

St. Alphonsus Liguori's Stations of the Cross



**With Benediction and the
Devotion to the Seven Sorrows of Mary**

Preparatory Prayer

ALL: My LORD, Jesus Christ, / You have made this journey to die for me with unspeakable love; / and I have so many times ungratefully abandoned You. / But now I love You with all my heart; / and, because I love You, I am sincerely sorry for ever having offended You. / Pardon me, my God, and permit me to accompany You on this journey. / You go to die for love of me; / I want, my beloved Redeemer, to die for love of You. / My Jesus, I will live and die always united to You.

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

A Plenary indulgence is granted to the faithful who make the pious exercise of the Way of the Cross. Those who are impeded can gain the same indulgence if they spend at least one half an hour in pious reading and meditation on the Passion and Death of our LORD Jesus Christ.

Enchiridion Indulgentiarum, no. 63

The First Station

Pilate Condemns Jesus to Die

CLERIC (BISHOP, PRIEST or DEACON) - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (Kneel)

PEOPLE - My adorable Jesus, / it was not Pilate; / no, it was my sins that condemned You to die. / I beseech You, by the merits of this sorrowful journey, / to assist my soul on its journey to eternity. / I love You, my beloved Jesus; / I love You more than I love myself. / With all my heart I repent of ever having offended You. / Never let me be separated from You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

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

The Second Station

Jesus Accepts His Cross

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father in our behalf, the death He was about to suffer. (Kneel)

PEOPLE - My most beloved Jesus, / I embrace all the sufferings You have destined for me until death. / I beg You, by all You suffered in carrying Your cross, / to help me carry mine with Your perfect peace and resignation. / I love You, Jesus, my love; / I repent of ever having offended You. / Never let me separate myself from You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*O, how sad and sore depressed
Was that Mother highly blessed
Of the sole Begotten One.*

The Third Station

Jesus Falls the First Time

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider the first fall of Jesus. Loss of blood from the scourging and crowning with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross. (Kneel)

PEOPLE - My most beloved Jesus, / it was not the weight of the cross / but the weight of my sins which made You suffer so much. / By the merits of this first fall, / save me from falling into mortal sin. / I love You, O my Jesus, with all my heart; / I am sorry that I have offended You. / May I never offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

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

The Fourth Station

Jesus Meets His Afflicted Mother

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how the Son met his Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly. (Kneel)

PEOPLE - My most loving Jesus, / by the pain You suffered in this meeting / grant me the grace of being truly devoted to Your most holy Mother. / And you, my Queen, who was overwhelmed with sorrow, / obtain for me by your prayers / a tender and a lasting remembrance of the passion of your divine Son. / I love You, Jesus, my Love, above all things. / I repent of ever having offended You. / Never allow me to offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

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

The Fifth Station

Simon Helps Jesus Carry the Cross

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our LORD. (Kneel)

PEOPLE - My beloved Jesus / I will not refuse the cross as Simon did: / I accept it and embrace it. / I accept in particular the death that is destined for me / with all the pains that may accompany it. / I unite it to Your death / and I offer it to You. / You have died for love of me; / I will die for love of You and to please You. / Help me by Your grace. / I love You, Jesus, my Love; / I repent of ever having offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

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

The Sixth Station

Veronica Offers Her Veil to Jesus

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of His sacred countenance. (Kneel)

PEOPLE - My beloved Jesus, / Your face was beautiful before You began this journey; / but, now, it no longer appears beautiful / and is disfigured with wounds and blood. / Alas, my soul also was once beautiful / when it received Your grace in Baptism; / but I have since then disfigured it with my sins. / You alone, my Redeemer, can restore it to its former beauty. / Do this by the merits of Your passion; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*Bruised, derided, cursed, defiled
She beheld her tender Child
All with bloody scourges rent.*

The Seventh Station

Jesus Falls the Second Time

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted LORD. (Kneel)

PEOPLE - My most gentle Jesus, / how many times You have forgiven me; / and how many times I have fallen again and begun again to offend You! / By the merits of this second fall, / give me the grace to persevere in Your love until death. / Grant, that in all my temptations, I may always have recourse to You. / I love You, Jesus, my Love with all my heart; / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*For the sins of His own nation
Saw Him hang in desolation
Till His spirit forth He sent.*

