



STATIONS OF THE CROSS FOR MEN

Priest: In The name of the Father and of the Son and of the Holy Spirit.

All: Amen

We gather on as Christian men united in prayer. In the midst of our busy lives we pause to pray as we reflect on the suffering journey of Christ. As we accompany Jesus on his journey to Calvary, let us take a moment to remember how difficult that journey was. He carried his cross through the narrow crowded streets of Jerusalem. It was Passover time and so the city was full of people, many of whom mocked, jostled and took pleasure in watching as Jesus struggled with his heavy burden. The way was often steep. The journey that Jesus made on that day remains a symbol of Christianity in the world, as it struggles with its own crosses and failures, and the challenges of modern life. The streets of our towns are filled with people who carry their personal crosses, who are bruised, battered and broken. Through these Stations of the Cross, Jesus is inviting us to journey with him and to reflect on his suffering as it continues in the lives of his people. In solidarity with all who suffer, let us pray that we will be open to whatever he wants us to see, hear and understand.

Song: Come faithful Christians, join in meditation
Jesus is judged now through false accusation.
Pilate condemns Him with two felons shameless,
Our Savior blameless.

Station 1- Jesus is Condemned to Death

Priest: We adore you, O Christ and we bless you

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

Meditation

You stand in my place, Lord. Condemned for my sins. Most merciful Jesus, Mercy Himself, You are sentenced to death by the merciless Pilate. Your Hands are bound by rope, mine by sin. Your silence speaks volumes against the many offenses I have committed with my own tongue. I am spared, a ransomed man, purchased by the Divine Lamb now led to slaughter. Have mercy on me, Lord. I know what I have done.

Prayer – All together

We pray that this station helps to remind us of Your sacrifice and the eternal love you have for us. Help us all emulate and imitate that love.
Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Christ takes the cross now, mankind's soul embracing,
That wayward souls, each by His steps retracing
Might through His passion, sign of Christ oblation,
Find their salvation.

Station 2 - Christ takes His Cross

Priest: We adore you, O Christ and we bless you

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

Meditation

We all carry crosses in our lives. These crosses vary in size. They weigh down on us to the point that they can be unbearable. Sometimes they come in the form of physical pains; other times they are spiritual pains. Jesus, in His humanity, also carried a cross. Jesus carried all the sins of the world in the form of a cross. He felt so much pain, but he didn't give up. He knew this cross was necessary because it was a "holy" cross; one that would save us from sin.

Jesus, as you take up your cross, we will want to walk with you to Calvary.

Prayer – All together

Lord Jesus Christ, give us the courage to take up our cross in this life without giving up. Our crosses, like yours, can be heavy, but we offer any/all our pain up to you for our salvation and the salvation of others. When we unite our suffering with yours, we walk with you not to Calvary, but to heaven.

Give us your strength to remain faithful to making this journey with you. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Under the burden He grows weak, unsteady;
Jesus is falling; mankind must stand ready,
Ready to help Him, soothe the fallen Victim
When we afflict Him.

Station 3 - Jesus Falls a First Time

Priest: We adore you, O Christ and we bless you

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

Meditation

You fall to the ground, Lord. I can't count the times I've fallen into error. But You know them all, each and every one. The burden You carry frees me. If only I offended You seventy times seven times. My number, I am sure, is far greater. Show me Your mercy, Lord. I am a man liable to fall again and again and again.

Prayer – All together

Lord, help me to stay on the right path and not to be misled by the devil. Help me to resist temptation.

And, if I fall, may your example and strength give me the courage to stand up again. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Mary meets Jesus, doomed to crucifixion.

How deep their anguish, painful their affliction,

Bearing their crosses; Son and loving mother

Facing each other.

Station 4 - Jesus Meets His Mother

Priest: We adore you, O Christ and we bless you

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

Meditation

The Mother of Mercy comforts You, Lord, even if for a brief moment along the way. I have no comfort to give You. No words of solace. Nothing to ease Your pain. But I am Your brother through Your gift of Mary's Divine Maternity at the foot of the cross. I ask Your Mother to pray for me, Lord. May her intercession for mercy on behalf of a man like me find a place of enduring refuge in Your forgiving Heart.

Prayer – All together

Jesus, help me to accept the suffering that comes to me and to accept God's plan for my life, especially when I don't like it. Help me to imitate you when I see that painful times are ahead. Mary, as the mother of God, you have adopted me as well. Take care of me and show me the love you have for your son, Jesus, and for everyone. When struggles in life press down upon me like the weight of your son's cross, give me the humility to ask for your help. Amen

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Simon of Cyrene now the cross is bearing;
Helping the Savior, in His burden sharing.
Pray that we also turn from Jesus never,
But aid Him ever.

Station 5 - Jesus is Helped by Simon

Priest: We adore you, O Christ and we bless you

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

Meditation

Simon is a better man than I, Lord. I often seek ways to avoid helping You carry Your cross. I don't want to bear the weight, endure the toil, or suffer the inconvenience. I don't want Your Blood staining my clothes, the very Blood that redeems me. I often say I have other things to do. I rationalize that I have other places to be. And, of course, I repeat my favorite line over and over again: I'm too busy. I pray for Your mercy to stop making these excuses.

