



# STATIONS OF THE CROSS

*Walking the fourteen Stations of the Cross is a work of the heart. We see the God who came to share in the reality of the suffering world, who came to take our cross in order to transform our hearts of stone. He wants to give us a heart of flesh instead, so that we can share in the sufferings of others.*

## *Outdoor Stations:*

*The devotion begins in the Shrine Church with the introductory prayer. If you find that there is another service taking place in the Shrine simply start at the first station, returning through the Shrine in silence.*

*Station numbers 1 and 2 are in the garden at the right hand side of the Shrine. Return through the church and then outside the door of the right hand aisle you'll find station 3 ahead of you. Station 4 is in the outdoor chapel as you follow the path around, and 5 and 6 are on the same path at the back of the Shrine Church. 7 is at the top of the steps up from the fountain garden, and 8, 9, 10 and 11 are on the path leading up to the Calvary Hill (which is number 12). 13 is on the left as you descend the hill and on the way round to 14, the Sepulchre, at the end of the covered cloister. (The Station of the Resurrection is further round the path, behind the Altar of the Mysteries of Light.)*

## *Indoor Stations:*

*These are in the aisle on the liturgical north side of the Shrine, beginning next to St. Thomas' Chapel.*

## INTRODUCTION

In the name of the Father, and of the Son, and of the Holy Spirit.

**Amen.**

May God, our strength and salvation, be with you all.

**And with your spirit.**

Once we were far off, but now in union with Christ Jesus we have been brought near through the shedding of Christ's blood, for he is our peace. *Ephesians 2.13,14*

At the stations Jesus stops. He stops to speak to people with compassion; he stops because he falls with exhaustion; he stops because he reaches Golgotha, the place of his execution. And he stands with humanity in all that brings us to a standstill. We can be brought to a stop because of illness or bereavement. We can be brought to a stop because of a change in circumstances or by the sadness of a suffering world.

As we walk the stations of the cross, we know that Jesus walks with us, and that he will bring us with him to resurrection. So we set out in great hope.

Let us pray.

Almighty Father, who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh and to suffer death upon the Cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection; through Jesus Christ our Lord.  
**Amen.**

*On the way to each Station part of a suitable hymn may be sung:*

**At the cross her station keeping,  
Stood the mournful Mother weeping,  
Close to Jesus at the last.  
Through her soul, of joy bereaved,  
Bowed with anguish, deeply grieved,  
Now at length the sword hath passed.**

*Or:*

**Ride on, ride on in majesty!  
In lowly pomp ride on to die:  
O Christ, thy triumphs now begin  
O'er captive death and conquered sin.**

**Ride on, ride on in majesty!  
In lowly pomp ride on to die;  
Bow thy meek head to mortal pain,  
Then take, O God, thy power, and reign.**

## **1. JESUS IS CONDEMNED TO DEATH**

We adore you, O Christ, and we bless you.

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

Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, 'Here is your King!' They cried out, 'Away with him! Away with him! Crucify him!' Pilate asked them, 'Shall I crucify your King?' The chief priests answered, 'We have no king but the emperor.' Then he handed him over to them to be crucified.

*John 19.14-16*

Jesus is made to go through a sham trial. Pilate does not believe that Jesus is guilty, yet he makes little effort to save him. Pilate may have been afraid of the crowd, feared for his job, or wanted to appear tough on crime, even if it meant condemning an innocent man to death.

Pilate makes a quick and hasty judgement without taking his time to discover who Jesus really is. We too can be guilty of deciding about another person without knowing all the facts. We all too often quickly condemn others as being lazy, stupid, ignorant, or mean. However, while we often judge in haste and with contempt, Jesus will instead judge us with kindness, love, and forgiveness.

*Lord Jesus, give us the strength to judge others in the way that you judge, with love and understanding. Be with all those who are falsely accused and may all who are given power and authority use it wisely and fairly.*

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come; thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil. Amen.**

*As we move to the second station:*

**O, that blessed one, grief-laden,  
Blessed Mother, blessed Maiden,  
Mother of the all-holy One;  
O that silent, ceaseless mourning,  
O those dim eyes, never turning  
From that wondrous, suffering Son.**

*Or:*

**Judge eternal, throned in splendour,  
Lord of lords and King of kings,  
With thy living fire of judgement  
Purge this realm of bitter things:  
Solace all its wide dominion  
With the healing of thy wings.**

## **2. JESUS RECEIVES HIS CROSS**

We adore you, O Christ, and we bless you.

