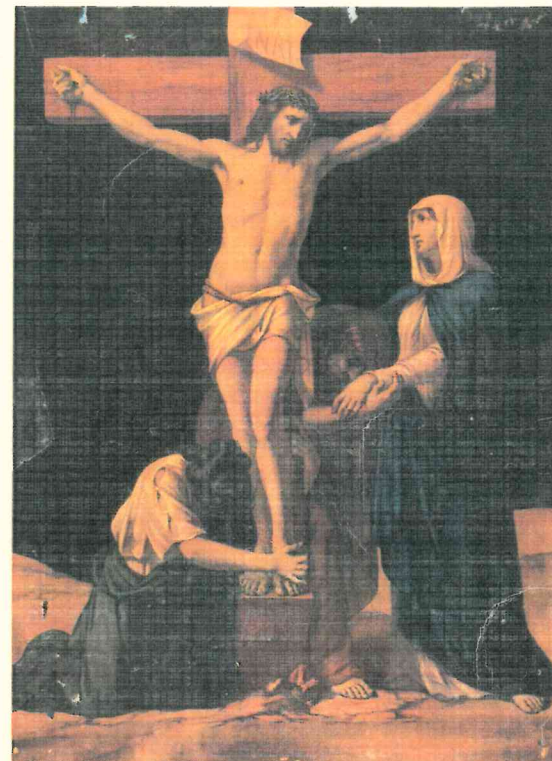
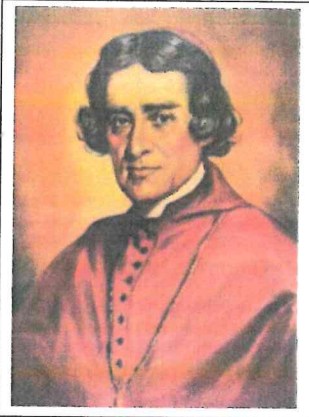


## THE WAY OF THE CROSS



by Venerable Frederic Baraga  
*First Bishop of Sault Ste. Marie and Marquette*

MY DEAR CHRISTIAN,  
so that you may reflect  
more deeply on Christ's  
suffering, and thus  
have great merit before  
God: visit the holy  
Stations of the Cross  
often, especially during  
Lent, and with great  
fervor pray and reflect  
upon what happened to  
Jesus at each station. In