Prayer – All together

God, help us to be willing to help others. Help us to care for others even when we don't want to. Help us to reflect on all those times we denied our help to someone. Make us sensitive to others and generous of heart. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Sainly Veronica, now her Jesus meeting,
Wipes His face gently; bitterly is weeping.
Face of our Savior on her veil imprinted
Through love unstinted.

Station 6 – Veronica wipes the face of Jesus

Priest: We adore you, O Christ and we bless you

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

Meditation

A woman kneels in the dirt to wipe away Your Blood and Sweat, Lord. How infrequently, if ever, I bend my knees to give aid to the suffering, the poor and the downtrodden. I am far from the Good Samaritan You call me to be. Veronica has much to teach me about being a true image of You. I look into the mirror and see, at worst, very little of You. And, at best, not enough of You. Mercifully grant me the grace to reflect Your Image and be more like You.

Prayer – All together

Lord, I pray to You. I humbly ask that You remember me and all those who serve You by following your teachings in their daily lives. In today's world, we are often tempted to turn our backs on you like most of the people did when You were crucified. Please know that Your sacrifice was worth it. With Your help, we will continue to bear our own crosses with courage. Lord, have mercy on us and those who still remain indifferent to Your sacrifice. I pray that they shall see You in your glory and rejoice at the sight. Lord, remember us when You come into your kingdom. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: See the dear Lord showing His exhaustion;

As the cross presses heavily upon Him.

Blood flows so freely; see the Savior languish;

He falls in anguish.

Station 7 - Jesus Falls a Second Time

Priest: We adore you, O Christ and we bless you

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

Meditation

You stumble and fall again, Lord. But you summon the strength to rise and continue on Your Way. I stumble often. I fall every day. How often I think. And I tell myself I have so much going on Saturday afternoons. After all, it's the weekend. It's my time. And where does the time go? Be merciful and understanding when I fail to reconcile myself with You. Give me the grace to seek Your forgiveness and absolution.

Prayer – All together

Lord Jesus, help us in our time of need. Every time that I do something wrong or hurt someone else, I push You down. Help me to use the efficacious grace that You give me to rise up and continue my walk. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Seeing the women deep in lamentation,
Jesus in pity speaks in consolation.
Lord pray we now, in ev'ry future morrow
Comfort our sorrow.

Station 8 - Jesus Speaks to the Women

Priest: We adore you, O Christ and we bless you

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

Meditation

Your mother demonstrates her love for You, Lord. Veronica sees to Your discomfort. Now a group of women mourn Your suffering. Where are the men? Peter? James? Andrew? Phillip? Nowhere to be found. Where am I? Capital punishment is such a dirty business. It's so upsetting to me. So hard to watch. Easy to turn away. Give me the merciful grace to weep for Your Passion. To weep for my sins.

Prayer – All together

Lord Jesus, like the women of Jerusalem, help me to shoulder some of the burden of Your cross by being a caregiver to others. Help me not to be consumed so much so with my own interests, that I turn a deaf ear to those who are in need and suffering around me. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Once more He falls, His cross its toll is taking;
Three times He fell, His heart and body aching.
Jesus now grovels in the dust, so lowly;
God's Son most holy.

Station 9 - Jesus Falls a Third Time

Priest: We adore you, O Christ and we bless you

All: Because by your holy cross you have redeemed the world

Meditation

You lose Your footing and tumble to the ground again, Lord. And nobody stoops to help. If I were there, would I merely watch the spectacle? Would I take Your Arm and pull You back to Your Feet? Would I say a prayer if I saw You or someone else struggling along? I beg Your mercy for the many times I could have used the strength You gave me and helped, but didn't.

Prayer – All together

Lord, help me to carry my cross and to confront the struggles that I have. Give me the strength to succeed as you did one step at a time. Even if I'm tired and it seems that I can't go on, invigorate my spirit with hope so that like You I can get up again. Give me the courage to keep going. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: See the dear Lord, Who clothed this earth in splendor,
Who bathed the heav'ns in starlight calm and tender,
Stripped of His garments, mocked in cruel fashion;
Lord of compassion.

Station 10 - Jesus is Stripped of His Garments

Priest: We adore you, O Christ and we bless you

All: Because by your holy cross you have redeemed the world

Meditation

Your clothing, dignity, and mortality are now stripped away, Lord. Everything on earth has now been taken from You. Everything of Your heavenly glory will soon be restored to You. History knows not the name of the man who tore Your clothes from Your Body. It doesn't matter. I did it. Mercilessly, I ripped away the garments that covered You. Mercifully, You forgave me for doing it.

Prayer – All together

Just as Your only begotten Son, Jesus, did not resist or complain as He was stripped of His garments, so may I draw my strength from Jesus and realize that I can overcome the trials and obstacles of my life. May I understand the sacrifice Jesus made for all of us, so that I can fulfill my obligation and duty to live the Christian life and respect the dignity of others. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: So to complete our Lord's most holy passion,
They wound His body in most grievous fashion.
Callous tormentors, to the cross they nail Him.
Our blameless Victim.