The Eighth Station

Jesus Speaks to the Women

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as He walked along. Jesus said to them, "Weep not so much for me, but rather for your children." (Kneel)

PEOPLE - My Jesus, laden with sorrows, / I weep for the sins which I have committed against You / because of the punishment I deserve for them; / and, still more, because of the displeasure they have caused You / who have loved me with an infinite love. / It is Your love, more than the fear of hell, / which makes me weep for my sins. / My Jesus, I love You more than myself; / I am sorry that I have offended You. / Never allow me to offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*O sweet Mother! Fount of Love,
Touch my spirit from above
Make my heart with yours accord.*

The Ninth Station

Jesus Falls the Third Time

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (Kneel)

PEOPLE - My outraged Jesus, / by the weakness You suffered in going to Calvary, / give me enough strength to overcome all human respect / and all my evil passions which have led me to despise Your friendship. / I love You, Jesus my Love, with all my heart; / I am sorry for ever having offended You. / Never permit me to offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*Make me feel as You have felt
Make my soul to glow and melt
With the love of Christ, my LORD.*

The Tenth Station

Jesus Is Stripped of His Garments

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to His lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him: (Kneel)

PEOPLE - My innocent Jesus, / by the torment You suffered in being stripped of Your garments, / help me to strip myself of all attachment for the things of earth / that I may place all my love in You who are so worthy of my love. / I love You, O Jesus, with all my heart; / I am sorry for ever having offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

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

The Eleventh Station

Jesus Is Nailed to the Cross

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (Kneel)

PEOPLE - My despised Jesus, / nail my heart to the cross / that it may always remain there to love You and never leave You again. / I love You more than myself; / I am sorry for ever having offended You. / Never permit me to offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*Let me share with you His pain,
Who for all our sins was slain,
Who for me in torments died.*

The Twelfth Station

Jesus Dies Upon the Cross

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (Kneel)

PEOPLE - My dying Jesus, / I devoutly kiss the cross on which You would die for love of me. / I deserve, because of my sins, to die a terrible death; / but Your death is my hope. / By the merits of Your death, / give me the grace to die embracing Your feet and burning with love of You. / I yield my soul into Your hands. / I love You with my whole heart. / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*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

CLERIC - We adore You, O Christ, and we praise You. (Genuflect)

PEOPLE - Because, by Your holy cross, You have redeemed the world. (Rise)

CLERIC - Consider how, after Our LORD had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom. (Kneel)

PEOPLE - O Mother of Sorrows, / for the love of your Son, / accept me as your servant and pray to Him for me, / And You, my Redeemer, since You have died for me, / allow me to love You, / for I desire only You and nothing more. / I love You, Jesus my Love, / and I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

*By the cross with you to stay
There with you to weep and pray
Is all I ask of you to give.*

The Fourteenth Station

Jesus Is Placed in the Sepulcher

CLERIC - We adore You, O Christ, and we praise You. (*Genuflect*)

PEOPLE - Because, by Your holy cross, You have redeemed the world.
(*Rise*)

CLERIC - Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed. (*Kneel*)

PEOPLE - Oh, my buried Jesus, / I kiss the stone that closes You in. /
But You gloriously did rise again on the third day. / I beg You by
Your resurrection that I may be raised gloriously on the last day, /
to be united with You in heaven, to praise You and love You forever.
/ I love You, Jesus, and I repent of ever having offended You. / Grant
that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be)

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

Prayed after the Fourteenth Station.

Prayer to Jesus Christ Crucified

All: My good and dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the Prophet David spoke long ago concerning Yourself: “They pierced My hands and My feet; they have numbered all My bones.”

The faithful who, after receiving Communion, recite this prayer before an image of Christ Crucified may gain a plenary indulgence on any Friday in Lent and a partial indulgence on other days of the year, with the addition of prayers for the Holy Father's intention.

Enchiridion Indulgentiarum, no. 22

EXPOSITION: O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

BENEDICTION: Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

CLERIC - You have given them Bread from heaven.

PEOPLE - Having all sweetness with it.

CLERIC - Let us pray. LORD Jesus Christ, You gave us the Eucharist as the memorial of Your suffering and death. May our worship of this sacrament of Your Body and Blood, help us to experience the salvation won for us and the peace of the Kingdom, where You live with the Father and the Holy Spirit, one God, for ever and ever.

