

THE NEW WAY OF THE CROSS

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things, I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

OPENING PRAYER

(Sign of the Cross)

Lord Jesus,
At your Birth you came to share our nature.
In your Passion and Death
you shared our pains and sorrows.
Through our meditation on the sufferings
you endured for our salvation.
may we share your rejection of sin
and your life of commitment
to God and neighbor.
May we come to share also
in the glory of your Resurrection
in the Kingdom where you live and reign
with the Father and the Holy Spirit,
one God, for ever and ever.
Amen!

FIRST STATION THE LAST SUPPER

***We adore you, O Christ, and we praise you.
Because by your holy Cross you have redeemed the world.***

Reading: 1 Cor 11:23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

Silent Reflection

Lord Jesus, it was not enough for you to become one of us when you took flesh and came to share our destiny.

In your love for us you did even more; you made yourself bread and wine, to be our food,
our constant companion and our model.
(Brief pause)

Teach us dear lord, to become like you—bread and wine,
offered in sacrifice to God and in humble service to our neighbor.
Help us to be everything to all, till I come to share the food of eternal life,
forever and ever.
Our Father... Hail Mary... Glory...

SECOND STATION THE AGONY IN THE GARDEN OF GETHSEMANE

***We adore you, O Christ, and we praise you.
Because by your holy Cross you have redeemed the world.***
Reading: Lk 22:39-45

Then going out he went, as was his custom, to the Mount of Olives, and the disciples followed him. When he arrived at the place he said to them, "Pray that you may not undergo the test." After withdrawing about a stone's throw from them and kneeling, he prayed, saying, "Father, if you are willing, take this cup away from me; still, not my will but yours be done." (And to strengthen him an angel from heaven appeared to him. as in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground.) When he rose from prayer and returned to his disciples, he found them sleeping from grief.

Silent Reflection

Hands clasped in prayer, in a desperate attempt
to gather strength to do the Father's will.
Those you asked to watch
and pray with you that night did not seem to care.

We, too, don't seem to care
about those who agonize in their loneliness,
their fears, their weaknesses.
(Brief pause)

Forgive our selfishness, Lord,
and grant us a heart as caring as yours,
that we may do the Father's will even when it hurts deeply,
for only in doing His will shall we find peace.
Our Father... Hail Mary... Glory...

THIRD STATION JESUS IS CONDEMNED TO DEATH

***We adore you, O Christ, and we praise you.
Because by your holy Cross you have redeemed the world.***

Reading: Mk 14:60-61; 15:1

The high priest rose before the assembly and questioned Jesus, saying, "Have you no answer? What are these men testifying against you?" But he was silent and answered nothing. Again the high priest asked him and said to him, "Are you the Messiah, the son of the Blessed One?" Then Jesus answered, "I am; and 'you will see the Son of Man seated at the right hand of the Power and coming with the clouds of heaven.'" At that the high priest tore his garments and said, "What further need have we of witnesses? You have heard the blasphemy. What do you think?" They all condemned him as deserving to die. As soon as morning came, the chief priests with the elders and the scribes, that is, the whole Sanhedrin, held a council. They bound Jesus, led him away, and handed him over to Pilate.

Silent Reflection

It sounds incredible: sentenced to death
by the very people to whom you had come to
bring life.
And this terrible contradiction seems to have
no end,
as we ourselves sentence you to death, once
again,
every time we turn our backs on the truth of
your love.
This failure of human justice goes on
the unjust sentences by which criminals are
acquitted
and innocent people are condemned to die a
thousand deaths
in a life of misery and rejection that puts us all
to shame.
(Brief pause)

Lord of life, make us more appreciative of your
gift of life,
life for all, life in its fullness.
Our Father... Hail Mary... Glory...

FOURTH STATION

**JESUS IS SCOURGED AND CROWNED
WITH THORNS**

***We adore you, O Christ, and we praise
you.***

***Because by your holy Cross you have
redeemed the world.***

Reading: Mt 27:22-30

Pilate said to them, "Then what shall I do with Jesus called Messiah?" They all said, "Let him be crucified!" But he said, "Why? What evil has he done?" They only shouted the louder, "Let him be crucified!" When Pilate saw that he was not succeeding at all, but that a riot was breaking out instead, he took water and washed his hands in the sight of the crowd,

saying, "I am innocent of this man's blood. Look to it yourselves." And the whole people said in reply, "His blood be upon us and upon our children." Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified. Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, 17 they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" They spat upon him and took the reed and kept striking him on the head.