Station 11 - Jesus is Nailed to The Cross

Priest: We adore you, O Christ and we bless you

All: Because by your holy cross you have redeemed the world

Meditation

I was the one who held the hammer. I was the one who drove in the nails. Pounding them into Your Hands and feet with callousness, fury, and indifference, I was the one who crucified You on Golgotha's rim. I am the man who crucified you on that first Good Friday. I am also the man who crucifies You every day. Have mercy on me, Lord.

Prayer – All together

Lord, help me to realize that You suffered for me. Help me to be better. I know that You love and want me, and that when I sin, I am turning away from You. Help me to understand how much You suffered for me. Let me realize that the cross is an image of Your mercy and love, not just of pain and sadness. Help me to make the most of Your sacrifice. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Raised is His cross in view of all the scornful,
Bearing the King of pain, a sight so mournful.
True God, true man, death's lonely keeping;
Mourn Him with weeping.

Station 12 - Jesus Dies on the Cross

Priest: We adore you, O Christ and we bless you

All: Because by your holy cross you have redeemed the world

Meditation

You asked your Father for forgiveness, Lord. I ask you to forgive me. As I see you die on the cross, I see my own death foretold. You know I will die, but only after I have run the race of this life you gave me. I don't feel I'm running the race to the best of my ability. Help me run a better race. Give me the grace to meet my death with courage like You did, to die as Your friend and in Your favor. I long to hear You call me by name and say those merciful words, "Well done..."

Prayer – All together

Lord, grant that I may love you always and strive to do Your will. As You loved and laid down your life for me, so inspire me to do the same for You. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Song: Time to remove His wounded, lifeless body:

Mary receives Him, Son so pure and holy.

Her arms embrace Him; she is filled with grieving,

And barely living.

Station 13 - Jesus is Taken Down from The Cross

Priest: We adore you, O Christ and we bless you

All: Because by your holy cross you have redeemed the world

Meditation

What appeared to be a crushing defeat was the very event that ushered in the greatest victory of all time. The traditional curse of being hung on a tree would give way to the everlasting blessing. A method of execution would forever be transformed into a symbol of faith and hope. As Your Body was removed from the cross, Lord Jesus, man was being restored to God's grace. I was one of those men. You mercifully laid down Your Life for me. Make me an instrument of mercy so I can lay down my life for others.

Prayer – All together

O Lord, You know all too well that during our earthly journey we are going to fail and sin. Help us O Lord. Through the intercession of your Blessed Mother, Our Lady of Sorrows, help us to “say no” to sin. But also Lord, put a Mary in our own lives. Every time we sin, Lord, may we have a Mary there to console us and to bring us strength. Also Lord, allow us to be instruments of consolation. When people need loving support, may what your Mother did for you inspire us to extend a helping hand to others. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

Christ's broken body in the tomb is buried.

May he for ever in our hearts be carried.

Each heart in sorrow, open wide your portal

For God immortal.

Station 14 - Jesus is Laid in the Tomb

Priest: We adore you, O Christ and we bless you

All: Because by your holy cross you have redeemed the world

Meditation

A borrowed tomb in a potter's field serves as the resting place for Your Body, Lord, a sinless Man who was put to death as a criminal. The stone the builders rejected was rolled into place. The sun sets and darkness covers Calvary as Passover is celebrated throughout the land. The quiet of three days of darkness precedes the glorious joy of the dawn to come. The sun will rise again and the Son will rise again.

Prayer – All together

Lord, please continue to help me to strive and endure as You did. Let me learn to love as You have loved me and to give without measure. Help me to be a beacon for others who want to follow Your path of peace and love. May I always have the courage to follow the Father's plan for me just as You did when You died on the Cross for our sins. Amen.

Priest: Have mercy on us o Lord

All: Have mercy on us

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

P: Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, fill me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. Good Jesus, hear me. Within your wound hide me. May I not be separated from you. Defend me from the malicious one. In the hour of my death call me. And bid me come to you. That with your saints I may praise you for ever. Amen.

All sing three times: Lord for us your wound were suffered
O my Jesus have mercy on us.

Closing Prayer

Let us pray:

Priest:

Lord Jesus Christ, Your passion and death is the sacrifice that unites earth and heaven and reconciles all people to You. May we who have faithfully reflected on these mysteries follow in Your steps and so come to share Your glory in heaven where You live and reign with the Father and the Holy Spirit one God, forever and ever.

All: Amen.

All: In the name of the Father and the Son and the Holy Spirit

Lenten Hymn: On the cross

On the cross, for the sins of man, our Lord was crucified,
On the cross, 'mid great pain and suffering He bled and died.

*Lord, forgive us when we fail Thee, Lord forgive when we
betray Thee, Lord forgive.*

From the cross, filled with mercy, our dear Lord looked down on us.
From the cross, torn with sorrow, yet He would forgive us

Ref:

With the cross, hope of all who would confess and come to Him
With the cross, He would gather all who would believe in Him

Ref:

To the cross, all our love and hope we trust on Calvary
To the cross, we would give our life, our hearts, our all to Thee.

Ref: