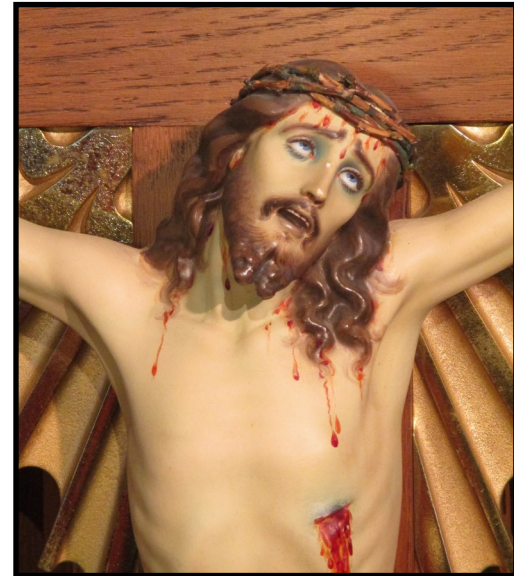


# Stations of the Cross

*with Benediction*



St. Charles Borromeo  
Catholic Church

## Exposition Hymn: O Saving Victim

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

## Stations of the Cross

### Opening Prayer

Lord, Jesus, we come to remember your Passion and Death, offered for us. We remember the greatest gift ever given—your life offered freely to save us from our sin. We remember too your Resurrection. As you triumph over sin and death, you bring us beyond our lives of sin and death.

As we pray these Stations of the Cross, we stand with the crowds in Jerusalem and remember. What you have done, you have done for us.

*At the cross her station keeping,  
Mary stood in sorrow weeping,  
When her Son was crucified.*

## Examination of Conscience

Have I performed my duties toward God reluctantly or grudgingly?  
Did I neglect my prayer life? Did I recite my usual prayers?  
Did I receive holy Communion in the state of mortal sin?  
Did I fail to mention some grave sin in my previous confessions?  
Did I fail to try my best to fulfill the promises and resolutions that I made to God?  
Did I take the name of God in vain?  
Did I tell a lie under oath?  
Did I miss Mass on a Sunday or a holy day of obligation?  
Did I cause another to be distracted during Mass?  
Did I fail to generously help the Church in her necessities to the extent that I am able?  
Did I fail to fast or abstain on a day prescribed by the Church?  
Have I neglected to teach my children their prayers, send them to church, or give them a Christian education?  
Have I given them bad example?  
Have I neglected to watch over my children, to monitor their companions, the books they read, the movies and TV shows they watch?  
Did I neglect to help my parents when my help was needed?  
Did I easily get angry or lose my temper?  
Was I envious or jealous of others?  
Did I injure or take the life of anyone? Was I ever reckless in driving?  
Did I get drunk or use prohibited drugs?  
Did I eat or drink more than a sufficient amount, allowing gluttony?  
Did I participate in any form of physical violence?  
Did I consent to or actively take part in direct sterilization?  
Did I consent to, advise, or actively take part in an abortion?  
Did I willfully entertain impure thoughts?  
Did I consent to evil desires against the virtue of purity?  
Did I commit an impure act?  
Did I use contraception to prevent pregnancy?  
Did I steal?  
Have I done or caused damage to another person's property?  
Did I harm anyone by deception, fraud, or coercion in business contracts?  
Did I unnecessarily spend beyond my means?  
Do I give alms according to my capacity?  
Was I envious of my neighbor's goods?  
Did I neglect to pay my debts?  
Did I knowingly accept stolen goods?  
Did I desire to steal?  
Did I give in to laziness or love of comfort rather than diligently work or study?  
Was I greedy? Do I have an excessively materialistic view of life?  
Did I tell lies? Did I repair any damage that may have resulted?  
Did I sin by detraction, that is, by telling the faults of another person?  
Did I sin by calumny, that is, by telling derogatory lies about another person?  
Did I engage in gossip, backbiting, or taletelling?  
Did I reveal a secret without due cause?