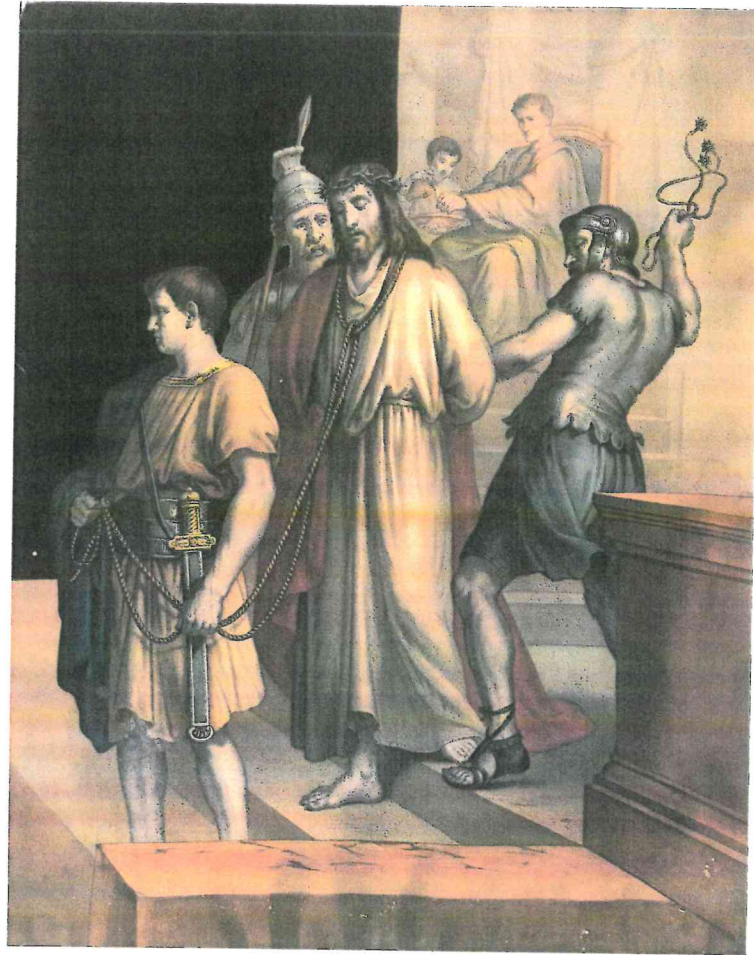


this way you will gain much for your soul, and also  
earn abundant indulgences, which will help you  
greatly at the divine judgment. Thank God that you  
have the opportunity to frequently visit the holy  
Stations of the Cross, and consider how in early  
times Christians walked to the Promised Land,  
repented of their sins, and earned indulgences with  
great difficulty and even dangers to their lives. Do  
this in order to truly recognize your sins, worthily  
grieve because of them, abandon them from now on,  
and in the future live only according to the example  
of your Savior.

## PREPARATION

*All:* O my Jesus! My merciful Redeemer! You suffered terribly  
for me, and sustained a horrible death on the holy Cross. All  
this you had to endure for the sake of our sins. O my kind Jesus,  
give me grace to take your bitter suffering, upon which I am  
now about to reflect, into my heart as though I were to see you  
suffer it all with my own eyes! Also grant me this grace, O my  
Jesus, that by visiting the holy Stations of the Cross I may share  
in all the merits and holy indulgences that were promised to us  
from the infinite treasure of your merits and divine mercy. Lead  
me yourself through the bloody path which you walked for our  
redemption and eternal salvation, and teach me by your holy  
example to endure all crosses and hardships with such self-  
denial and humble patience as you endured them, so that I  
might suffer with you for a short time here on earth, and delight  
with you for all eternity there in heaven. Amen.

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



## THE FIRST STATION

*Jesus is condemned to death.*

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

*People: For by your holy Cross you have redeemed the world.*

*Leader: O most innocent Jesus, you are so cruelly condemned and you never even sinned, which all your false judges knew well. Without any fear you were able to say to your worst enemies: "Who among you can charge me with any sin?" And no one was able to, and no one dared to speak a word against you, for your hour had not yet come. (Kneel and pause)*

*All: Oh, my Jesus, you were sentenced to death on the cross only because of our sins. O my Jesus, sentenced to a terrible death for us sinners, I ask that you avert my rightfully earned judgment, so I shall not, as I have already earned many times, be sentenced to eternal death. O Jesus, be merciful to me, a sinner, when I come before your harsh judgment, and place me at your right side among the fortunate multitude of your chosen ones. Amen.*

*Leader: Have mercy on me, O Lord!*

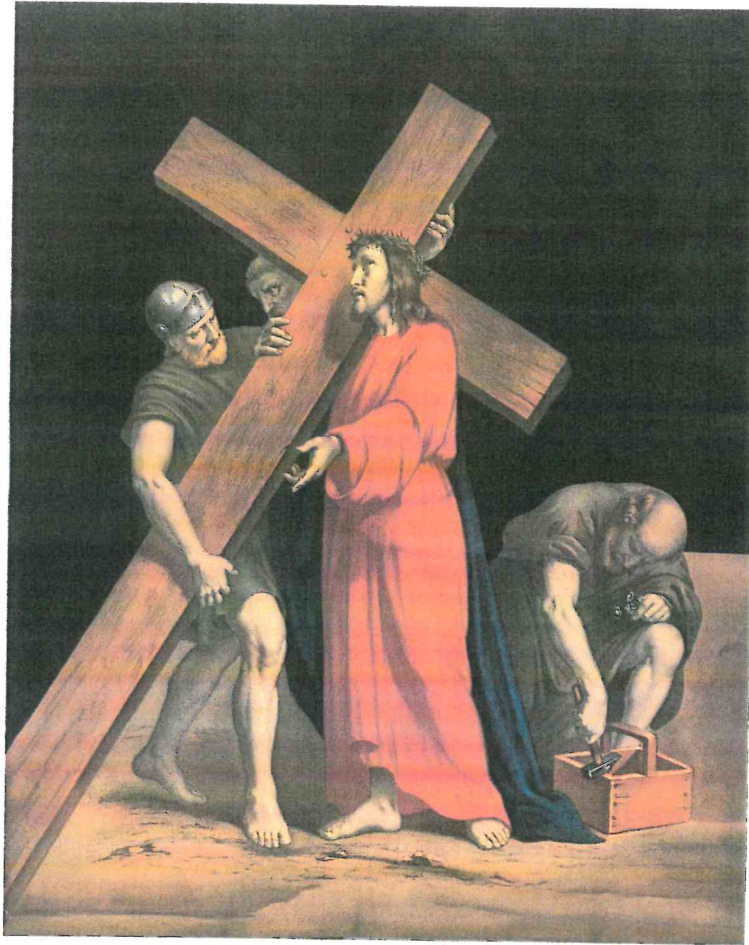
*People: Through your great grace and abundance of mercy, wipe away my wickedness.*

