A plenary indulgence is granted to the faithful, who make the pious exercise of the Way of the Cross. Those who are "impeided" 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. 61 -

The Way of the Cross

By Saint Alphonsus Liguori

He gave to the weak His Body as food, and He gave to the sad the cup of His Blood.

Dedit fragilibus corporis ferculum, Dedit et tristibus sanguinis poculum. (Thomas Aquinas)
PREPARATORY PRAYER

ACT OF CONTRITION

TO BE SAID KNEELING BEFORE THE ALTAR

PRIEST & PEOPLE

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

Eucharistic adoration

The celebration of the Mass is the origin and purpose of the worship shown to the Eucharist outside the Mass. Eucharistic adoration extends Holy Communion in a lasting way even as it prepares the faithful to participate more fully in the celebration of the Mass. It leads us to acknowledge Christ’s marvelous presence in the sacrament and invites us to deeper spiritual union with him in the reception of Holy Communion.

What is the importance of Eucharistic adoration? Eucharistic adoration is the respect and worship we give to Jesus, who is truly present to us under the appearance of bread and wine. The Eucharist is a priceless treasure; by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace. As St. Alphonsus Liguori noted, “of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us.” [CCC 1418] People who observe Eucharistic adoration experience a deeper devotion to Jesus, and this manifests itself in countless ways. The primary fruits are repentance and conversion which lead to increased charity - that is, the love of Christ alive in his people. The adoration of Jesus in the Eucharist also leads to greater reverence at Mass, a deeper desire for personal holiness, and a stronger sense of union with the parish and the whole Church.

What is exposition of the Blessed Sacrament? Exposition is the placement of the sacred host outside the tabernacle for public adoration. This can take many forms. The simplest form is the opening of the tabernacle doors. Another form is the removal of the sacred vessels from the tabernacle for a more prominent and visible placement. The Church also permits a “full” exposition, when the sacred host is clearly visible in a vessel called a “monstrance.” There are three purposes of Eucharistic exposition: (1) to acknowledge Christ’s marvelous presence in the sacrament; (2) to lead us to a fuller participation in the celebration of the Eucharist, culminating in Holy Communion and (3) to foster the worship which is due to Christ in spirit and in truth.

What is Benediction with the Blessed Sacrament? Benediction is a rite in which a priest or deacon pronounces a blessing over those who are present for Eucharistic adoration. As he gives the blessing, he elevates the monstrance or other vessel that contains the sacred host. Benediction normally follows a period of prayer before the Blessed Sacrament, just prior to its reposition into the Tabernacle.
The Way of the Cross

As early as the 4th c., Christian pilgrims to the Holy Land would walk the route that Our Lord walked as He made His way to Golgotha for our salvation. When Muslims captured Jerusalem and it became too dangerous to make this pilgrimage, Christians replicated the sites back home in Europe, and there developed the "Stations of the Cross" devotion (also known as "Way of the Cross," "Via Dolorosa," or "Via Crucis"). The devotion consists of meditating on 14 events -- that number being fixed in 1731 by Pope Clement XII -- which took place during Christ's Passion, from His being condemned to His burial. Franciscans popularized the devotion, which was originally made outside, often along roads to shrines or churches. Among the best known prayers for the Way of the Cross are those first published in Italian by St. Alphonsus Liguori in 1761, which are presented here in a new, revised translation.

Making the Way of the Cross carries with it a partial indulgence under the usual conditions. To gain a plenary indulgence, the following norms must be followed, in addition to the usual conditions:

- The pious exercise must be made before stations of the Way of the Cross legitimately erected.
- For the erection of the Way of the Cross fourteen crosses are required, to which it is customary to add fourteen pictures or images, which represent the stations of Jerusalem.
- According to the more common practice, the pious exercise consists of fourteen pious readings, to which some vocal prayers are added. However, nothing more is required than a pious meditation on the Passion and Death of the Lord, which need not be a particular consideration of the individual mysteries of the stations.
- A movement from one station to the next is required. But if the pious exercise is made publicly and if it is not possible for all taking part to go in an orderly way from station to station, it suffices if at least the one conducting the exercise goes from station to station, the others remaining in their place.

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.

V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

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

R: 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 to the Father...

Through her heart, His sorrow sharing
All His bitter anguish bearing
Now at length the sword has passed
V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)

R: 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 to the Father…

Through her heart, His sorrow sharing
All His bitter anguish bearing
Now at length the sword has passed
V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)

R: My 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 to the Father...

Christ above in torment hangs
She beneath beholds the pangs
Of her dying, glorious Son.
FOURTH STATION
Jesus meets His afflicted Mother

V: We adore Thee, O Christ, and we praise Thee. *(Genuflect)*
R: Because by Your holy cross, You have redeemed the world.

V: 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)*
R: 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.

O Our Father… Hail Mary… Glory be to the Father...

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

BENEDICTION OF THE BLESSED SACRAMENT

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.