PEOPLE - Amen.

The Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

*Holy God, we praise thy Name;
LORD of all, we bow before thee!
All on earth thy scepter claim,
All in heaven above adore thee;
Infinite thy vast domain,
Everlasting is thy reign.*

The Seven Sorrows of the Mother of God

CLERIC - *O God, come to my assistance.*

PEOPLE - O Lord, make haste to help me.

CLERIC - *Glory be to the Father, & to the Son, & to the Holy Spirit.*

PEOPLE - As it was in the beginning, is now, and ever shall be, world without end. Amen.

The First Sorrow – The Prophecy of Simeon

I grieve for you, O Mary, most sorrowful, in the affliction of your tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by your heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God.

Hail Mary, etc.

The Second Sorrow – The Flight into Egypt

I grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there. Dear Mother, by your heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety.

Hail Mary, etc.

The Third Sorrow - The Loss of the Child Jesus in the Temple

I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the loss of your dear Jesus. Dear Mother, by your heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge.

Hail Mary, etc.

The Fourth Sorrow - Mary Meets Jesus on the Way to Calvary

I grieve for you, O Mary most sorrowful, in the consternation of your heart at meeting Jesus as He carried His cross. Dear Mother, by your heart so troubled, obtain for me the virtue of patience and the gift of fortitude.

Hail Mary, etc.

The Fifth Sorrow – Jesus Dies on the Cross

I grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony. Dear Mother, by your afflicted heart, obtain for me the virtue of temperance and the gift of counsel.

Hail Mary, etc.

The Sixth Sorrow – Mary Receives the Dead Body of Jesus

I grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was struck by the lance before His Body was removed from the cross. Dear Mother, by your heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding.

Hail Mary, etc.

The Seventh Sorrow – Jesus is Placed in the Tomb

I grieve for you, O Mary most sorrowful, for the pangs that wrenched your most loving heart at the burial of Jesus. Dear Mother, by your heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom.

Hail Mary, etc.

CLERIC - Pray for us, O Virgin most sorrowful,

PEOPLE - That we may be made worthy of the promises of Christ.

Let us Pray,

Let intercession be made for us, we beseech You O LORD Jesus Christ, now and at the hour of our death, before the throne of Your mercy, by the Blessed Virgin Mary, Your Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Your bitter Passion. Through You, Jesus Christ, Savior of the world, Who with the Father and the Holy Spirit lives and reigns, world without end. Amen.

The Seven Graces of the Devotion to The Seven Sorrows of the Mother of God

The following are the seven graces promised by the Blessed Virgin Mary to souls who honor her daily by saying seven Hail Mary's and meditating on her tears and sorrows. This devotion was passed on to us by Saint Bridget.

1. I will grant peace to their families.
2. They will be enlightened about the Divine mysteries.
3. I will console them in their pains and I will accompany them in their work.
4. I will give them as much as they ask for as long as it does not oppose the adorable will of my Divine Son or the sanctification of their souls.
5. I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
6. I will visibly help them at the moment of their death, they will see the face of their Mother.

I have obtained this Grace from my Divine Son, that those who propagate this devotion to my tears and sorrows (dolors), will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

A Short History of the Stations of the Cross

For Roman Catholics throughout the world, the Stations of the Cross are synonymous with Lent, Holy Week and, especially, Good Friday. This devotion is also known as the "Way of the Cross", the "Via Crucis", and the "Via Dolorosa." It commemorates 14 key events on day of Christ's crucifixion. The majority concern His final walk through the streets of Jerusalem, carrying the Cross.

The Stations originated in medieval Europe when wars prevented Christian pilgrims from visiting the Holy Land. European artists created works depicting scenes of Christ's journey to Calvary. The faithful installed these sculptures or paintings at intervals along a procession route, inside the parish church or outdoors. Performing the devotion meant walking the entire route, stopping to pray at each "station."

Today, images of the Stations are on display in almost all Catholic churches. They serve mainly as a focus for Lenten worship services. But the Stations can also be performed privately, at any time of the year, even at home.

**Saint Mary of Sorrows Catholic Church
Fairfax, Virginia**

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