



## A WAY OF THE CROSS FOR GOOD FRIDAY 03 APRIL - 2026

**Introduction:** Today as we fix our gaze on the cross of our Lord Jesus Christ, let us journey through his passion, crucifixion and death...

**Opening Prayer:** Lord Jesus, you embraced this journey for me with indescribable love; today, as I kneel before you, asking you most earnestly to carve upon my heart, a deep faith, true repentance for my sins, and a firm resolve to make amends. May the fruit of your suffering be renewed in my soul by faithfully remembering your kenosis.

And as I recall your Sacred Passion, send forth your spirit into my heart, hide me in your wounds, and help me shine through you, so that I never forget the steep price you paid for my salvation.

**Note:** *You may insert short appropriate hymns wherever needed as per your time.*

### **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.*

**Holy Scripture - Mark15:14-15:** *“But the crowd shouted all the more, “Crucify him”. So, Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified”.*

**Narrative:** It is broad daylight and the illegal trial is moving to its conclusion. The zealous upholders and interpreters of the law failed to present any conclusive evidence. And as Jesus stands before Pilate, he knows that his enemies have handed him over, out of envy. Pilate makes an absurd move: a choice between Barabbas - a criminal accused of theft and murder, and Jesus - who says he is Christ. A frightened Pilate surrenders to the growing uproar to release Barabbas. Pilate knows that the Lamb standing before him is faultless, and he declares it by washing his hands in front of the crowd, saying: “I am innocent of the blood of this just man; it is your affair.”

**Reflection:** Our Blessed Lord, like an obedient lamb was chained to the pillar and brutally scourged, and by thousands of insults, spits, blows, lacerations and other unheard-of-cruelties, was tormented at will... and unjustly condemned by Pilate, to die on the Cross.

Lord Jesus, I seek your forgiveness, for the many times I have stood in places and kept my silence, especially when an innocent person has been accused, dragged and denied their rightful dignity. And in doing so, I seem to have washed my hands of the innocent person. May this first station be a constant reminder of my Christian duties.

### **Prayer (Altogether):**

My Loving Jesus, with every scourge your blood and flesh were tormented. It was my sins that condemned you to suffer. By the merits of your holy wounds, inflame in my heart the desire to tend towards perfection

in all my acts, give me the courage to look beyond fear and stand to protect those who are stripped of their dignity.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

### **SECOND STATION: Jesus Accepts His Cross**

**Leader:** *We adore you, O Christ, and we praise you.*

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

**Holy Scripture – Matthew 27:27-31:** *"Then the soldiers of the governor took Jesus into the Praetorium, and they gathered the whole cohort around him. They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, "Hail, King of the Jews!" They spat on him and took the reed and struck him on the head. After mocking him, they stripped him of the robe and put his own clothes on him. Then they led him away to crucify him."*

#### **Narrative:**

Pilate ordered that Jesus be scourged in an extreme manner, to appease the mob. When they were not satisfied and demanded the release of Barabbas, he pronounced the sentence. Jesus sustained severe traumatic injuries during the scourging, as his flesh was flayed open and he had lost enormous amounts of blood. A humiliated, weakened, beaten, and bleeding body of Jesus Christ was once again subject to even greater humiliation by his captors, when they stripped him off his garments and put on the scarlet robe. A crown of thorns pierced his skull with blood flow running down his forehead.

Jesus now leads the way to the path that brings us salvation, by demonstrating perfect surrender and obedience to his Father's will. The cross laid on his shoulder is heavy and he willingly accepts this burden out of immense love for humanity.

**Reflection:** Jesus you were in a great deal of pain and physically weakened, when they laid the cross upon your back to carry it up to Mount Calvary. May this second station lead me to deeply reflect on your wounded arms that not only embraced the cross, but also your wounded shoulders that carried the weight of my sin and shame.