*(Our Father...Hail Mary...Glory be...)*

*(Stand)*

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





## THE SECOND STATION

*Jesus takes the Cross upon his shoulders.*

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

*People:* For by your holy Cross you have redeemed the world.

*Leader:* O my Jesus, how willingly and patiently you take upon your shoulder the heavy cross with which your enemies burdened you. You were already so scourged and tortured, and already so weak from shedding so much blood, that you could barely stand. And yet they mercilessly forced you to carry the heavy cross yourself. And with great patience you take the heavy cross upon your scourged, bloody shoulders. (*Kneel and pause*)

*All:* Oh, my Jesus, I must acknowledge that our sins thrust that heavy cross upon your shoulder and made it so heavy. What are all my crosses compared to yours? And still I fear them so, and carry them unwillingly. My Jesus, give me such love for suffering and for the cross, so I will always gladly take it upon my shoulder and say: "Praise to you, my cross! For you show me the true path to Jesus and heaven." Amen.

*Leader:* Have mercy on me, O Lord!

*People:* Through your great grace and abundance of mercy, wipe away my wickedness.

(Our Father...Hail Mary...Glory be...)

(Stand)

*O how sad and sore distressed,  
Was that Mother highly blest,  
Of the sole begotten One!*



### THE THIRD STATION

*Jesus falls under the weight of the Cross for the first time.*

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

*People: For by your holy Cross you have redeemed the world.*

*Leader: O Jesus! With great patience you took your heavy cross upon your shoulder and were prepared to carry it up Mount Calvary to be nailed to it. But your human nature succumbed, weakened from so much blood already poured out that you can no longer stand. You fall to the earth under the weight of your heavy cross. But your cruel enemies deny you all rest and reprieve, as they brutally whip you and kick you as you lay on the ground. And you willingly bear and endure it all. (Kneel and pause)*

*All: O my kind Jesus, why did you then fall so hard that you could hardly even get up? Over what did you stumble? Over our sins? Have mercy on me, O Lord, and give me a humble and patient heart, so I may rightfully acknowledge my great unworthiness, and may willingly endure everything you send me to suffer through your divine providence. Amen.*

*Leader: Have mercy on me, O Lord!*

*People: Through your great grace and abundance of mercy, wipe away my wickedness.*

*(Our Father...Hail Mary...Glory be...)*

*(Stand)*

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





## THE FOURTH STATION

*Jesus meets his sorrowful Mother.*

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

*People:* For by your holy Cross you have redeemed the world.

*Leader:* O my kind Jesus, how great your sorrow must have been when you met your Mother during your most brutal scorn and suffering. She felt such bitter sorrow and pain in her heart. O my Jesus, if in my heart I could have such fervent love for you as your most holy mother had and still has, then I could truly understand and feel both your immense sorrow and affliction. (*Kneel and pause*)

*All:* O dear Jesus, I humbly ask you to forgive me, for I know that you mourn so much only for my sins, with which I offended you so many times! O Jesus, help me onto the right path; give me heartfelt sorrow for my sins, and confirm me in my promise to never again offend you. O sorrowful mother Mary, through your intercessions I ask Jesus to grant me grace to never again replicate his and your sorrow with my sin. Amen.

*Leader:* Have mercy on me, O Lord!

*People:* Through your great grace and abundance of mercy, wipe away my wickedness.

(Our Father...Hail Mary...Glory be...)

