



25 MARCH, 2022

WAY OF THE CROSS FOR THE YOUTH

INTRODUCTION:

Compassionate lover of my soul, bless this moment of abundant graces, as I tread the path you walked up to Calvary carrying the weight of my sins. Calm my fears, anxieties and restless mind that I may bring all my faculties to be attuned to your silent call while following you ever more closely. Help me to fix my wandering eyes onto your toiling and painful journey you trod to save me. I am out in my pursuit of joy and happiness, success and peace in this world, and you are down on this way to Calvary, in search of my soul. Help me Lord, to make an inward journey into my life today as I walk with you.

THE FIRST STATION - Jesus is condemned to death

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Here you are my Jesus, meek and humble standing alone facing the jeering crowd. Amidst shouts of condemnation you could hear the cry of my soul begging to be saved. You forgave me instantly and accepted the unjust punishment my sins have incurred. How easy it is to follow the crowd no matter in doing right or wrong. But it takes courage to stand alone for one's values and principles. Yes Lord, I find myself right in the middle of the crowd condemning you in my parents, elders and guides by disregarding their concern and guidance to mend my ways when I'm wrong.

PRAYER: Forgive me Lord, for the times I have been carried away by the lure of the negative media culture and engaged myself into things that condemned my family values and religious beliefs. Help me to stand for your values even at the cost of my life.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE SECOND STATION- Jesus carries His Cross

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: I shun, I refuse, I neglect and I pretend to take up my little crosses of responsibilities; the responsibilities of my family cares, my pains, rejections and failures. And here you are my Jesus, the 'Model par excellence', with such tenderness embracing the heavy cross

thrashed upon your shoulders. As you take up the Cross you seem to pick me up from my fallen state of sin, to your safe and secure arms.

PRAYER: Jesus my Good Shepherd, Help me to realize that every time I refused to correct my evil ways, or in my indifference to the love and care of my parents and elders, the burden of my sin, fell on your shoulders. Forgive my obstinacy Lord, and make me pure in heart and mind so that I may carry my cross and that of others and follow you with a grateful heart.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE THIRD STATION - Jesus falls the first time

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Jesus, you did not fall because of your weakness but it was the weight of my evil tendencies, that weighed you down and you fell beneath the cross. And behold, you had constantly me in your mind. And you did not give up on me but lifted me up and went on.

PRAYER: Jesus my divine Saviour, please forgive me for my negligence and indifference towards your bountiful love and blessings that you shower daily on me and for every little things done for me by others. Fill me with your Spirit Lord that I may rise above my selfishness to generosity. Help me Master, to make every effort to move away from my sinful habits and to ever more grow in holiness so that I may be worthy of your divine love.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE FOURTH STATION - Jesus meets his Mother

LEADER: We adore You, O Christ, and we praise you;

RESPONSE: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Behold the two grief stricken sacred hearts, flooded with emotions they speak volumes in silence giving each other a profound grip of strength, courage and hope. You go through this journey of horror and immense suffering, not in despair but for the sake of tender love for me. Mother and Son both share the same agony in order to secure a place for me in heaven. How deep is the desire of parents to raise their children as best as they can and walk with them through trials and difficulties of life. But alas! How often I pain them by my careless words lashed out against their love and sacrifices for me. How often, I proved them to be ignorant and old fashioned and myself a techno smart; disregard their caring presence and guidance?

PRAYER: Lord Jesus please forgive me, and help me to love and appreciate my parents and accept them just as they are and all the effort and sacrifice they make for me. Fill me with your divine love that I may uphold their presence and their role in my life, that I may comfort and support them in their aging and in every need.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE FIFTH STATION - Simon of Cyrene helps Jesus to carry the cross

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: The soldiers grabbed a passer-by country man called Simon of Cyrene, and forced him to carry the Cross. What did this man benefit for lending his soldier to carry the Cross; I had thrown on you Jesus? Apparently nothing! But my Gracious Lord, you knew how fortunate Simon of Cyrene was. He won heaven in an instant.

PRAYER: Lord Jesus, Help me realize that in giving of my time and energy, talents and knowledge, I receive much. Help me to hear the silent struggles of my own parents, brothers and sisters, friends and strangers and lend my selfless service in any way possible to ease their weariness and pain. Enable me Lord, also to accept like you the generosity of others in my need with humility and gentleness. Forgive me my Saviour, for cursing the moment I was caught off guard to assist the needy. Help me to accept serenely the unexpected opportunities and be grateful for making me useful for someone in need.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE SIXTH STATION - Veronica wipes the face of Jesus

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Veronica, charged with pious compassion, dares to emerge from the crowd to wipe your holy face smeared with blood, sweat and mud. You seemed no human as you moved on with the burden of the cross, falling and rising towards Golgotha. With her tender love she wiped your face. And there you gifted her, the most deserving gift for her effort and courage, the gift of your Holy face on her towel.

PRAYER: Lord Jesus, I could hardly imagine stepping out to do something for someone in such a situation. I would rather watch from afar, for the fear of suffering it might cause. I know Lord, how indifferent and selfish I have been towards the fateful situations of others. Today, I ask you to help me to consider my own vocation in the church and society. Ignite a fire within me Lord that I may burn with zeal to wipe away the murky illusions smeared by the evil one, on the face of humanity.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE SEVENTH STATION - Jesus falls the second time

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Jesus my Merciful Saviour, you were handed over to the ungodly violent men who took all liberty to treat you most inhuman way. Your strength was drained carrying the weight of the heavy Cross beside their constant torture and loss of blood, thus, you fell again for the second time beneath the cross. There you see me stooped in sin unwilling to part from it. You see me given into frustration and despair, due to this pandemic situation, my dreams shattered and the dwindling family finances.

PRAYER: You are my Hope Lord; help me to stand up again to face the cross of my future that seems bleak and dim. Help me, to rely on you and hand over all my cares on you. Help me Jesus, to

read and ponder on your Word and be faithful to the practices of piety. Help me to be rooted and strengthened in you so that nothing may scare me or snatch me away from you.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE EIGHTH STATION - Jesus meets the women of Jerusalem

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Though, unstable on your feet, tired and weary, drenched in blood and sweat, your heart went out to comfort a bunch of pious women who were weeping, out of pity and helplessness when they see you. Your heart throbs for the poor, the sick, the lonely, and for the weaker section of our society. You exactly know Lord, how oppressive our social systems are. In one way or the other, I am a part of this rigid and cruel bigotry; where women, children, poor and the outcast are still the victims.

PRAYER: Lord my Saviour, how compassionate you are. In your suffering you recognised their suffering and you consoled them. Awaken in me a good spirit Lord, so that I may understand the sufferings of others through my own suffering. Make me aware, that when I reach - out to others in need, you will take care of all my concerns. Help me Lord, that I may bring positive effect in the life of others through my virtue of sensitivity.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE NINTH STATION - Jesus falls the third time

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Those cruel executioners were hurrying your steps up the mount of Calvary, but you had no more strength to go on. And you fell beneath the mighty cross for the third time. Ah Lord, this was the work of my repeated faults and stubborn heart.

PRAYER: Jesus my beloved Lord, you have lavished me with every good thing, blessed me with healthy body and mind, capacity to understand and learn, to differentiate between good and evil; gave me people who love and care. But I have failed to consider them all as gifts from you. Help me Lord, to graciously acknowledge all your blessings with gratitude and humility and utilize them not for vanity but for your glory.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE TENTH STATION - Jesus is stripped of his garments

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: The rude, rough and hasty hands of the unjust soldiers strip apart your garments so mercilessly that the drying blood from the torn body stuck with your cloths, peel off your flesh along and the fresh blood ooze out again.

PRAYER: My most tender loving Saviour, forgive me for my sins of shame and guilt, and my immoral desires of lust and greed. Help me realize that every act done in secret will be exposed before the judgement seat of God, that, in my unchaste living I violate the sanctity of God's dwelling, that, through my excessive love and physical gratification, I neglect to care for my soul. Help me to be diligent in protecting my own dignity and self- respect and that of others. Help me Lord, to strip off all my earthly cravings and undue attachments from things and people, that I may love you with an undivided heart and mind and find all fulfilment and happiness in doing God's will.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE ELEVENTH STATION - Jesus is nailed to the Cross

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: I am overwhelmed with pity seeing you most despised, broken and forlorn, being thrown down on the cross. They stretched your hands and feet and nailed them to the cross. Then they raised the wood of the cross with you hanging on it, leaving you in agonising pain and wait for you to die. On the Cross, I see the highest form of love on display. I see you as a winner giving yourself completely and in return winning my soul and the souls of the multitude.

PRAYER: My most loving Jesus, your earthly journey was over. You walked miles and miles in search of me, your lost little lamb. It is my sin of commission and omission that nailed you to the cross. Nail my heart to the Cross Lord that I may never leave you and wander into sin again. Never permit me to offend you but help me to love and serve you and others faithfully till the end.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE TWELFTH STATION - Jesus dies on the Cross

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: After three hours of excruciating agony on the Cross, taking upon your body the sins of the world, you surrendered your Spirit to the Father and died.

PRAYER: The ultimate sacrifice, the saving act was done! Dear Jesus, I truly deserve a terrible death because of my sins but by the merits of your death on the Cross I have hope in eternal life. Forgive me Lord, and never permit me to be separated from you. Teach me how to abandon my life in the hand of God. May your Holy Cross always remind me of the great price you have paid for my soul. May I venerate and honour your Cross, the sign of love and spiritual victory, with a pure and loving heart. Help me Lord to share the love, peace and joy of Christian living.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE THIRTEENTH STATION - Jesus is taken down from the cross

Leader: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: Your death on the Cross dismayed everyone around. The Centurion exclaimed; 'truly he was the Son of God'. No earthly power could stop you from going through your passion and death; for it was the will of God and it had to be so for the salvation of mankind. Joseph and Nicodemus bring down your body from the cross. Mother Mary, with an ineffable tenderness and sorrow, receives your lifeless body in her arms and sees the horrible work of my sin.

PRAYER: O grief stricken mother, forgive this miserable child of yours for all the pain I caused you by my sin of unfaithfulness to the most loving heart of Jesus your son. Help me Mary, my mother and my Model, to love and honour you by being faithful in praying to you daily. Seek me out Mother when I falter and fill me with your maternal love. And you my Redeemer, I love you with all my heart. Help me to be your true disciple.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

THE FOURTEENTH STATION - Jesus is laid in the tomb

LEADER: We adore You, O Christ, and we praise you;

ALL: Because by Your Holy Cross you have redeemed the world.

REFLECTIONS: After everything was done, your disciples and some pious men and women prepare your body with mother Mary and keep in a new tomb. Then they roll a huge stone at the door and go away in great sorrow, mourning. Jesus, your body, like a grain of wheat was buried in a silent, cold and dark tomb and left there to spring forth a new life; the dark cloud of death and gloom hiding for a moment the rising sun of a new day.

PRAYER: Jesus, my Sovereign Lord, I love you. I kiss the tomb you are buried in and repent for my sin that brought you to this grave. Merciful saviour, through the merits of your passion and death you have found me. Enable me to grow day by day in your love and holiness. Bury my old self with you Lord that I too may rise with you to a new life and be united to you forever.

LEADER: Have mercy on us O Lord,

ALL: Have mercy on us.

CONCLUDING PRAYER:

Lord Jesus, I thank you for the opportunity and experience of walking your path of suffering. You have found me Lord, and I Have grown. Thank you for making me realise how much you suffered for my sake. Thank you for coming down to this world to set me free from the clutches of the evil one. Let your divine love keep me away from sin, evil and wrong doing. May your Holy Cross be the sign of hope and victory over my predominant faults and may your Spirit guide me to love you and live for you alone. Amen.

FOR THE INTENTIONS OF THE HOLY FATHER: Our Father..... Hail Mary..... Glory be