## Station 1 Jesus is Condemned to Death

### Holy God, We Praise Thy Name

Holy God, we praise thy name.  
Lord of all, we bow before thee!  
All on earth thy scepter claim,  
All in heav'n above adore thee;  
Infinite thy vast domain,  
Everlasting is thy reign.  
Infinite thy vast domain,  
Everlasting is thy reign.

Hark! The loud celestial hymn  
Angel choirs above are raising;  
Cherubim and Seraphim  
In unceasing chorus raising,  
Fill the heav'ns with sweet accord:  
"Holy, holy, holy Lord!"  
Fill the heav'ns with sweet accord:  
"Holy, holy, holy Lord!"

A plenary indulgence can be obtained for devoutly praying the Stations of the Cross, with these conditions:

1. Receive Holy Communion within 20 days before or after
2. Go to Confession within 20 days before or after
3. Have a complete detachment from sin
4. Recite an *Our Father*, *Hail Mary*, and *Glory Be* for the intentions of the Holy Father

The plenary indulgence can be obtained for oneself or for a soul in purgatory.



**Priest:** We adore you O Christ and we praise you.

**People:** Because by your holy cross you have redeemed the world.

**Priest:** Jesus was drawing crowds. For those in authority, those crowds were alarming. The Romans were afraid that angry crowds would riot and rise up against them. The Sanhedrin was afraid that angry crowds would lead to worse suppression from the Romans. It was left to Pilate to decide what to do about Jesus. Ironically, since he didn't want to take responsibility, he turned to a screaming crowd. He let the crowd decide.

**People:** Lord, how can this be happening? We have seen your miracles. We have heard your teachings of love and peace. When you entered Jerusalem we sang out "*Hosanna*." Now we stand in a crowd that yells "*Crucify him, Crucify him*." Although we look on in horror, we are still a part of that crowd.

Lord, in a world of sin, we cannot be self-righteous. We are a part of the sin of this world. We are part of that crowd.

*While she waited in her anguish,  
Seeing Christ in torment languish,  
Bitter sorrow pierced her heart.*

## Station 2 Jesus Carries His Cross



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** The scaffold for crucifixions stood outside the gates of Jerusalem and a condemned man was forced to carry his own crossbar to the site. The rough beam weighed between 80 and 120 pounds, and the man would have to drag it, balanced over his shoulders and back. For a man severely scourged with torn and bleeding skin, this would have been a terrible ordeal....an ordeal carried out in crowded city streets for the public to watch.

**People:** Lord, you have to carry your own cross to Calvary and you take that cross willingly. You must see that good will come from this. We don't see it. Not yet.

Lord, when we have to carry our crosses and burdens in life, we often can't see the good ahead. Help us to walk with you and to trust in you.

*With what pain and desolation,  
With what noble resignation,  
Mary watched her dying Son.*

## Benediction Hymn: Down In Adoration Falling

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

**Priest:** You have given them bread from heaven:

**People:** having all sweetness within it.

**Priest:** 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 you 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.

### *Benediction*

### 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 Saint Joseph, her most chaste spouse.  
Blessed be God in his angels and in his saints.



**Station 14**  
**Jesus is Laid in the Sepulchre**



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** At least there was a decent tomb. Jesus' body would not be thrown into a common pit with the rest of the criminals. Joseph of Arimathea, a wealthy man and a member of the Sanhedrin, received permission from Pilate to place the body in his own family tomb, a tomb hewn from stone and never yet used. The body should have been wrapped in linens and anointed with oils, but it was late Friday afternoon and the Sabbath was about to begin. There wasn't time to go and bring the oils before the sun went down. The body would have to be placed quickly in the tomb. The anointing would have to wait until the sun came up on Sunday morning.

**People:** Your body is laid in a cold tomb. This looks like the end of the story. But it is not. We wait with your mother. We wait with Mary Magdalene and the other holy women who will return after the Sabbath to anoint your body. We wait with the apostles hiding in the upper room. We wait with a world of silence and darkness.

