reflection: Even after this long, painful journey, Christ faces even more agony, the burden of humiliation. Is there shame that you are carrying today? How can you receive freedom from that shame when you meditate on this picture of Christ?





The Eleventh Station: Jesus Is Nailed to the Cross

Scripture: Luke 23:33-34

Prayer: "Lord God, as You are nailed to the cross, we pray that the sin of racism and all "isms" shall be nailed to die on the cross this Good Friday."

Reflection: Christ chose to pay the ultimate price for humanity. In His moment of agony, He chose forgiveness. Are there people you are holding unforgiveness or anger against? How can the grace of Christ enable you to forgive, just as you have been forgiven?



The Twelfth Station: Jesus Dies on the Cross

Scripture: Luke 23:44-46

Prayer: "Lord God, "in dying You restored our lives." O Lord, we pray that we live a life committed to justice and not "just us."

Reflection: In this moment of Christ's death, He saved us from our sins and gives us all the gift of eternal life with Him and all of the Saints, forever. How can you take time today to meditate on this great price that was paid for you?





The Thirteenth Station: Jesus Is Taken From The Cross

Scripture: John 20:38-42

Prayer: "Love, tenderly, took You from the Cross. O Lord we pray that love will move us to remove others from the crosses they bear."

Reflection: Mary, Jesus' Mother, and the others with her at the Cross were brokenhearted, and yet, their love for Christ gave them strength to care for His body. How can you show that same love and care for someone else and their burdens?

The Fourteenth Station: Jesus Is Laid in the Tomb

Scripture: Matthew 27:57-60

Prayer: "Acknowledging Your human dignity, Your friends gave You a proper burial. Lord God, forgive us our disrespect for life. We prepare to share resurrection life every time we act justly and strongly in the Lord!"

Reflection: In that moment, it seemed like utter defeat. It seemed as though all hope was lost, and yet, the Resurrection was just beginning. Reflect on your own journey, how has God turned seasons of pain into ones of great joy? Reflect on His goodness and mercy on your life today.





Closing Prayer:

“O Lord, my voice joins in prayer with my brothers and sisters as we seek to know and to do Your will. In obedience to Your Word, I am putting self aside and am casting out into the deep waters of Your love, mercy and grace.

Guide my net to the exact place and persons where You would will it to fall. Grant to me Lord, the time and opportunity to speak and witness to the ones whom my net will touch. Send forth Your Spirit, dear Lord, to shower me with wise and gentle actions and words that You would have me do and speak. My net is now cast with You, O God to walk each day by faith and not by sight. Lord, I believe and trust in Your power to perform miracles and to redeem all who cooperate with your grace.

Bless our faith and our walk, in the name of Jesus we pray,
Amen”

“We adore you, O Christ, and we bless You because by
Your Holy Cross You have redeemed the world.”

As you end these prayers, please take a few minutes
in quietness and reflection on all that you have witnessed and encounter through this journey.



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