Silent Reflection

The scourges were like plows
that cut deep into your flesh which knew no
sin!

They crowned your head with thorns,
in cruel mockery, calling you "king"
a title which was rightfully yours,
but which you never claimed for yourself.
Lord Jesus the hands that tormented you so
savagely
are also ours for we, too have done to you
what they did.

And still do it, when we become merciless
toward our brothers and sisters or put them to
shame.
(Brief pause)

Have mercy on us, dear Jesus, have mercy on
us!

Our Father... Hail Mary... Glory...

FIFTH STATION

JESUS RECEIVES THE CROSS

***We adore you, O Christ, and we praise
you.***

***Because by your holy Cross you have
redeemed the world.***

Reading: Mt 27:31

And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him.

Silent Reflection

Lord Jesus, you had carried wood so many
times in your life,

for you had been a carpenter for many years.
But the wooden beam you made to carry now

is the instrument of your death.
And it is so heavy,
for it includes the weight of the sins of all
mankind.

We see in you numberless human beings
who stagger under the weight of their defects
from which they are unable to set themselves
free;
weight of other people's defects and faults.
(Brief pause)

Grant us the grace, O Lord, never to burden
others
with our deficiencies
but always to carry the cross of our daily
duties in union with you.
Our Father... Hail Mary... Glory...

SIXTH STATION
JESUS FALLS UNDER THE WEIGHT OF
THE CROSS

***We adore you, O Christ, and we praise
you.***
***Because by your holy Cross you have
redeemed the world.***
Reading: Is 53:4-5

Yet it was our infirmities that he bore, our
sufferings that he endured, While we thought
of him as stricken, as one smitten by God and
afflicted. But he was pierced for our offenses,
crushed for our sins, Upon him was the
chastisement that makes us whole, by his
stripes we were healed.

Silent Reflection
It was more than you could bear.
The weight of the cross on your shoulders,
the weight of the insults being hurled at you
by the mad mob brought you down to the dust
in total exhaustion.
We too, fall, O Lord
when trials and failures make us stumble
and crush us to the ground.
(Brief pause)

When this happens, Lord,
do not let discouragement
and lack of faith in ourselves keep us in the
dust of humiliation and defeat.
And when our brothers and sisters fall,
give us a compassionate heart that we may not
add insult to injury.
Our Father... Hail Mary... Glory...

SEVENTH STATION
SIMON OF CYRENE CARRIES THE CROSS
OF JESUS

***We adore you, O Christ, and we praise
you.***

***Because by your holy Cross you have
redeemed the world.***
Reading: Mk 15:21

They pressed into service a passer-by, Simon,
a Cyrenian, who was coming in from the
country, the father of Alexander and Rufus, to
carry his cross.

Silent Reflection
It must have been quite a surprise for Simon
to see you, Lord,
stagger under the weight of the cross.
He did not hesitate to take your cross on his
shoulders
and so relieve you of its material weight.
But the weight of our sins was still on your
shoulders,
for that weight only you could bear.
(Brief pause)

Make us like Simon of Cyrene, Lord.
Grant me the strength and generosity
we need to carry our neighbor's burdens,
for our society is crowded with poor Christs
crushed by crosses of all shapes and weights.
Our Father... Hail Mary... Glory...

EIGHTH STATION
JESUS MEETS THE PIOUS WOMEN OF
JERUSALEM

***We adore you, O Christ, and we praise
you.***
***Because by your holy Cross you have
redeemed the world.***
Reading: Lk 23: 27-31

A large crowd of people followed Jesus,
including many women who mourned and
lamented him. Jesus turned to them and said,
"Daughters of Jerusalem, do not weep for me;
weep instead for yourselves and for your
children, for indeed, the days are coming
when people will say, 'Blessed are the barren,
the wombs that never bore and the breasts
that never nursed.' At that time people will say
to the mountains, 'Fall upon us!' and to the
hills, 'Cover us!' for if these things are done
when the wood is green what will happen
when it is dry?"

