



4th March 2022

WAY OF THE CROSS FOR ADULTS

(Walking towards the Cross with Jesus our Master)

Introduction:

Leader: The Way of the Cross is a way of prayer. Through it, Jesus our Master invites us to journey with him and to reflect on the sorrowful events of his life, as it continues in the lives of his people today. We ponder on the mystery of why Jesus, who is the **Way, Truth and Life**, should undergo such a cruel death for our sake. Let's walk in solidarity with all those who suffer in various ways, praying that we be open to whatever he wants us to hear, see, understand, and act, as he is the **Truth to be believed, Way to be followed and the Life to be lived.**

All: Act of contrition.....

1st Station: Pilate Condemns Jesus to Die

We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.

Leader: Pilate acknowledges Jesus' innocence, but still orders him to be condemned. Pilate symbolizes our desire for worldly security, power and position. He finds truth uncomfortable and difficult to accept and asked Jesus, the Truth: "What is truth?" And he hands Jesus over to be crucified.

We may have been condemned by others for no fault of ours. We too may have condemned others, sometimes even the innocent ones, and made their life miserable. Let us give all those painful moments over to the Lord.

All: Jesus Master, the Truth, help us possess a discerning mind that will enable us to recognize your divine voice from the worldly noise. May we accept the hardships of life, and adhere to your Truth by never judging others.

Leader: Have mercy on us O Lord

All: Have mercy on us.

2nd Station: Jesus Takes Up His Cross

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Leader: A cross can't be just a piece of wood; it is everything that makes life miserable. The heavy cross of the sin of the world is laid upon Jesus' shoulders that were already bruised and bleeding, yet, he carries it without complaint, amidst the jeering crowd.

We too may be carrying many crosses, such as sin or sickness, pain or poverty, despair or death of loved ones, or financial problems.

All: Jesus Master, the Way, help us carry our own crosses. May we, like you, bear the cross with love and patience, and face life with hope, and give hope to others as well.

Leader: Have mercy on us O Lord

All: Have mercy on us.

3rd Station: Jesus Falls for the First Time

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Leader: The weight of the cross made Jesus fall to the ground. The weight of our sin, the weight of our destructive pride, put him down. But his fall is not a tragedy, or mere human weakness, rather, it is salvific.

Many a times, we too have moved away from God and fallen by giving ourselves into temptation and sin. Let us repent and ask Jesus for his forgiveness.

All: Jesus Master, the Life, may we never fall into mortal sin and lose you, our Life. Make us humble enough to acknowledge our failures, and strong enough to pick up our crosses and move ahead in our journey of life.

Leader: Have mercy on us O Lord

All: Have mercy on us.

4th Station: Jesus Meets His Mother

"We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world."

Leader: At Jesus' passion a sword of sorrow pierced the loving heart of Mary as Simeon had foretold. Mary's grief was surpassed by her love for Jesus, and she remained faithful even when the disciples fled; comforting him in his great pain and loneliness.

We see Mary's pain in the mothers and fathers who watch their children giving up their life to drugs, addictions and suicide.

All: Jesus Master, the Way, like Mary, may we too be there for others in their difficult times, showing them your compassion.

Leader: Have mercy on us O Lord

All: Have mercy on us.

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

5th Station: Simon of Cyrene Helps Jesus Carry the Cross

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: “As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry Jesus’ cross (Mt 27:32)”.

We too may have Simons in our life-our friends, parents, spouse, children, or even strangers who have helped us carry our crosses. With gratitude we pray for them, and give heed to the call of Jesus to be a Simon in our world.

All: Jesus Master, the Life, strengthen the bonds of our relationships, as we help carry your Cross in the sick, the lonely, and the dying. May we always remember that we journey this difficult road together.

Leader: Have mercy on us O Lord

All: Have mercy on us.

6th Station: Veronica Wipes the Face of Jesus

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: Little things done with great love. How moving is this example of Veronica who courageously moved out from the crowd to wipe the blood and sweat from Jesus’ disfigured face.

Often we are afraid to reach out to others. We do nothing when we should act; we are silent when we should speak out.

All: Jesus Master, the Truth, give us a more courageous faith, and help us see your face in our neighbours beyond their scars, the tears, and the wounds.

Leader: Have mercy on us O Lord

All: Have mercy on us.

7th Station: Jesus Falls for the Second Time

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: Jesus has borne all our burdens, and he continues to fall when we go back to our sinful ways of living, falling into even more greater sins, keep committing the same sins over and over.

We fail to see the people who are falling in front of our eyes, due to financial difficulties, ill health, lack of job, and the aftermath of coronavirus, natural calamities and violence.