(Stand)

*Is there one who would not weep,  
Whelmed in miseries so deep,  
Christ's dear Mother to behold?*



## THE FIFTH STATION

*Simon of Cyrene helps Jesus carry the Cross*

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

*People: For by your holy Cross you have redeemed the world.*

*Leader: O Jesus! You willingly accepted the cross upon your shoulders, and carried it as long as you could. You even fell under its weight, lifted it up and carried it again. But you soon grew so weak again that you could no longer carry it. Your wicked enemies thus forced a foreign passerby to help you carry the cross, not out of mercy, but merely because they were afraid that you would die along the way. (Kneel and pause)*

*All: O my Jesus, because I am a Christian, I am also called to carry your cross after you. Give me grace so that from now on I will no longer fear or resist any cross, and instead will carry it after you with a willing heart, and even be grateful for every opportunity you give me to earn the holy crown through suffering. Let me truly recognize that the more I willingly suffer here on earth, the more I will be rewarded in heaven. Amen.*

*Leader: Have mercy on me, O Lord!*

*People: Through your great grace and abundance of mercy, wipe away my wickedness.*

*(Our Father...Hail Mary...Glory be...)*

*(Stand)*

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





## THE SEVENTH STATION

*Jesus falls under the weight of the Cross for the second time.*

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

*People: For by your holy Cross you have redeemed the world.*

*Leader: O my Jesus, once again the weight of your cross and weakness of your scourged body have knocked you to the ground. But the immense weight of our transgressions has knocked you to the ground even harder. O Jesus, my own sin and the sins of others threw you to the ground. (Kneel and pause)*

*All: O humble Jesus, give me grace so your great struggle and suffering will not have been wasted on me. Give me a humble and penitent heart so I may truly recognize and repent of all my sins; and so I may willingly endure all scorn and gladly be despised with you on earth, and will be glorified only in heaven with you. Amen.*

*Leader: Have mercy on me, O Lord!*

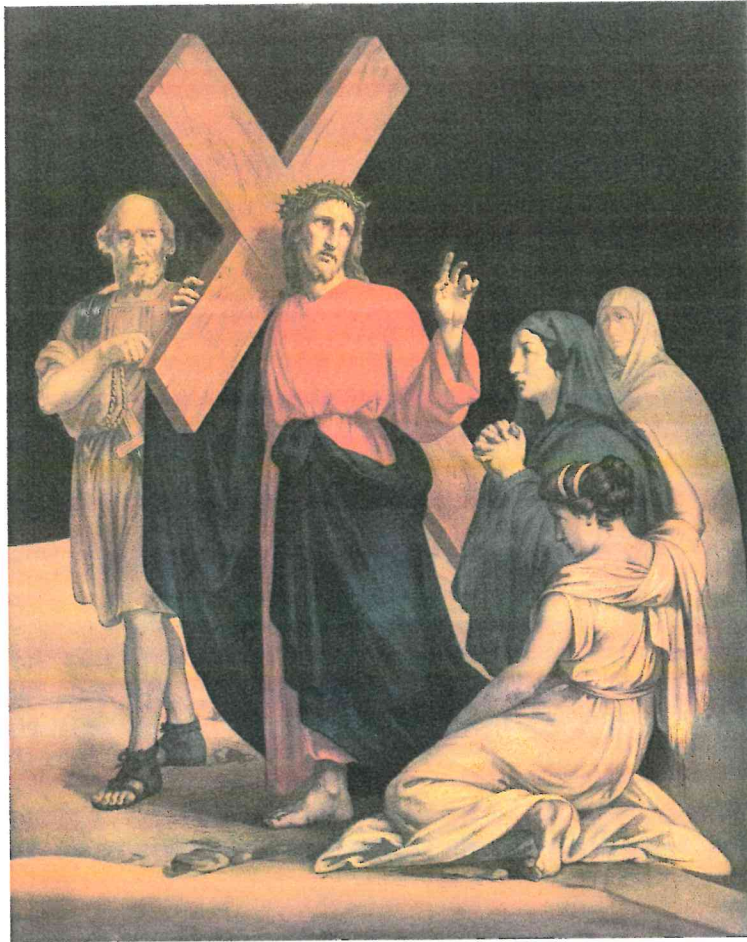
*People: Through your great grace and abundance of mercy, wipe away my wickedness.*

*(Our Father...Hail Mary...Glory be...)*

*(Stand)*

*For the sins of his own nation,  
Saw him hang in desolation,  
Til his spirit forth he sent.*





## THE EIGHTH STATION

*Jesus comforts the women of Jerusalem*

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

*People:* For by your holy Cross you have redeemed the world.