Silent Reflection
Those women were really sincere in their
sorrow at seeing you so afflicted.
They knew your goodness, Lord.
They knew your innocence.
But you directed their attention and tears to
SIN in all its forms,
as the deeper cause of your suffering,
and to the terrible punishment
which unrepentance brings down on all.

(Brief pause)

Grant us a new heart, O Lord.
Grant that our tears may be accompanied by
the sincere resolve
to eliminate the cause of all tears: our offenses
against your love.
Our Father... Hail Mary... Glory...

NINTH STATION
JESUS IS NAILED TO THE CROSS

***We adore you, O Christ, and we praise
you.
Because by your holy Cross you have
redeemed the world.***
Reading: Lk 23: 33-35

When they came to the place called the Skull,
they crucified him and the criminals there,
one on his right, the other on his left. [Then
Jesus said, "Father, forgive them, they know
not what they do."] They divided his garments
by casting lots. The people stood by and
watched; the rulers, meanwhile, sneered at
him and said, "He saved others, let him save
himself if he is the chosen one, the Messiah of
God."

Silent Reflection
Lord, your gentle hands,
which blessed the children and the sick,
are now mercilessly nailed to the wood of the
cross.
Your feet, which had taken you from village to
village
to bring the good news of the Kingdom of all,
are now immobilized forever.
Your enemies dare you to come down from the
cross,
but you don't. Not because of the nails,
but because of your love for us sinners.
(Brief pause)

When the faithfulness to our duties, Lord,
becomes like sharp nails
that pin us to the cross of our commitments,
grant us the grace to persevere to the end, out
of love.
Our Father... Hail Mary... Glory...

TENTH STATION
**JESUS PROMISES HEAVEN TO THE
REPENTANT THIEF**

***We adore you, O Christ, and we praise
you.
Because by your holy Cross you have
redeemed the world.***

Reading: Lk 23: 39-43

Now one of the criminals hanging there
reviled Jesus, saying, "Are you not the
Messiah? Save yourself and us." The other,
however, rebuking him, said in reply, "Have
you no fear of God, for you are subject to the
same condemnation?. And indeed, we have
been condemned justly, for the sentence we
received corresponds to our crimes, but this
man has done nothing criminal." Then he
said, "Jesus, remember me when you come
into your kingdom." He replied to him,
"Amen, I say to you, today you will be with me
in Paradise."

Silent Reflection
Lord, we see the left hand of the repentant
thief
desperately trying to reach out to you as his
last hope.
We see your right hand trying to reach out to
him in a merciful embrace.
But the nails prevent both of you to touch each
other.
Yet, his sorrowful voice and your reassuring
words reach each other's heart.
The man is saved on the last lap of his life!
(Brief pause)

Lord, grant that we may be as well disposed
to people who have done wrong as you were to
the repentant thief.
When our time comes, may we hear from you
the reassuring words:
"Today you will be with me in paradise."
Our Father... Hail Mary... Glory...

ELEVENTH STATION
**MARY AND JOHN AT THE FOOT OF THE
CROSS**

***We adore you, O Christ, and we praise
you.
Because by your holy Cross you have
redeemed the world.***
Reading: Jn 19: 25-27

Standing by the cross of Jesus were his mother
and his mother's sister, Mary the wife of
Clopas, and Mary of Magdala. When Jesus
saw his mother and the disciple there whom
he loved, he said to his mother, "Woman,
behold, your son." Then he said to the disciple,
"Behold, your mother." And from that hour
the disciple took her into his home.

Silent Reflection
A Son, a Mother and a disciple:
all three bound together by an ardent love.
But the bond is specially deep
between you and your Mother, dear Lord.

Her destiny is uniquely bonded to yours.
Thinking of the years to come,
you entrusted your Mother to the disciple you
loved the most,
and to her you entrusted the disciple who
represents all of us.
(Brief pause)

Thank you, dear lord, for the gift of your
Mother.
We are now even more a member of your
“family”
and nothing should break the wonderful
relationship
which you established between your Mother
and us,
between her and all mankind.
Our Father... Hail Mary... Glory...

TWELFTH STATION **JESUS DIES ON THE CROSS**

**We adore you, O Christ, and we praise
you.**
**Because by your holy Cross you have
redeemed the world.**
Reading: Lk 23: 44. 46; Jn 19:28-30

It was now about noon and darkness came
over the whole land until three in the
afternoon. Jesus cried out in a loud voice,
“Father, into your hands I commend my
spirit”; and when he had said this he breathed
his last.