#### **Prayer (Altogether):**

Lord Jesus, you demonstrated perfect surrender and obedience to your father's will, when you embraced lovingly the cross and tenderly kissed it. Teach me to take up my cross without complaining or feeling discouraged by life's trials. In my deepest sorrows, draw me towards your grieving face, so that I experience the joy in my suffering, knowing that you are there with me.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

### **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.*

**Holy Scripture – Matthew 11:28-30:** “Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light”

**Narrative:**

Jesus' flesh was torn by the scourges, his head crowned with thorns; lost a great quantity of blood, could hardly walk, exhausted and yet he chose to carry this great load upon his wounded shoulders. His worn-out body staggers now beneath the huge Cross. The soldiers strike him time and again to rise and continue. Despite his extreme weakness, he finds the strength to rise again and continue his arduous journey.

**Reflection:** In his first fall, Jesus turns to us, shows us a path, becomes our teacher - leading us to the fount of true refreshment, of the grace which is sufficient. As our teacher, the fallen Jesus gives us the greatest lesson of humility, he teaches us the lesson of a meekness that quashes rebellion and a trust which displaces arrogance. May this third station constantly remind me that Jesus' fall exposes my pride, his humility in rising teaches me, that true greatness comes from bending low before God, not from false independence of putting myself before God.

**Prayer (Altogether):**

Lord Jesus, teach me to acknowledge my imperfections and never fail to appeal for divine sustenance. By the merits of this first fall, save me from falling into mortal sins. Stay with me and renew my strength so that I will not stop along the way, teach me to welcome my weakness as an opportunity to show your glory in suffering for me and suffering with me, making me whole again.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

**FOURTH STATION: Jesus Meets His Mother**

**Leader:** *We adore you, O Christ, and we praise you.*

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

**Holy Scripture – Luke 2:34-35,51:** “Simeon blessed them and said to Mary his mother: “Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed”

**Narrative:**

Our Blessed Mother knows that the hour has come, “it has begun...”: what she feared the most but also what she obeyed gracefully. The sword is ready to be plunged deep into her heart, yet she is found standing there, while the disciples flee the place. Her courage, fidelity, goodness and faith did not waver even in the hour of darkness.

And as she sees her beautiful and glorious son struggling through the crowd, she can see the wounds that have left him deformed, bleeding, heartbroken and beyond recognition. She feels deep sorrow knowing that her son has been made to look like an outcast with dreadful guilt upon him.

**Reflection:**

Jesus, when he sees his mother weeping at a distance, he reaches out to comfort her. The gaze each other share speaks a thousand words, for the many arrows that wound those hearts which love each other so tenderly. In spite of being burdened by a heavy cross, intense pain and contained by the soldiers, he reaches out to comfort his sorrowful mother.

May this fourth station always be a reminder that even when I am at the point of breaking, I must compose and collect myself and reach out to other's suffering and comfort them to not lose faith when sorrows run deep within.

**Prayer (Altogether):**

My most loving Jesus, by the sword of sorrow which pierced the heart of your mother, have compassion on me in all my trials and tribulations and grant me the grace of being truly devoted to your most Holy Mother. My Blessed Mother, obtain for me through your powerful intercession, a tender and a lasting remembrance of the passion of your Divine son. Grant that our faith may bear fruit in courageous service and be the sign of a love ever ready to share suffering and lend a helping hand.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

**FIFTH STATION: Simon of Cyrene Helps Jesus Carry His Cross**

**Leader:** *We adore you, O Christ, and we praise you.*

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

**Holy Scripture – Matthew 27:32; 16:24:** *"As they went out, they came upon a man of Cyrene, Simon by name; this man they compelled to carry his cross". Jesus told his disciples, "If any man would come after me, let him deny himself and take up his cross and follow me".*

**Narrative:**

Jesus is exhausted as he wades through the jeering, the whips and the weight put upon his shoulders. With each step forward he is at the point of dying. Fearing an early death before he reaches mount calvary, the soldiers enlist a stranger called Simon of Cyrene to help carry the cross. Simon seems to have accepted the task reluctantly, yet he does assist Jesus in carrying his cross.