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

So they took Jesus, and he went out, bearing his own cross, to the place called the place of the skull, which is called in Hebrew Golgotha.

*John 19.17*

Jesus is forced to carry the very instrument that will be the cause of his own death. It must have weighed heavily on our Lord's back, but out of love for each one of us, Jesus picked up his cross and he began to walk.

Jesus tells each of us that if we wish to follow him, then we must also follow his example and carry our own cross. We know that life will sometimes be hard and that it will also sometimes contain periods of great suffering. However, even during those times when we are struggling to bear the weight of our own cross, we can be assured that we have, in Jesus, a Lord who knows what we are going through. Christ had to carry his cross by himself, but because he did that for us, it now means that we will never have to carry our cross on our own, because in Jesus, we have found a loving and understanding companion.

*Lord Jesus, help us to carry the weight of our own cross and support us in the dark times of life. Forgive us when we have placed burdens on the shoulders of others and failed to help someone we have known to be struggling.*

**Holy God, Holy and strong, Holy and immortal, have mercy on us.**

*As we move to the third station:*

**Who on Christ's dear Mother gazing,  
In her trouble so amazing,  
Born of woman, would not weep?  
Who on Christ's dear Mother thinking,  
Such a cup of sorrow drinking,  
Would not share her sorrow deep?**

*Or:*

**Take up thy cross, the Saviour said,  
If thou wouldst my disciple be;  
Deny thyself, the world forsake,  
And humbly follow after me.**

**Take up thy cross; let not its weight  
Fill thy weak spirit with alarm;  
His strength shall bear thy spirit up,  
And brace thy heart, and nerve thine arm.**

### **3. JESUS FALLS FOR THE FIRST TIME**

We adore you, O Christ, and we bless you.

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

Though he was in the form of God, he did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross.

*Philippians 2.6-8*

Jesus' humanity is fully exposed as he physically falls for the first time. He truly is one of us. We too have many first falls; however, they are spiritual rather than physical. The first time we tell a lie, the first time we spread gossip, the first time we condemn another person, the first time we cheat or trick another person purely for our own selfish gains.

We do not like to admit our first falls as they often make us feel guilty and ashamed. However, it is only by admitting our falls, by confessing our sins, that we can then be forgiven by God. Jesus knows us better than we know ourselves, the good parts and the bad, and yet he still loves us. Therefore, when we do spiritually fall over, let us ensure that pride or shame does not stop us from reaching out for Christ's hand and allowing him to help us to get back up.

*Lord Jesus, forgive us for the times when we fall and commit sin and let us always be humble enough to reach out to you for help, support, and protection.*

Lord, have mercy upon us.	<b>Lord, have mercy upon us.</b>
Christ, have mercy upon us.	<b>Christ, have mercy upon us.</b>
Lord, have mercy upon us.	<b>Lord, have mercy upon us.</b>

*As we move to the fourth station:*

**For his people's sins in anguish,  
There she saw the Victim languish,  
Bleed in torments, bleed and die;  
Saw the Lord's anointed taken,  
Saw her child in death forsaken,  
Heard his last expiring cry.**

*Or:*

**Be thou my guardian and my guide,  
And hear me when I call;  
Let not my slippery footsteps slide,  
And hold me lest I fall.**

**Still let me ever watch and pray,  
And feel that I am frail;  
That if the tempter cross my way,  
Yet he may not prevail.**

#### 4. JESUS MEETS HIS MOTHER

We adore you, O Christ, and we bless you.

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

Then Simeon blessed them and said to his mother Mary, ‘This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.’

*Luke 2.34-35*

The Blessed Virgin Mary has reached the day that she knew would come, but one she must have been dreading ever since Simeon told her that a sword would pierce her own soul.

Her Son, her beloved Son, was now suffering right before her eyes and there was nothing that she could do, apart from trust in God. No one on earth has ever been closer to Jesus. Mary carried Our Lord in her womb, she raised him as a child, and she was still with him during his final hours. Mary’s unwavering faithfulness, her trust, her dignity, and her steadfast commitment to Jesus is a shining example to all Christians.