*Leader:* O Jesus! How infinite is your love for us! How beautifully it showed itself to us in all of your suffering! Yet you never sought or wanted any comfort. That is why you said to the women of Jerusalem who pitied and wept for you: "Do not weep for me, but weep for yourselves and your children." (*Kneel and pause*)

*All:* O beloved Jesus, truly we should weep and mourn only for ourselves and our wicked transgressions. Give me grace so I will also weep for you and mourn because of your bitter suffering. Give my eyes tears of repentance so in the affliction of my heart I will before you reflect upon all my years, and recognize that sin is the only reason for all your suffering. O Jesus, look graciously also upon me, as you looked upon the women of Jerusalem, and confirm me in my promise with your mighty grace. Amen.

*Leader:* Have mercy on me, O Lord!

*People:* Through your great grace and abundance of mercy, wipe away my wickedness.

(Our Father...Hail Mary...Glory be...)

(Stand)

*O thou Mother, fount of love,  
Touch my spirit from above,  
Make my heart with thine accord.*



## THE NINTH STATION

*Jesus falls under the weight of the Cross for the third time.*

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

*People: For by your holy Cross you have redeemed the world.*

*Leader: O dear Jesus, already for the third time you fall to the ground under the heavy weight of your cross. What dreadful pains you bore with each fall! How deeply your thorny crown penetrated into your holy head! How terribly your painful wounds were reopened! O innocent Lamb of God, the reason you fall so many times under your cross is because of our frequent fall into sin. (Kneel and pause)*

*All: O Jesus, with sorrowful heart I fall to your feet and humbly ask you to forgive me of all my falls into sin. Protect me from spiritual blindness. Let me truly begin to search for you while it is still possible for me to find you. Conquer my stubborn heart with your almighty grace. Amen.*

*Leader: Have mercy on me, O Lord!*

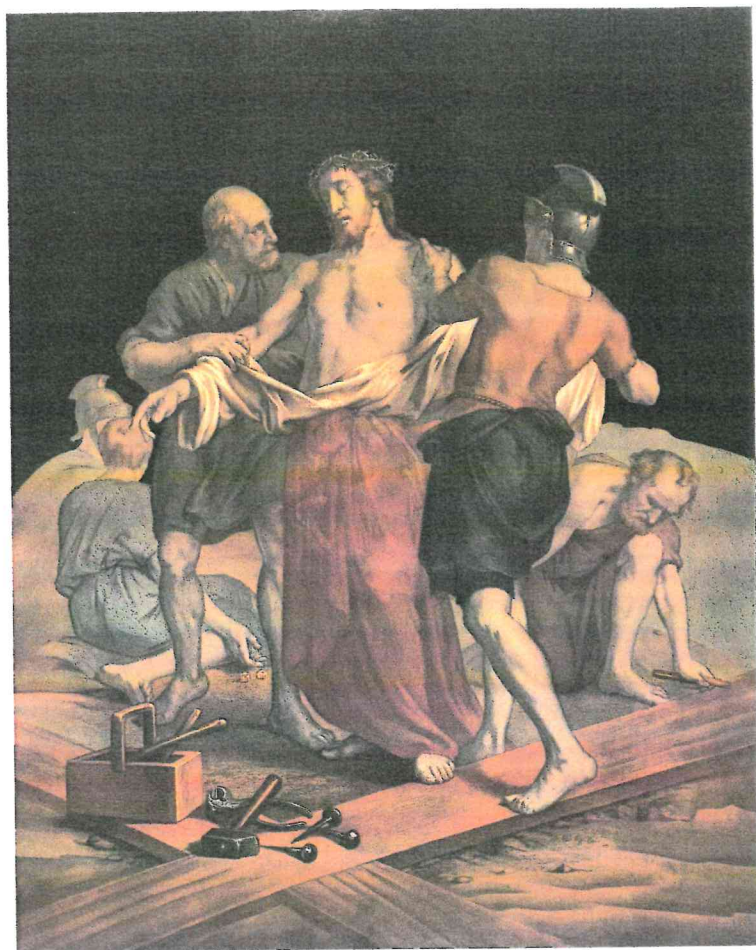
*People: Through your great grace and abundance of mercy, wipe away my wickedness.*