After this, aware that everything was now
finished, in order that the scripture might be
fulfilled, Jesus said, “I thirst.” There was a
vessel filled with common wine. So they put a
sponge soaked in wine on a sprig of hyssop
and put it up to his mouth. When Jesus had
taken the wine, he said, “It is finished.” And
bowing his head, he handed over the spirit.

Silent Reflection
We were all condemned to die because of our
sins.
Out of love, you took upon yourself
the death penalty that you alone did not
deserve.
When you reached the end of your agony,
you had only a word of hope: “Father, into
Your hands I commend my spirit.”
It was our sins, it was your love for us that
killed you, dearest Jesus.
You died that we might live for ever.
(Brief pause)

And now, dear Lord, only this is left for us:
that we should live for you, moment by
moment,
in faithfulness and gratitude, so that,

when our time comes, your last words may be
ours, too:
“Father, into your hands, I commend my
spirit.”
Our Father... Hail Mary... Glory...

THIRTEENTH STATION **JESUS IS LAID IN THE TOMB**

**We adore you, O Christ, and we praise
you.**
**Because by your holy Cross you have
redeemed the world.**
Reading: Mt 27: 57-60

When it was evening, there came a rich man
from Arimathea named Joseph, who was
himself a disciple of Jesus. He went to Pilate
and asked for the body of Jesus; then Pilate
ordered it to be handed over. Taking the body,
Joseph wrapped it (in) clean linen and laid it
in his new tomb that he had hewn in the rock.
Then he rolled a huge stone across the
entrance to the tomb and departed.

Silent Reflection
Lord Jesus, the dark night of death has
engulfed you.
In the darkness of the sepulcher, the only
brightness comes
from the tender love of your Mother,
the faithfulness of John and Mary Magdalene,
and the friendship of Joseph of Arimathea and
a few others.
You are now laid to rest like a seed
entrusted to the soil for the harvest to come.
Your burial gives hope to our burials,
Thanks to you, death does not frighten us any
more,
for we know that it is but a long sleep
in the lap of mother earth.
(Brief pause)

Give us rest, Lord! Give us the rest and peace
with you forever!

Our Father... Hail Mary... Glory...

FOURTEENTH STATION **JESUS RISES FROM DEATH**

**We adore you, O Christ, and we praise
you.**
**Because by your holy Cross you have
redeemed the world.**
Reading: Mt 28: 1-6

After the sabbath, as the first day of the week
was dawning, Mary Magdalene and the other
Mary came to see the tomb. And behold, there
was a great earthquake; for an angel of the

Lord descended from heaven, approached,
rolled back the stone, and sat upon it. His
appearance was like lightning and his clothing
was white as snow. The guards were shaken
with fear of him and became like dead men.
Then the angel said to the women in reply,
“Do not be afraid! I know that you are seeking
Jesus the crucified. He is not here, for he has
been raised just as he said. Come and see the
place where he lay.

Silent Reflection

Your enemies were celebrating over your
death.
Your disciples and friends were in deep
mourning,
for with your death they had seen all their
dreams vanish.
Both your enemies and friends
underestimated your power.
Your body could not undergo corruption,
for it was the body of God’s incarnate Son.
Your victory over sin would not have been
complete
if you had not risen from death.
Your resurrection, Lord, is the pattern of our
resurrection.
It is a challenge for us to rise from the grave of
sin
to the life of grace.
(Brief pause)

Thank you, lord, for dying for us. Thank you
for rising for us!

Our Father... Hail Mary... Glory...

PRAYER FOR THE INTENTIONS OF THE HOLY FATHER

FOR THE MONTH OF APRIL
For doctors and their humanitarian
collaborators in war zones, who risk their lives
to save the lives of others.

FINAL PRAYER

All-powerful, ever-living God,
your only Son died for our sins
and rose triumphantly from the dead.
In your goodness,
raise up your faithful people
to be one with him in the eternal life of
heaven,
where he lives and reigns with you and the
Holy Spirit,
one God, for ever and ever.
Amen!
And may the blessing of Almighty God:
Father, Son and Holy Spirit,
descend upon us and always remain with us.
Amen!