

STATIONS OF THE CROSS – LENT 2022



1st Station - Jesus is condemned to death

**Lord, by your cross and resurrection, you have set us free.
You are the saviour of the world.**

Lord, give me the courage to always do what I know in my heart to be right and just, even if it makes me feel unpopular with those around me. I am sometimes very quick to condemn others, while not thinking about their welfare or how my actions will affect them. Forgive me Lord.

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.

2nd Station – Jesus is made carry his cross

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, help me to willingly accept the crosses that you have asked me to carry in my life. When these crosses overwhelm me, please keep me focused on you so that I can remember your last journey and the suffering that you had to endure for my sake.

I pray for all those who are suffering in so many ways at this time, especially the people of Ukraine.

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.

3rd Station – Jesus falls for the first time

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, my share of your burden must have not been easy to carry. For this, I am sorry. Help me to lighten that load now by not complaining when things do not go as I want them to go for me in my life. I need to accept willingly your plan for me. Grant me Lord, the gift of perseverance to start again.

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.

4th Station – Jesus meets his blessed mother

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, you know a mother's sorrow. You saw her deep in grief on your last journey. Help all parents who are upset with worry and anguish on behalf of their children. Teach me Lord to show true compassion to others.

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.

5th Station – Simon helps Jesus to carry his cross

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Simon wasn't happy to be seen helping somebody who was considered an outcast and a criminal, but he was forced to help you carry your cross. Lord, help me to always show good example, and to support those who need help in these difficult times. May I always be willing to help carry the crosses of others.

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.

6th Station – Veronica wipes the face of Jesus

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, I ask you to renew in me the qualities that I need, like those that Veronica had – kindness, gentleness and loving care. Help me to dry the tears of others. Give me kindness and compassion for others throughout my life.

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.

7th Station – Jesus falls a second time

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, you continued your painful journey even though you were finding it difficult. Give me the strength to carry my difficulties and my obligations even when I feel I can no longer do so. Teach me Lord, to be a source of strength and consolation to those I come in contact with.

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.

8th Station – The Women of Jerusalem mourn for Jesus

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, as you struggled on your final journey, you found time to give comfort to the weeping women of Jerusalem. Help me to realise that I too am vulnerable at times and I need the help of others. May I always be meek and humble of heart.

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.

9th Station – Jesus falls a third time

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, at this station, help me to remember that you suffered and died for everyone, regardless of their colour, race or belief. Help me to value everyone I come in contact with, knowing that they are loved by you. Help me to love others as you do.

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.

10th Station – Jesus is stripped of his garments

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, we are created in your image and likeness. May I always know your true love and your forgiveness in my wrongdoings. Help me to have respect for myself and others. Help me to live a life like you would want me to, in mind and heart.

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.

11th Station - Jesus is nailed to the cross

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, you had to endure such pain in your last hours on earth, but you still remembered me as you placed me into the care of your Mother. Help me Lord, to be like your Mother with my own family – full of love, care and compassion.

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.

12th Station – Jesus dies on the cross

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, compassion was shown at the foot of your cross by those who loved you and wept at your suffering and death. You gave them great capacity for love. Help me Lord, to show love again and not let your death be in vain.

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.

13th Station – Jesus is taken down from the cross

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Lord, after your death, you were taken down from the cross and placed into the arms of your Mother. I remember all those who have died this past year. May they be folded into the warm embrace of your mother. May I also be a source of comfort to others, as you are to all who love 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.

14th Station – Jesus is laid in the tomb

Lord, by your cross and resurrection, you have set us free.

You are the saviour of the world.

Jesus, you left this world in pain and sorrow and were badly treated on your way. On the third day you rose again and overcame the power of death and restored life. Give me this hope in my life – that despite all the difficulties I may have to endure, your love will see me home and into the arms of my loving Father in heaven.

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.

*He is Lord, he is Lord,
He is risen from the dead and he is Lord.
Every knee shall bow, every tongue confess,
that Jesus Christ is Lord.*

(Diocese of Waterford and Lismore Liturgy Commission 2022)