*(Our Father...Hail Mary...Glory be...)*

*(Stand)*

*Make me feel as thou hast felt;  
Make my soul to glow and melt  
With the love of Christ, my Lord.*





## THE TENTH STATION

*Jesus is stripped and given bitter gall to drink.*

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

*People: For by your holy Cross you have redeemed the world.*

*Leader: O Jesus, what dreadful pains and great humiliation you endured, and what agony you felt when your cruel and brazen enemies tore your garments from you and gave you bitter gall to drink. Your garments had dried to your wounds, and thus when they tore them from you all the wounds on your tortured body were again reopened. O my Jesus, what immense pain you suffered then, and what humiliation. (Kneel and pause)*

*All: O Jesus, at holy baptism I promised that I wanted to abandon all pride, all vanity, and all lures of the evil spirit. O my Jesus, you teach us that God grants his grace to the humble, and goes against the proud. I thus heartily ask you to give me a pure and humble heart, so I will denounce all vanities. Help me to always deny and conquer my own self so I may come to you into the eternal heavenly kingdom. Amen.*

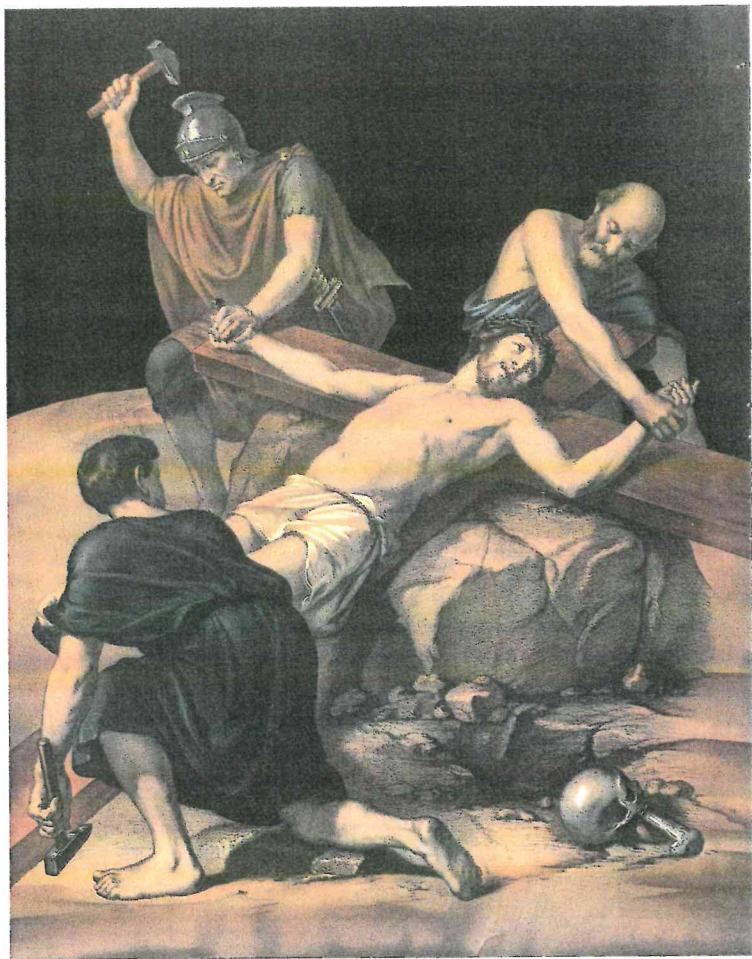
*Leader: Have mercy on me, O Lord!*

*People: Through your great grace and abundance of mercy, wipe away my wickedness.*

*(Our Father...Hail Mary...Glory be...)*

*(Stand)*

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



## THE ELEVENTH STATION

*Jesus is nailed to the Cross.*

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

*People:* For by your holy Cross you have redeemed the world.

*Leader:* O kind Jesus, who can understand the incredible pain that you had to endure for us when cruel men nailed you to the cross? The wicked mercilessly throw you onto the cross, stretch out your arms and legs, and they nail your kind hands and feet to the cross, so you unbearably feel each blow across all your limbs. My crucified Jesus, our sins are but those nails that pierced your holy hands and feet. (*Kneel and pause*)

*All:* O Jesus, give me your holy grace so that from now on, through a God-fearing life and the beautiful virtues, I will bring you as much happiness as I have thus far offended you through my sins. With your holy grace conquer my will; nail it to your holy cross so my will may always be in union with yours. O my Jesus, may your most holy will always be done. Amen.