Prayer of Reparation to the Eucharistic Heart of Jesus
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, now and until the end of time. Amen.
BENEDICTION OF THE BLESSED SACRAMENT

P. You have given them bread from heaven.
R. Having all sweetness within it.

The priest/deacon stands and continues:
Let us pray. O God, who in this wonderful sacrament left us a memorial of your passion, grant, we implore you, that we may so venerate the sacred mysteries of your Body and Blood as always to be conscious of the fruit of your redemption. You who live and reign, forever and ever. Amen.

After the prayer, the priest or deacon puts on the humeral veil, genuflects, and taking the monstrance, makes the sign of the cross three times over the people.
After the priest or deacons places the monstrance down and returns to the kneelers, the people recite the Divine praises.

FIFTH STATION

Simon helps carry the cross

V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)

R: My beloved Jesus, / I will not refuse the cross as Simon did: / I accept 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 to the Father...

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

**VERONICA OFFERS HER VEIL TO JESUS**

V: We adore Thee, O Christ, and we praise Thee. (*Genuflect*)

R: Because by Your holy cross, You have redeemed the world.

V: 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*)

R: 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 to the Father...

**BRUISED, DERIDED, CURSED, DEFILED**

She beheld her tender Child,
All with bloody scourges rent.
LITANY OF THE MOST SACRED HEART OF JESUS

Heart of Jesus, enriching all who invoke Thee,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, loaded down with opprobrium,
Heart of Jesus, bruised for our offenses,
Heart of Jesus, obedient to death,
Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and our reconciliation,
Heart of Jesus, victim for our sins
Heart of Jesus, salvation of those who trust in Thee,
Heart of Jesus, hope of those who die in Thee,
Heart of Jesus, delight of all the Saints,
Lamb of God, who taketh away the sins of the world,
Lamb of God, who taketh away the sins of the world,
Lamb of God, who taketh away the sins of the world,
Jesus, meek and humble of heart.

Let us pray; Almighty and eternal God, look upon the Heart of your most beloved Son and upon the praises and satisfaction which he offers you in the name of sinners; and to those who implore your mercy, in your great goodness, grant forgiveness in the name of the same Jesus Christ, your Son, who lives and reigns with you forever and ever. Amen.

have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.

V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)
R: 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 to the Father...

For the sins of His own nation
Saw Him hang in desolation
Till His spirit forth He sent.
EIGHTH STATION
Jesus speaks to the women

V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)
R: 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.

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

LITANY OF THE
MOST SACRED HEART OF JESUS

Lord, have mercy
Christ, have mercy
Lord, have mercy
Christ, hear us
Christ, graciously hear us.

God the Father of Heaven,
God the Son, Redeemer of the world,
God, the Holy Spirit,
Holy Trinity, One God,
Heart of Jesus, Son of the Eternal Father,
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,
Heart of Jesus, substantially united to the Word of God,
Heart of Jesus, of Infinite Majesty,
Heart of Jesus, Sacred Temple of God,
Heart of Jesus, Tabernacle of the Most High,
Heart of Jesus, House of God and Gate of Heaven,
Heart of Jesus, burning furnace of charity,
Heart of Jesus, abode of justice and love,
Heart of Jesus, full of goodness and love,
Heart of Jesus, abyss of all virtues,
Heart of Jesus, most worthy of all praise,
Heart of Jesus, king and center of all hearts,
Heart of Jesus, in whom are all treasures of wisdom and knowledge,
Heart of Jesus, in whom dwells the fullness of divinity,
Heart of Jesus, in whom the Father was well pleased,
Heart of Jesus, of whose fullness we have all received,
Heart of Jesus, desire of the everlasting hills,
Heart of Jesus, patient and most merciful,

Our Father… Hail Mary… Glory be to the Father…

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.
Christ, hear us.
Christ, graciously hear us.
V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)

R: 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 to the Father...

Make me feel as You have felt
Make my soul to glow and melt
With the love of Christ, my Lord.
TENTH STATION
JESUS IS STRIPPED OF HIS GARMENTS

V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)

R: 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 to the Father…

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

PRAYER TO JESUS CHRIST CRUCIFIED

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."
FOURTEENTH STATION
Jesus is placed in the sepulcher

V: We adore Thee, O Christ, and we praise Thee. *(Genuflect)*

R: Because by Your holy cross, You have redeemed the world.

V: 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)*

R: 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 to the Father...

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

ELEVENTH STATION
Jesus is nailed to the cross

V: We adore Thee, O Christ, and we praise Thee. *(Genuflect)*

R: Because by Your holy cross, You have redeemed the world.

V: 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)*

R: 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 to the Father...

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

Jesus dies upon the cross

V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)

R: 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 to the Father...

Let me mingle tears with thee
Mourning Him who mourned for me,
All the days that I may live.

THIRTEENTH STATION

Jesus is taken down from the cross

V: We adore Thee, O Christ, and we praise Thee. (Genuflect)
R: Because by Your holy cross, You have redeemed the world.

V: 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)

R: 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 to the Father...

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