*May Mary, the Mother of God, pray for all parents who have had to watch their children suffer or to die. May parents find comfort, strength, and support from Our Lady’s powerful intercession.*

**Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners, now and at the hour of our death. Amen.**

*As we move to the fifth station:*

**In the passion of my Maker,  
Be my sinful soul partaker,  
May I bear with her my part;  
Of his passion bear the token,  
In a spirit bowed and broken  
Bear his death within my heart.**

*Or:*

**Sing we, too, of Mary’s sorrows,  
Of the sword that pierced her through,  
When beneath the cross of Jesus  
She his weight of suffering knew,**

**Looked upon her Son and Saviour  
Reigning high on Calvary's tree,  
Saw the price of man's redemption  
Paid to set the sinner free.**

#### **5. SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS**

We adore you, O Christ, and we bless you.

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

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.

*Mark 15.21*

Cyrene was a town in North Africa; therefore, Simon was a foreigner and perhaps that is why the Roman guards picked on him and forced him to help carry the cross of a convicted criminal and a stranger. Like the guards, it is very easy for all of us to pick on those who are different from us, to single them out and to mock them, to treat them with contempt and disdain.

However, Simon's life is inadvertently transformed after being singled out by the guards and forced to carry the cross of Our Lord. In just a few fleeting hours, maybe even just after a few minutes of being made to provide Our Lord with some support, Simon recognises who Jesus really is. Simon sees something that even Jesus' own followers had struggled to see; Simon recognises Jesus as the Christ.

*Lord Jesus, help us to treat all people generously and as equals. Help us to look upon one another as cherished children of God.*

**Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: grant us peace.**

*As we move to the sixth station:*

**May his wounds both wound and heal me,  
He enkindle, cleanse, anneal me,  
Be his cross my hope and stay.  
May he, when the mountains quiver,  
From the flame which burns for ever  
Shield me on the judgement day.**

Or:

**My song is love unknown,  
My Saviour's love to me,  
Love to the loveless shown,  
That they might lovely be.  
O, who am I,  
That for my sake  
My Lord should take  
Frail flesh, and die?**

## **6. VERONICA WIPES THE FACE OF JESUS**

We adore you, O Christ, and we bless you.

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

He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.

*Isaiah 53:3*

Our faces say so much about how we are feeling. When we are sad or upset when we are happy, excited or full of joy, those emotions are painted all over our faces. We also know that something as simple as a smile can make a huge difference to another person. Our faces are so very powerful.

What did Veronica see when she wiped the face of Jesus? Did she see a convicted criminal? Did she see an innocent man? Indeed, did she even see that this was the Christ, the Son of God? All we know for certain is that when Veronica looked at Jesus' bruised and bloodied face, she knew that she could not simply stand by and do nothing. She knew that she had to help.

*Lord Jesus, help us to look into the faces of others so that, like Veronica, we can find ways to help and care for all those who are in need.*

**Save us, Saviour of the world,  
by your cross and resurrection you have set us free.**

*As we move to the seventh station:*

**Jesus, may thy cross defend me,  
And thy saving death befriend me,  
Cherished by thy deathless grace;  
When to dust my dust returneth,  
Grant a soul that to thee yearneth  
In thy paradise a place.**

Or: **Sometimes they strew his way,**

**And his sweet praises sing;  
Resounding all the day  
Hosannas to their King.  
Then ‘Crucify!’  
Is all their breath,  
And for his death  
They thirst and cry.**

## **7. JESUS FALLS FOR THE SECOND TIME**

We adore you, O Christ, and we bless you.

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

Do not rebuke an older man but encourage him as you would a father, younger men as brothers, older women as mothers, younger women as sisters, in all purity.

*1 Timothy 5:1-2*

The Son of God falls for a second time. Was this not the Messiah, the Christ, the famous miracle worker? We can imagine how the crowds would have mocked and jeered as the great prophet from Nazareth now appeared so frail and weak, unable to even carry his own cross, despite Simon’s assistance.

We are often guilty of patronising and dismissing the frail and the weak as useless and of little value to society. However, we must always remember that Our Lord and Saviour was once frail and weak too. Christ embraced humanity in all its different forms. He became weak, so that we could become strong.

*Lord Jesus, give us the gift of valuing all people equally in our society and help us to ensure that we do not judge one another according to our physical capacities.*

**Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

*As we move to the eighth station:*

**At the cross her station keeping,  
Stood the mournful Mother weeping,  
Close to Jesus at the last.  
Through her soul, of joy bereaved,  
Bowed with anguish, deeply grieved,  
Now at length the sword hath passed.**

*Or:* **All ye who seek a comfort sure  
In trouble and distress,  
Whatever sorrow vex the mind,  
Or guilt the soul oppress,  
  
Jesus, who gave himself for you  
Upon the cross to die,  
Opens to you his sacred heart;  
O to that heart draw nigh.**

#### **8. JESUS SPEAKS TO THE WOMEN OF JERUSALEM**

We adore you, O Christ, and we bless you.