**Reflection:** Simon of Cyrene was forced into service to carry the weight of the cross, which did not belong to him. He seemed reluctant to take part in Jesus' shame and perhaps wondered as he took those beams upon his shoulders, why he was chosen for such a heavy burden. But, for Jesus, even a smile, a word, a gesture, a little love and compassion is enough for him to pour out his grace abundantly on the soul of those who reach out to him.

Let this fifth station be a deep-rooted learning for my soul, that - "At times when the Cross appears before me even without me looking for it - it is Jesus who is seeking me out. And when I do encounter by chance this unexpected Cross, let it be a privilege that benefits my soul knowing fully that Jesus held it first, embraced and tenderly kissed it before passing it on to me, teaching me to carry my cross with greater fortitude".

**Prayer (Altogether):**

My loving Jesus, your humility is beyond my understanding. Your power upheld the entire universe and yet you permitted a stranger to help you carry the cross. You helped Simon open his eyes and heart by giving him his share in your cross, and in doing so you gifted him the grace of faith.

Allow me to experience the grace to be able to share the cross of others and, in this way, know that we are walking with you. May I never fail to acknowledge and appreciate with joy that, when I share in your suffering and the sufferings of this world, I become a servant of salvation, and I am able to help build up your Body which is the Church.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

### **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.*

**Holy Scripture - Matthew 25:37-40:** “Lord, when did we see you hungry, and feed you; or thirsty, and give you drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when did we see you sick, or in prison, and come to you?” And answering the king will say to them, “Amen, I say to you, as long as you did it for one of these, the least of my brethren, you did it for me.”

**Psalms 27:8-9:** You have said, “Seek my face”. My heart says to you, “Your face, Lord, do I seek”. Hide not your face from me. Turn not your servant away in anger; you who have been my help. Cast me not off, forsake me not, O God of my salvation”.

#### **Narrative:**

Mother Mary's humble prayer is answered - prayers that sent Simon as well as Veronica; Simon to do a man's work, Veronica to do the part of a woman, in aiding her son who continues to be in a deplorable condition. While Simon does his part with much reluctance, Veronica steps forward undeterred by the brutality of the soldiers or the fear which gripped the disciples.

Amid the turmoil and dismay, she shows the courage born of goodness and does not allow her heart to be baffled. She looks at Jesus with compassion and using her veil, she wipes the blood and sweat from his face, thus leaving an image of his face on it.

**Reflection:** God reveals himself to us in mysterious ways. Veronica chose to drown out the noise, the mob and even her own safety. Her only focus was a disfigured, broken and bleeding Jesus standing before her, she was compelled to act, for the very nature of love is action. An act that calls to rise above all the fear, that stops us from approaching Jesus. Every charitable act performed for others throughout the day is an imitation of Veronica towards Jesus.

Let this sixth station continuously inspire me to become a true icon like Veronica and perform such acts of mercy, thereby receiving Jesus' image on the veil of my soul.

#### **Prayer (Altogether):**

Lord Jesus, to rejoice in the splendour of your Holy and Divine face, means penetrating deeper into the mysteries of your life that give us eternal happiness. Grant my restless heart to seek your face. Bless me with the simplicity and purity like Veronica, impress your face on my heart. May I encounter you along the way and show your image to the world. Use me Jesus, so that just like Simon and Veronica, I reveal the light that comes forth from doing the will of the Father.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

### **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.*

**Holy Scripture - Lamentations. 3:1-2,9,16:** *"I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light. He has blocked my way with hewn stones; he has made my paths crooked. He has made my teeth grind on gravel and made me cower in ashes."*

**Narrative:**

Jesus' disfigured, exhausted mortal body falls under the weight of the cross a second time. The cross crushes his scourged and beaten back, pushing the crown of thorns deeper into his skull, as he falls to the ground. In complete agony, Jesus slowly looks towards heaven, knowing he must somehow rise and continue, in order to do his Father's will.

**Reflection:** Even with the help of Simon, Jesus falls the second time. His greatest moment was his weakest one, his greatest victory was in his failure, his greatest act of love was in suffering, and his greatest show of power was in his utter lack of strength that threw him to the ground.

Let this seventh station teach me to trust in God's loving providence as he permits suffering to weave itself in and out of my life. Let this second fall act as a constant reminder, that God never gets tired of forgiving and pouring his endless mercy upon his children. He gazes on us; he constantly touches our hearts; he falls in order to help raise us up again.

**Prayer (Altogether):**

My loving Jesus, give me the grace to see beyond what is visible and be more aware of your wisdom in the midst of weakness. I live in a world that demands me to be strong, but Jesus your second fall under the weight of the cross, reminds me that true strength doesn't come from avoiding suffering, but in embracing it with faith and trust in you.

With your second fall, teach me to deeply understand that it is okay to feel tired and it is ok to fall and ask for help, recognizing my limitations and seeking your unending mercy. Bless me with the grace to truly understand that the path to salvation is not free from difficulties, but that every step, every fall and every rise has a purpose in God's divine plan.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

**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.*

**Holy Scripture - Luke. 23:28-31:** *"Jesus turning to them said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For behold, the days are coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never gave suck!' Then they will begin to say to the mountains, 'Fall on us'; and to the hills, 'Cover us. For if they do this when the wood is green, what will happen when it is dry?'"*

**Narrative:**

The journey to mount calvary is exhausting both physically and emotionally for Jesus. Amid his suffering the women of Jerusalem unable to restrain their compassion approach Jesus, weeping and lamenting his pain. He reaches out to them and invites them to look beyond his personal suffering, and weep for the fallen humanity, for the sin that causes grave destruction to the human soul. He warns them about the consequences of sin and the need for conversion. He points out that true sorrow is not in his impending death but the possibility that the future generation may fall into spiritual indifference or rejection of God.

**Reflection:** It is beyond human understanding to see a disfigured, and a tormented Jesus to feel for others compassionately. The women of Jerusalem not only weep at Jesus' sufferings but also accompany him. Today as we live in a time marked by wars, social injustice, environmental crises and a growing spiritual emptiness, the tears of the women remind me to be considerate of the pain of others. Our weeping must go beyond mere emotions, leading us to actions and conversions.

Let this eighth station be a deep spiritual learning, to understand the importance of compassion and solidarity, while Jesus' words challenge us all, to be the bearer of the hope that he offers us.

**Prayer (Altogether):**

My compassionate Jesus, to the weeping women you spoke about repentance and the day of Judgement. The depth of your words shows the seriousness of my responsibility, and the danger of being found guilty and without excuse on the day of Judgement.

Grant that I may not merely walk by your side, with nothing to offer other than tears, but a firm resolve to ensure that I do not end up like dry wood, but be a living branch in you, the true vine, bearing fruit for eternal life.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

**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.*

**Holy Scripture - Lamentations. 3:27-32:** *"It is good for a man that he bear the yoke in his youth. Let him sit alone in silence when he has laid it on him; let him put his mouth in the dust - there may yet be hope; let him give his cheek to the smiter and be filled with insults. For the Lord will not cast off for ever, but, though he cause grief, he will have compassion, according to the abundance of his steadfast love."*

**Psalm 22:14:** *"I am poured out like water, and all my bones and joint. My heart has turned to wax; it has melted away within me".*

**Narrative:**

The weight of the heavy cross, combined with massive blood loss, dehydration, excruciating pain and the brutality of the soldiers made it impossible for Jesus to continue. He staggers under the weight of the cross for the third time; yet he does rise up to continue the journey which is far from over.

**Reflection:** The third fall is a moment of profound spiritual teaching. Despite the fall Jesus rises not so by his own strength but out of deep love and compassion for humanity and for the many failings such as family problems, financial difficulties, illness and loneliness, reminding us that we are not alone in our suffering. May this ninth station lead me not only to contemplate but also to act, not only to recognise but to acknowledge that transforming my weakness into strength, can happen only through Jesus' immense suffering. Christ shows us that he can transform weakness, failings, and death into the glory of self-gift.

**Prayer (Altogether):**

Lord Jesus, in your falling is my rising to a joyful living in you. Bless me with the eyes of eternal faith, allow me to see the light where there appears only darkness, and life when I can sense only death. When my strength is all but gone, inspire me to rise with confidence knowing that you are holding the other end of the cross for me.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

## **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.*

**Holy Scripture – John 19:23-24:** “When the soldiers had crucified Jesus they took his garments and made four parts, one for each soldier; also his tunic. But the tunic was without seam, woven from top to bottom; so they said to one another, “Let us not tear it, but cast lots for it to see whose it shall be.” This was to fulfil the scripture, “They parted my garments among them, and for my clothing they cast lots”

**Matthew. 27:33-36:** “And when they came to a place called Golgotha (which means the place of a skull), they offered him wine to drink, mingled with gall, but when he tasted it, he would not drink it. And when they had crucified him, they divided his garments among them by casting lots; then they sat down and kept watch over him there”.

### **Narrative:**

Jesus' condition further deteriorates as he reaches mount calvary. He is publicly stripped of his garments, making him no longer anything at all. He is now an outcast, despised by all and standing naked and exposed, unclad and ashamed. The roman soldiers accustomed to executing the condemned, knew that stripping someone of the garments was a way to dehumanize and thereby reducing the criminal to absolute destitution. His precious tunic woven without seam from top to bottom, is tossed around with some dice for the winning soldier.

**Reflection:** Christ empties himself to fulfil the will of the Father. In an act of total surrender, he not only allows the stripping of his garments, but also of any pretence of earthly glory, losing the “first garment” that is God’s splendour. He experiences extreme humiliation exposing his human vulnerability to the world. His tunic woven in one piece is a symbol rich in meaning reminding us that Jesus is the high priest who offers the perfect sacrifice. When the soldiers cast lots to avoid tearing his tunic, we can see a revelation of the unity Christ desires for his people.

May this stripping in the tenth station serve me as a constant reminder that Jesus passed through all the stages and steps of man’s fall from grace, yet each of these steps, for all its bitterness, became a step towards my redemption.

### **Prayer (Altogether):**

Lord Jesus, the stripping of your dignity confronts me with an uncomfortable but liberating truth: “My true identity is not found in what I have, but in who I am before your eyes”. Jesus, you stripped off everything, showing me that true dignity lies in humility and complete surrender. Bless me with the grace to strip myself of everything that distances me from God and others and continue to empty myself allowing you to fill me with your love and mercy. Clothe me in the light of your grace.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

## **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.

**Holy Scripture – Matthew 27:37-42:** “And over his head they put the charge against him, which read, “This is Jesus the King of the Jews”. Then two robbers were crucified with him, one on the right hand and one on the left. And those who passed by derided him, wagging their heads and saying, “You who would destroy the temple and build it in three days, save yourself! If you are the Son of God, come down from the Cross”. So also, the chief priests with the scribes and elders mocked him, saying, “He saved others; he cannot save himself. He is the King of Israel; let him come down now from the Cross and we will believe in him”

**Narrative:**

Jesus is now pushed down upon the wood of the cross. The soldiers stretch out his hands and feet, driving huge nails through his flesh to fix him to the wood. Jesus endures this agony with divine dignity and forgiveness, not fighting or seeking to lessen his suffering. By accepting this agonizing pain, Jesus completely surrenders to the human experience of suffering. While he is being mocked by the leaders to save himself if he was the Messiah, the soldiers also mocked him, offering sour wine and challenging him as "King of the Jews," a title inscribed above him. One of the criminal taunts Jesus, but the other defends him, acknowledging their just conviction and Jesus' innocence.

**Reflection:** The sound of the hammer-blows echoes throughout the land, trembling even the hardened of hearts, as the innocent, unblemished lamb is sacrificed for the sins of the whole world. Each nail that fastened him to the wood was an act of salvation; a heavy price paid. Inviting me to unite my own burdens with his, finding strength and conversion through this perfect sacrifice.

Let me gaze upon the crucified Christ in this eleventh station, a perfect God that showed, love is stronger than hate, forgiveness to those who fixed him to the cross. In this act of total submission, Jesus transforms the cross, from an instrument of torture and death to a symbol of life and salvation.

**Prayer (Altogether):**

Sweet Jesus of mine, that nail which pierced your hands and feet, was of my doing, yet you accepted the terrible cruelty of this suffering, the destruction of your body and dignity. Nail my heart perpetually to your cross so that I never flee from what I am called to do, when I stand in the light of your holy and divine face. Help me to unmask the false liberty which would cause a distance between us. Fastened me to your will so that I experience true and everlasting freedom.

**Leader:** Have mercy on us O Lord

**All:** Have mercy on us.

**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.

**Holy Scripture – Matthew 27:45-50,54:** “Now from the sixth hour there was darkness over all the land until the ninth hour. And about the ninth hour Jesus cried with a loud voice, “Eli, Eli, lama sabachthani?” That is, “My God, my God, why have you forsaken me?” And some of the bystanders hearing it said, “This man is calling Elijah”. And one of them at once ran and took a sponge, filled it with vinegar, and put it on a reed, and gave it to him to drink. But the others said, “Wait, let us see whether Elijah will come to save him”. And Jesus cried again with a loud voice and yielded up his spirit”. When the centurion and those who were with him, keeping watch over Jesus, saw the earthquake and what took place, they were filled with awe, and said, “Truly this was the Son of God”

### **Narrative:**

Jesus' mother stands at the foot of the cross with other holy women. He looks at her; then he looks at the disciple whom he loves, and he says to his mother: 'Woman, behold thy son.' Then he says to the disciple: 'Behold thy mother.' ... It is close on three o'clock, when Jesus cries out: 'My God, my God, why hast thou forsaken me?' ... 'Father, into thy hands I commend my spirit.' 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. Darkness covers the land, and the veil of the temple tears, signifying that the Eternal father has accepted the sacrifice of his son.

### **Reflection:**

Heaven's perfect Lamb, now unfurls on the wood of the cross, making the perfect sacrifice for humanity. The Cross is not just an instrument of torture but also the altar for the precious life sacrificed for my sins. His death was not a failure but a victory over sin and death. Today, he not only saved me from the dark abyss but helps me see the invisible crosses of others: poverty, loneliness, illness, persecution. Calling me to be a companion on the journey, to lighten their burdens and bringing them comfort.

Mary's steadfast presence at the cross speaks of the immense suffering she endured, her faithfulness and love in difficult times, inspires me to remain with Christ. In dying Jesus presents fourfold gifts to all of humanity: a) Gift of freedom from the slavery of sins. b) Gifting his beloved mother to the whole world. c) The gift of Salvation. d) The gift of his precious Body and Blood.

Let me kneel at this twelfth station, with my head held in shame and hands open to receive the tears, blood and water that drips from the body of my precious Saviour. He fought the good fight to keep me out of the dark abyss; the very abyss I put him in the first place.

### **Prayer (Altogether):**

My beloved lord Jesus crucified, I bow before thee with Mary our mother and all the angel and saints in paradise and honour thy sacred wounds on thy hands and feet. The abundant outpouring of your blood which you so generously shed from your Sacred Body for me, from your side, pierced with a lance by a soldier, blood and water gushed forth until there was not left in your body a single drop, and finally, like a bundle of myrrh lifted to the top of the cross your delicate flesh was destroyed, the very substance of your body withered, and the marrow of your bones dried up.