*Let me to your love be taken,  
Let my soul in death awaken,  
To the joys of Paradise.*

**Station 3**  
**Jesus Falls the First Time**



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** After a night spent in prison, after the trials, and now after a brutal scourging, Jesus was weak. The weight of the cross was too much. The crowd was too much. The ordeal was just too much. Jesus fell under the cross.

**People:** Lord, the burden is too heavy for you. You fall under the weight of the cross. We wonder what is going through your mind. You are burdened by the weight of the wood. We wonder if you are even more burdened by the jeering, the screaming, and the cruelty.

*Ever patient in her yearning,  
Though her tear-filled eyes were burning,  
Mary gazed upon her Son.*

**Station 4**  
**Jesus Meets His Mother**



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** Along the road was Mary. When she was told that Jesus had been arrested, she surely went to the Praetorium, numb with fear and desperate to know what was happening to her son. She would have watched as her son was presented to crowd, beaten and bleeding. She stood in the crowd and heard someone scream “crucify him.” Others joined in. And now she watched as her son carried the cross on which he would be killed.

**People:** Lord, it is heartbreaking to see your mother in the crowd. But with a mother’s love, she is there. You see her face, full of love, in that crowd.

Lord, Mary stays at our side too when we are hurting. In times of pain, help us to see her in the crowd. When all looks dark, help us to see her face, full of love.

*Who, that sorrow contemplating,  
On that passion meditating,  
Would not share the Virgin’s grief?*

**Station 13**  
**Jesus is Taken from the Cross**



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

**People:** Because by your holy cross you have redeemed the world.

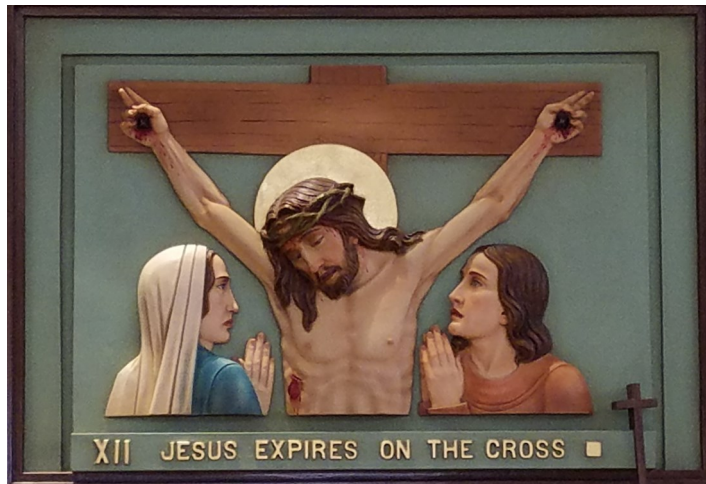
**Priest:** The nails were pulled out of his wrists and feet and the limp body fell to the ground. He didn’t die alone. There, waiting faithfully, was his mother Mary. John and Mary Magdalene stood with her. Mary must have looked back and remembered. This was the son she held as a baby in the stable at Bethlehem.

**People:** We stand in the rain as the sky darkens and your body comes down from the cross. And there is your mother. There are your few faithful loved ones. Through these long hours, they have not left you.

Lord, one day we too will face death. We hope that we will have loved ones who will stand by us. But may we never forget Mary and our loved ones who watch over us from heaven and wait to welcome us.

*Savior, when my life shall leave me,  
Through your mother’s prayers receive me,  
With the fruits of victory.*

**Station 12**  
**Jesus Expires on the Cross**



Priest: We adore you, O Christ, and we praise you.

**People:** Because by your holy cross you have redeemed the world.

Priest: After three hours of struggling for breath, bleeding and thirsty, covered in dust and sweat, Jesus bowed his head and died. "Father, into your hands I commend my Spirit." Jesus, the Son of God and the Son of Man, was dead.

**[Kneel in silence]**

**People:** Lord, finally there is quiet. Finally there is peace. The cruelty and the suffering are over. The horrible ordeal is over and you are no longer in pain. We can now stop and breathe again. We no longer have to watch your suffering.