*Leader:* Have mercy on me, O Lord!

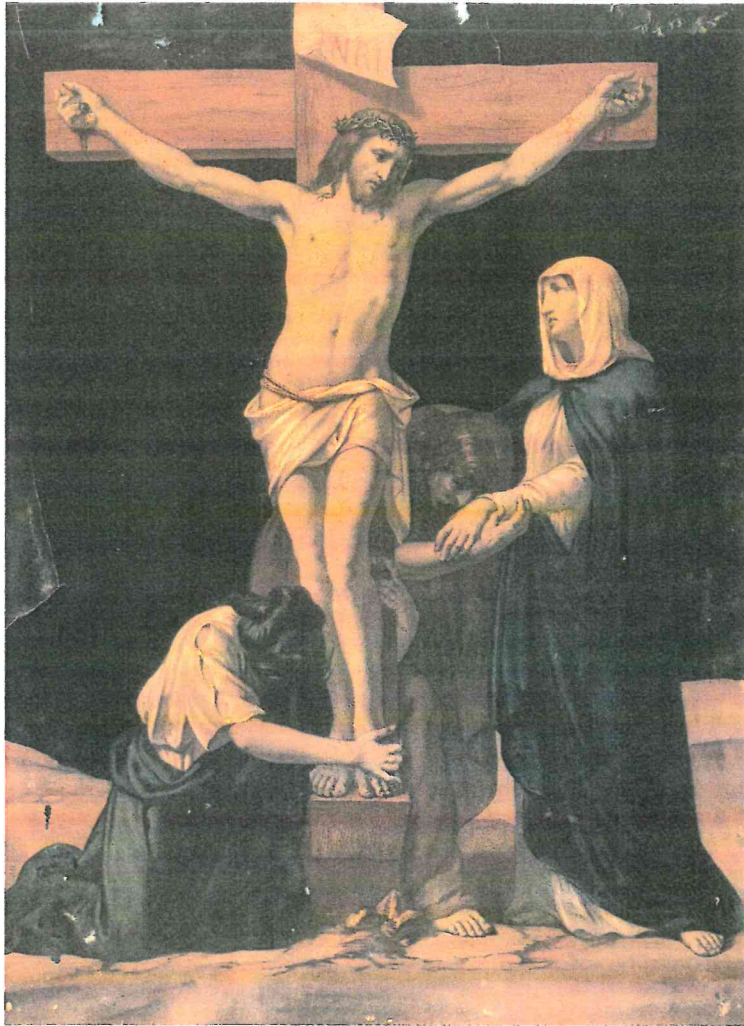
*People:* Through your great grace and abundance of mercy, wipe away my wickedness.

(Our Father...Hail Mary...Glory be...)

(Stand)

*Let me share with thee his pain,  
Who for all my sins was slain,  
Who for me in torments died.*





## THE TWELFTH STATION

*Jesus is lifted up and dies on the Cross.*

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

*People:* For by your holy Cross you have redeemed the world.

*Leader:* O Jesus, innocent Lamb of God, where do you find yourself? On the cross, between two revolutionaries! Truly, this is your throne of infinite love. Love alone lifted you upon this throne, and love alone you still show in the final hours of your life. You hung on the holy cross and still you loved those who inflicted such pain and prayed to God for them. You took care of your sorrowful mother and your favorite disciple. Even in your final hours you gave us beautiful examples of firm trust, willful suffering, and complete submission to God's will. (*Kneel and pause*)

*All:* O Redeemer, Look mercifully upon me from your cross. Commend me also to your beloved mother Mary, so she will also pray for me to you, for her supplication is so powerful and pleasing to you. Through your grace and her intercession, let me thus come into the company of your chosen ones. Amen.

*Leader:* Have mercy on me, O Lord!

*People:* Through your great grace and abundance of mercy, wipe away my wickedness.

(Our Father...Hail Mary...Glory be...)