All: Jesus Master, the Way, lift us up from our falls, so that we may see the helpless falls of others and lift them up.

Leader: Have mercy on us O Lord

All: Have mercy on us.

8th Station: Jesus Meets the Women of Jerusalem

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: “Large numbers of people followed him, and of women too, who mourned and lamented for him. But Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me; weep rather for yourselves and for your children’” (Luke 23:27-28).

We often fail to weep for people who are homeless, in exile or seeking refuge. Can we reach out to others like Jesus, who even in the midst of agony acknowledges the grief and pain of the women who have been his faithful followers?

All: Jesus Master, the Way, Truth and Life, help us to see beyond our own struggles of life, and to be open to the pain of others.

Leader: Have mercy on us O Lord

All: Have mercy on us.

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

9th Station: Jesus Falls for the Third Time

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: Jesus, broken and exhausted physically and emotionally, falls for a third time. But even when all seemed lost, Jesus persevered in doing his Father’s will.

We too sin repeatedly and fall, we hurt one another often. Yet we have a God who forgives us and loves us unconditionally, and calls to do the same to others.

All: Jesus Master, the Way, teach us how to draw strength from you, not to sin and not to hurt others.

Leader: Have mercy on us O Lord

All: Have mercy on us.

10th Station: Jesus Is Stripped of His Garments

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: When Jesus was stripped of his clothes, he may have been embarrassed, hurt, and ashamed. He took upon himself the shame of Adam, and healed it.

We see Jesus being stripped again when men, women and children are portrayed as objects in a pornographic manner in magazines, DVDs, on television and the internet. Jesus invites us to give respect for persons at every stage of their existence, and in all the situations in which we encounter them.

All: Jesus Master, the Life, give us grace to be selfless like you in giving and giving up, and to be respectful towards all.

Leader: Have mercy on us O Lord

All: Have mercy on us.

11th Station: Jesus Is Nailed to the Cross

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: The trembling Body of Jesus is stretched out across the cross and his hands that always used to help, heal and comfort others, are nailed to the cross.

We see many of our brothers and sisters, like Jesus, nailed to a bed of pain, in asylums, prisons, de-addiction centres, and homes for the elderly, orphanages, in our families and at hospitals.

Jesus Master, the Way, Truth and Life, may we never use our hands to inflict harm, but only to draw near, to comfort and to accompany the troubled, and to raise them from their bed of pain.

Leader: Have mercy on us O Lord

All: Have mercy on us.

12th Station: Jesus Dies on the Cross

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: Accepting death upon the cross, Jesus gained us life, reminding us that death is not the end, but rather the path to new life because death happens to the body and not the soul; the soul lives eternally.

We come across people who have unhealthy fear of death and dying. Some fear that when they meet death, they will experience excruciating pain and suffering.

Jesus Master, the Life, we pray for the grace of a happy death. May we look forward to the Eternal Life that you have offered us by giving your own life as ransom. May we have a foretaste of it each time we receive you in Holy Communion.

Leader: Have mercy on us O Lord

All: Have mercy on us.

13th Station: The body of Jesus Is Taken Down from the Cross

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: Mary cradles the lifeless body of her son Jesus and offers him back to the Father. Her discipleship is made ever more inspiring by her witness during the crucifixion and death of Jesus.

We remember all the parents who have held their children close to them in death: those lost through accidents or acts of violence, those who have died by suicide, or sickness.

Jesus Master, the Way, help us to be devoted to our Blessed Mother. May she gather us and form us into your faithful disciples, ready to witness to your goodness and love, especially when we are about to lose heart.

Leader: Have mercy on us O Lord

All: Have mercy on us.

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

14th Station: Jesus Is Laid in the Tomb

“We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.”

Leader: In the stillness of the tomb, we keep watch for signs of hope, for we have the comfort of knowing that the death of our Master is not the end, instead, we will have new life in Christ.

We ponder on the great truth Jesus said, “Unless a grain of wheat falls to the ground and dies, it cannot produce a big harvest.” From the tomb buds forth the grain of wheat which becomes the Bread of Life, the Eucharist.

All: Jesus Master, the Way, Truth and Life, may our participation in every Eucharist, the re-enactment of the Last Supper, make us ever new to witness to your Life, and be a ray of hope to others.

Concluding prayer: Father God, having walked with your son Jesus, our Master, we deeply desire to obey Your will in order to fulfill the purpose You have for our life. Help us Father, to believe in Your Truth, follow the Way of Your Son, and to live and give Jesus to the whole world. We make this prayer through Christ our Master. Amen.

For the intentions of the Pope:

Our Father..., Hail Mary..., Glory be...

An appropriate Hymn:

Contributed by:

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