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

A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, “Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.” Then they will begin to say to the mountains, “Fall on us”; and to the hills, “Cover us.” For if they do this when the wood is green, what will happen when it is dry?’

*Luke 23.27-31*

Jesus encounters some of the women of Jerusalem. It is unlikely that he knew these women or indeed that they knew him. The women are simply fulfilling an empty ritual, a duty that they have performed numerous times previously on the long road to Golgotha.

How often do we find that, just like the women of Jerusalem, we also perform empty rituals for Jesus? How often do we go to church as a duty rather than as a joyful opportunity to meet with Christ? Do we prepare ourselves sufficiently before we receive Jesus at the Mass? Do we meet Jesus in Scripture and allow him to transform our lives?

*Lord Jesus, help us to come to you with joyful and grateful hearts and banish all empty ritual from our lives.*

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come; thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.**

**And lead us not into temptation;  
but deliver us from evil. Amen.**

*As we move to the ninth station:*

**O that blessed one, grief-laden,  
Blessed, Mother, blessed maiden,  
Mother of the all-holy one;  
O that silent, ceaseless mourning,  
O those dim eyes, never turning  
From that wondrous, suffering Son.**

*Or:* **Ye hear how kindly he invites;  
Ye hear his words so blest –  
‘All ye that labour come to me,  
And I will give you rest.’**

**Wash thou my wounds in that dear blood  
Which forth from thee doth flow;  
New grace, new hope inspire, a new  
And better heart bestow.**

## **9. JESUS FALLS FOR THE THIRD TIME**

We adore you, O Christ, and we bless you.

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

For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God.

*John 3.17-18*

Each time that Jesus falls it is a reminder of the unfair and unjust world that we live in. Every single day somewhere in our world there are parents struggling to provide food for their children, struggling to find even enough clean drinking water. Every single day in our world there are young people being exploited, working for very little so that others can purchase cheap goods at their expense.

Exploitation, injustice, cruelty, racism, discrimination is sadly all too present in our world. Just as Jesus was crushed by the weight of his cross, many people continue to be crushed by the burdens that our world puts on them. It is the responsibility of all Christians to work and pray for a more equal, fairer, kinder world and to support our brothers and sisters in Christ wherever they may be.

*Lord Jesus, be with all people who are suffering from poverty and exploitation. Give us the strength to speak out and to change our own lives so that together we can bring an end to all forms of injustice.*

**Holy God, Holy and strong, Holy and immortal, have mercy on us.**

*As we move to the tenth station:*

**Who on Christ's dear Mother gazing,  
In her trouble so amazing,  
Born of woman, would not weep?  
Who on Christ's dear mother thinking,  
Such a cup of sorrow drinking,  
Would not share her sorrow deep?**

*Or:* **O generous love! that he who smote  
In Man for man the foe,  
The double agony in Man  
For man should undergo.**

**And in the garden secretly,  
And on the cross on high,  
Should teach his brethren, and inspire  
To suffer and to die.**

## **10. JESUS IS STRIPPED OF HIS GARMENTS**

We adore you, O Christ, and we bless you.

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

If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

*2 Chronicles 7:14*

Jesus is stripped of all his clothes. He is completely exposed, open and vulnerable. How often do we wear emotional masks to cover up what we are truly thinking and what we are truly feeling? There are parts of our lives that we are not proud of, things that we are ashamed of.

We cannot hide ourselves from God. God sees through the mask. God sees the real us, the 'stripped' us, the exposed us, the vulnerable us, and wonderfully, it is that real us that he still loves, warts and all!

*Lord Jesus, help us to be honest and open with you, give us the strength to make our confession and keep us free from the sin of pride.*

Lord, have mercy upon us.      **Lord, have mercy upon us.**  
Christ, have mercy upon us.      **Christ, have mercy upon us.**  
Lord, have mercy upon us.      **Lord, have mercy upon us.**

*As we move to the eleventh station:*

**For his people's sins in anguish,  
There she saw the Victim languish,  
Bleed in torments, bleed and die;  
Saw the Lord's anointed taken,  
Saw her child in death forsaken,  
Heard his last expiring cry.**

*Or:* **There is a green hill far away,  
Without a city wall,  
Where the dear Lord was crucified  
Who died to save us all.**

**We may not know, we cannot tell,  
What pains he had to bear,  
But we believe it was for us  
He hung and suffered there.**

## **11. JESUS IS NAILED TO THE CROSS**

We adore you, O Christ, and we bless you.

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

When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, 'Father, forgive them; for they do not know what they are doing.'

*Luke 23.33*

Jesus has finally reached the moment where he is brutally nailed to the cross. Yet this instrument of torture, pain and death will soon be transformed into a symbol of life, love, and forgiveness. Christ on his cross, his arms opened wide, ready to welcome all who come to him.

For all who feel rejected and alone, Christ is with them on his cross. For all who have been let down by others, Christ is with them on his cross. For all who feel that they cannot carry on any more, Christ is with them on his cross. How appropriate the words that Our Lord once spoke to his disciples when we reflect on Jesus, nailed to his cross, 'I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world'.

*Lord Jesus, let us come into your open arms, protect us by the power of your mighty cross and never let us leave your side.*

**Lamb of God, you take away the sins of the world:  
have mercy on us.**

**Lamb of God, you take away the sins of the world:  
have mercy on us.**

**Lamb of God, you take away the sins of the world:  
grant us peace.**

*As we move to the twelfth station:*

**In the passion of my Maker,  
Be my sinful soul partaker,  
May I bear with her my part;  
Of his passion bear the token,  
In a spirit bowed and broken  
Bear his death within my heart.**

*Or:* **He died that we might be forgiven,  
He died to make us good;  
That we might go at last to heaven,  
Saved by his precious blood.**

**O, dearly, dearly has he loved,  
And we must love him too,  
And trust in his redeeming blood,  
And try his works to do.**

## **12. JESUS DIES ON THE CROSS**

*You may wish to kneel throughout the devotion at this station.*

We adore you, O Christ, and we bless you.

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

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, 'Certainly this man was innocent.'

*Luke 23.44-47*

It is over. Jesus dies. The Son of God, the Messiah, the Sinless one. He who was utterly pure, he who offered love and mercy to all, he who was free from all hatred and malice, it was he who died in such a brutal and torturous way. Jesus died for us, he died so that we might live, he died so that through him, death would no longer have a hold over us. Jesus died for us.

*A period of silence is kept.*

**Soul of Christ, sanctify me,  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within thy wounds hide me.  
Suffer me not to be separated from thee.  
From the malicious enemy defend me.  
In the hour of my death call me,  
and bid me come to thee,  
that with thy saints I may praise thee  
for ever and ever.  
Amen.**

*We sing the whole hymn before going to Station 13 in silence:*

**When I survey the wondrous Cross,  
On which the Prince of glory died,  
My richest gain I count but loss,  
And pour contempt on all my pride.  
  
Forbid it, Lord, that I should boast  
Save in the death of Christ my God;  
All the vain things that charm me most,  
I sacrifice them to his blood.  
  
See from his head, his hands, his feet,  
Sorrow and love flow mingled down;  
Did e'er such love and sorrow meet,  
Or thorns compose so rich a crown?  
  
Were the whole realm of nature mine,  
That were a present far too small;  
Love so amazing, so divine,  
Demands my soul, my life, my all.**

*Or:* **May his wounds both wound and heal me,  
He enkindle, cleanse, anneal me,  
Be his cross my hope and stay.  
May he, when the mountains quiver,  
From the flame which burns for ever  
Shield me on the judgement day.**

### **13. JESUS IS TAKEN DOWN FROM THE CROSS**

We adore you, O Christ, and we bless you.

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

Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body.

*John 19.32-34,38*

The soldiers are impatient. Jesus, and the criminals that he shared Golgotha with, are not dying quickly enough so the guards enhance the level of torture by breaking their legs. When they come to Jesus, they see that he is already dead, and so instead of breaking bones, they pierce his side and out flows blood and water. This powerful image is one that we see every time that we celebrate the Eucharist. Jesus is held by his Mother. She who held him when he was born, holds him again now, her beloved Son.

Like the soldiers we are also often impatient: impatient with our friends, our family members, our neighbours, with Jesus. When our plans are disrupted and when things do not go the way we want or expect, then we can quickly lash out in anger and indignation. Rather than imitating the way of the soldiers, let us instead imitate the way of Mary. Our Lady never showed any impatience despite her life being radically disrupted from a young age. Her eyes were always fixed on Jesus, and her trust was always rooted in God.

*Lord Jesus, help us to nurture the qualities of patience, kindness, and trust in you.*

**Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners, now and at the hour of our death. Amen.**

*As we move to the fourteenth station:*

**Jesus, may thy cross defend me,  
And thy saving death befriend me,  
Cherished by thy deathless grace;  
When to dust my dust returneth,  
Grant a soul that to thee yearneth  
In thy paradise a place.**

*Or:* **O sacred head, sore wounded,  
Defiled and put to scorn;  
O kingly head, surrounded  
With mocking crown of thorn:  
What sorrow mars thy grandeur?  
Can death thy bloom deflower?  
O countenance whose splendour  
The hosts of heaven adore.**

#### **14. JESUS IS LAID IN THE SEPULCHRE**

We adore you, O Christ, and we bless you.

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

So they took the body of Jesus and bound it in linen cloths with the spices, as is the burial custom of the Jews. Now in the place where he was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid. So because of the Jewish day of Preparation, since the tomb was close at hand, they laid Jesus there.

*John 19:40-42*

How saddened and disheartened must Jesus' followers have been as his body is laid into the tomb. Even though he repeatedly told his disciples that he would rise again, that was surely now impossible for a man they had seen die on a cross. They had even witnessed how his lifeless body was wrapped in linen clothes and laid to rest in the tomb. Surely this was the end of story for Jesus of Nazareth?

However, nothing is impossible for God, this story is not over, far from it. It is only just beginning....

*Lord Jesus, be with all who are struggling and who have lost their faith in you. Help them to see who you really are and to receive the gifts that you freely give to all those who believe in you.*

**Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

**In thy most bitter passion  
My heart to share doth cry,  
With thee for my salvation  
Upon the Cross to die.  
Ah, keep my heart thus moved  
To stand thy Cross beneath,  
To mourn thee, well-beloved,  
Yet thank thee for thy death.**

*The liturgy is now concluded with the prayers below, or the group makes its way to the Station of the Resurrection (overleaf) to conclude the liturgy.*

### **CONCLUSION**

Almighty Father, look with mercy on this your family, for which our Lord Jesus Christ was content to be betrayed and given up into the hands of sinners, and to suffer death upon the cross; who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**Amen.**

May Our Lord Jesus Christ, who for us was scourged and bore the heavy burden of the Cross, and was crucified, bless and keep us, now and evermore.

**Amen.**

## THE STATION OF THE RESURRECTION

Now on the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." So Peter went out with the other disciple, and they were going toward the tomb. Both of them were running together, but the other disciple outran Peter and reached the tomb first. And stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen cloths lying there, and the face cloth, which had been on Jesus' head, not lying with the linen cloths but folded up in a place by itself. Then the other disciple, who had reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the Scripture, that he must rise from the dead.

*John 20:1-9*

The immense power of God is shown to us in the most remarkable of ways. Jesus has conquered death. There is no power in heaven or on earth that is greater than God, there is nothing that he cannot do.

Pain, suffering, evil, death, none of these things will ever prevail. In the end they will all banished by the triumph of the Cross. We no longer live in darkness. Instead, we live as a people of light and we follow Jesus Christ, the Risen Lord.

*Lord Jesus, help us to follow you always and give us the strength to proclaim your name to all the nations.*

**Thine be the glory, risen, conquering Son,  
Endless is the victory thou o'er death hast won;  
Angels in bright raiment rolled the stone away,  
Kept the folded grave-clothes where thy body lay.**

*Thine be the glory, risen, conquering Son,  
Endless is the victory thou o'er death hast won.*

**Lo! Jesus meets us, risen from the tomb;  
Lovingly he greets us, scatters fear and gloom;  
Let the Church with gladness hymns of triumph sing,  
For her Lord now liveth; death hath lost its sting.**

Lord of all life and power,  
who through the mighty resurrection of your Son  
overcame the old order of sin and death  
to make all things new in him:  
grant that we, being dead to sin and alive to you in Jesus Christ,  
may reign with him in glory;  
to whom with you and the Holy Spirit be praise and honour,  
glory and might, now and in all eternity.  
**Amen.**

Let us bless the Lord.  
**Thanks be to God.**

*Please return this booklet at the end of the liturgy.*