Lord, help us to see the promise of peace at the end of our suffering in life. Help us to hope.

*Virgin, in your love befriend me,  
At the Judgement Day defend me.  
Help me by your constant prayer.*

**Station 5**  
**Simon Helps Jesus to Carry His Cross**



Priest: We adore you, O Christ, and we praise you.

**People:** Because by your holy cross you have redeemed the world.

Priest: A bystander, Simon of Cyrene, was pulled out of the crowd and forced to help Jesus. He was in Jerusalem for the Passover and likely didn't know Jesus at all. It would have been terrifying for anyone to be grabbed by the Roman soldiers and put into the middle of this terrible scene. Simon was no volunteer. The soldiers forced a bystander to help.

**People:** Lord, I'm not bold enough to step forward in a crowd like this. I can see how you are struggling, but I'm too frightened to step forward and do anything. I would rather hide in the crowd where I am safe. But now that I see Simon, I wish that I had stepped forward. I need courage if I am going to help you.

Lord, give me the courage to help others when I can.

*Christ she saw, for our salvation,  
Scourged with cruel acclamation,  
Bruised and beaten by the rod.*



**Station 6**  
**Veronica Wipes His Face**



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

**People:** Because by your holy cross you have redeemed the world.

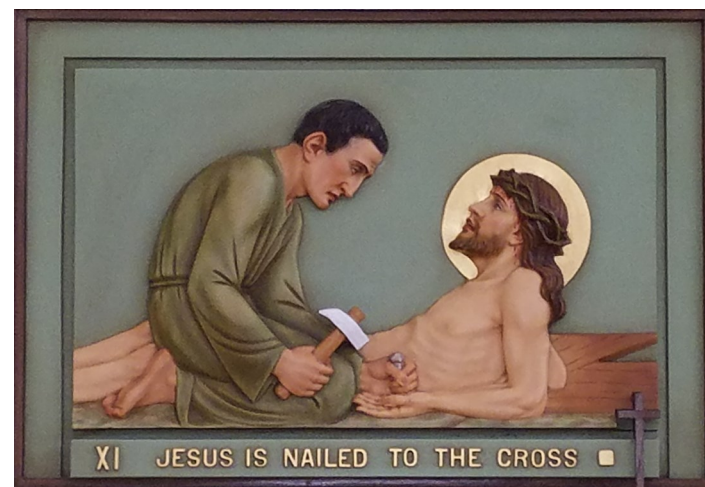
**Priest:** The story of Veronica is not found in scripture, but it is an important story passed along through the ages. As Jesus walked through the crowds, Veronica stepped forward and wiped Jesus' face. There was a woman in that crowd brave enough to show compassion to Jesus even as the soldiers watched. The story tells us that the image of Jesus' face was left on her cloth.

**People:** Lord, How much can she help by wiping your face? You are on your way to crucifixion. The simple act of wiping your face doesn't stop this cruel event and doesn't relieve your suffering. But it is a small act of love. You can see that someone cares. And that surely makes a difference.

Lord, I know people who suffer. Maybe I can't help much, but I can show that I care.

*Christ she saw with life-blood failing,  
All her anguish unavailing,  
Saw him breathe his very last.*