(Stand)

*Let me mingle tears with thee,  
Mourning him who mourned for me,  
All the days that I may live.*



## THE THIRTEENTH STATION

*Jesus is taken down from the Cross and placed into the lap of his sorrowful Mother.*

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

*People: For by your holy Cross you have redeemed the world.*

*Leader: O Mary, my dear Mother, I see you drowning in a sea of bitter tears. You sit weeping at the foot of the bloody cross, holding your Jesus in your lap, the sharp sword of unspeakable sorrow penetrating deeply into your heart. O sorrowful Mother of Jesus, with your plentiful tears I also join my tears. Bring them in offering to your beloved Jesus. (Kneel and pause)*

*All: O most holy Virgin, ask the merciful Jesus to give me a truly penitent heart. Through your intercessions attain grace for me, so I may never again crucify Jesus with my sins, but rather through holy fulfillment of all his commandments, and especially through worthy reception of the holy sacraments, I may always preserve him alive within me. Amen.*

*Leader: Have mercy on me, O Lord!*

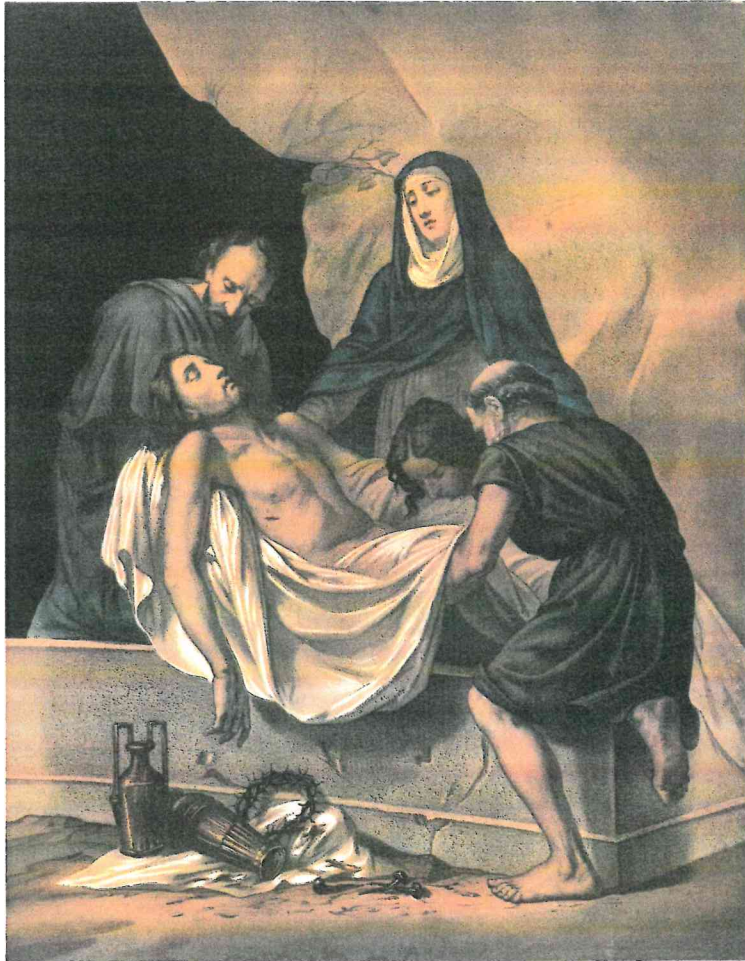
*People: Through your great grace and abundance of mercy, wipe away my wickedness.*

*(Our Father...Hail Mary...Glory be...)*

*(Stand)*

*By the cross with thee to stay,  
There with thee to weep and pray,  
This I ask of thee to give.*





## THE FOURTEENTH STATION

*Jesus is laid in the tomb.*

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

*People:* For by your holy Cross you have redeemed the world.

*Leader:* O kind Savior, lying in the tomb, place yourself also in my heart as you were placed in the tomb, and live in my heart, always remaining in my heart through your grace and your love. My Jesus, cleanse and prepare my heart yourself, so it will be filled with beautiful virtues like the God-fearing souls filled your venerable tomb with precious, fragrant things. (*Kneel and pause*)

*All:* O Jesus, grant me grace so in my final hour my soul shall be united with yours, accompanied by your Most Holy Redeemed Body as it departs from this world. O my Jesus! I want to be yours here and there and forever. Amen.

*Leader:* Have mercy on me, O Lord!

*People:* Through your great grace and abundance of mercy, wipe away my wickedness.

(Our Father...Hail Mary...Glory be...)

(Stand)

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



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