**Station 11**  
**Jesus is Nailed to the Cross**



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

**People:** Because by your holy cross you have redeemed the world.

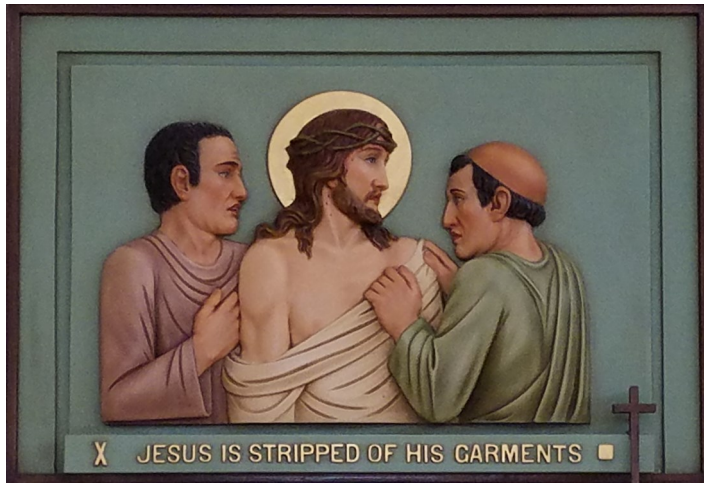
**Priest:** The soldiers pounded nails through Jesus' wrists and his feet and they raised him to hang from the cross, letting everyone see his terrible death. They hung a sign above him: "Jesus of Nazareth, King of the Jews." The soldiers' work was done. They could go home now, their day's work complete. And there hung Jesus, covered in dust and in blood. He was exhausted, naked and fighting for breath.

**People:** Lord, how can this be? This gruesome and cruel act of crucifixion—how could any human being do such a thing? As you cry out in agony, we cry with you. The end is near. The Lord we have loved is about to die.

*Fairest maid of all creation,  
Queen of hope and consolation,  
Let me feel your grief sublime.*



**Station 10**  
**Jesus is Stripped of His Garments**



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** We are now at Calvary. In a place where many criminals have been killed, Jesus will be next. The Romans maintained their power by cruelty and instilling fear in the people. In yet another act of cruelty, Jesus was stripped of his clothes and left naked for all to see. This was a last act of humiliation.

**People:** Lord, I am embarrassed to look. You are my Lord. You should be robed in majesty. And here you stand, stripped naked and mocked.

Lord, I may face the day when I am sick and naked in a hospital bed, or worse, when all of my sins are exposed for the world to see. Lord, teach me humility. I am what God has made me. And that is enough.

*At the cross, your sorrow sharing,  
All your grief and torment bearing,  
Let me stand and mourn with you.*

**Station 7**  
**Jesus Falls the Second Time**



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** Jesus fell again. The weight of the cross was too much for a man bleeding and torn. His breathing was hard as he tried to find enough strength to get up and continue the walk. Even with Simon's help, Jesus' strength was failing.

**People:** Lord, even with Simon's help, you fall again. You prayed for strength in Gethsemane. Now, we are left to imagine your silent prayer, "Father, give me strength."

Lord, I'm not strong enough to carry my burdens either. They are too much for me. Help me to admit my weakness and to turn to the Father for help.

*Mary, fount of love's devotion,  
Let me share with true emotion,  
All the sorrow you endured.*

**Station 8**  
**Jesus Consoles the Holy Women**



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** Not everyone in the crowd was jeering. Some women called out to Jesus as he passed by. These women saw the cruelty of the soldiers and they saw the pain and the struggles of Jesus, a man condemned. We don't know if these women knew Jesus. We do know that they saw a suffering man and they cared. And we know that Jesus looked on them with compassion. "Do not weep for me. Weep instead for yourselves and for your children."

**People:** Lord, a group of women stands by the road, crying for you in love. You seem to care more about them than about yourself. Even in your agony, you aren't thinking about yourself..

Lord, help me not to focus so much on *my* troubles but to care about those around me.

*Virgin, ever interceding,  
Hear me in my fervent pleading:  
Fire me with your love of Christ.*

**Station 9**  
**Jesus Falls the Third Time**



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

**People:** Because by your holy cross you have redeemed the world.

**Priest:** The end was near. As Jesus fell the third time, he must have longed for this to be over. He didn't have the strength to carry the cross any farther. As the soldiers forced him to continue he knew what was waiting for him. When would it end?

**People:** Lord, you are almost to Calvary but you fall again. We don't hear you cry out. We don't hear you threaten or blame or even complain. You quietly rise and continue.

Lord, help me not to complain, not to threaten or blame others as I carry my burdens in life. Help me, like you, to bear my sufferings quietly... trusting that God will take care of me.

*Mother, may this prayer be granted:  
That Christ's love may be implanted,  
In the depths of my poor soul.*