I bow before thee honouring thy bitter Passion, pierce my heart so that my tears of penitence and love will be my bread day and night; may I be restored entirely to you, may my heart be your perpetual home. By the merits of your death, give me the grace to die embracing you and burning with love for you

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

### **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.*

**Holy Scripture – Matthew 27: 57-60:** "When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it [in] clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed"

**John 19:33-34,38a:** "When the soldiers came to Jesus, they saw that he was already dead so that they did not break his legs, but one of them opened his side with a lance, and immediately there came out blood and

*water. Joseph of Arimathea, because he was a disciple of Jesus (although a secret one for fear of the Jews), besought Pilate that he might take away the body of Jesus and Pilate gave permission”.*

**Narrative:**

Mary watched the horrible death her son was put through, she now stands silently in deep sorrow. The friends of Jesus - Joseph and Nicodemus place the ladder against the Cross, to bring down the body of Jesus. As Mary watches in deep sorrow, Joseph and Nicodemus lovingly and reverently touch the Sacred body of Jesus. With the assistance of John, the crown of thorns is removed and handed to Mary. The nails and straps that are holding Jesus to the Cross are carefully removed and handed to Mary. Jesus is slowly lowered down from the Cross and placed in the arms of his beloved Mother.

**Reflection:** Joseph of Arimathea and Nicodemus, though not widely recognized as disciples of Jesus, demonstrated commitment by supporting him when others had withdrawn. They take down the body of Jesus and place it in the arms of his most holy Mother. Mary's heart is pierced, as she cradles the lifeless body of her son in her arms. Life has died and all seems empty of promise. Yet, Mary hopes and prays, for she believes his words, “Unless the grain of wheat falls into the earth and dies, it remains just a grain of wheat. But if it dies, it bears much fruit”. Mary awaits, showing me the way...

Let this thirteenth station remind me of the fidelity of my Blessed Mother to withstand moments of chaos and a love ready to embrace Jesus in utter helplessness. And may the poor and rich, simple and learned, look beyond all fears and prejudices, offering their hearts and time, to prepare a garden for the Resurrection.

**Prayer (Altogether):**

My Blessed Mother most sorrowful, the sword of grief pierced thy soul when you did see Jesus lying lifeless in thy arms; obtain for me hatred of sin and grace to live a Christian life and save my soul.

Turn my steps towards Jesus during my deepest agony, and may I always be comforted knowing that you are there leading the way. We also pray for all those who are experiencing the loss of a beloved by their death. We pray for those who are grieving and those who have died.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

**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.*

**Holy Scripture – Matthew 27:59-61:** *“Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock; and he rolled a great stone to the door of the tomb and departed. Mary Magdalene and the other Mary were there, sitting opposite the sepulchre.”*

**Narrative:**

After Jesus' death on the cross, a man named Joseph of Arimathea, a member of the Sanhedrin but a secret disciple of Jesus, asked Pilate for the Lord's body. Along with Nicodemus, another Pharisee sympathetic to Jesus, they took Him down from the cross, wrapped Him in a clean linen cloth with spices, and laid Him in a new tomb that Joseph had hewn out of the rock near Golgotha.

**Reflection:** Jesus, disgraced and mistreated, is now honourably buried in a new tomb. This station is not just a moment of farewell, but the burial marks a moment of apparent defeat. The Son of God lies in a cold, dark tomb. Yet, this silence is not the end but the prelude to victory over death. It is a reminder that, in our lives, moments of darkness and apparent failure can be fertile ground for God's action. By being buried, Jesus fully

experiences the human condition, even in its most painful dimension: death. This shows us that God is not distant from our suffering but has assumed and redeemed it.

Let this fourteenth station be a reminder that this is not an end but a new beginning. In the silence of the tomb, God was preparing the greatest victory: the Resurrection. Today, this mystery invites me to trust, to hope, and to believe that, even in my darkest moments, God is at work to bring light and new life in abundance.

**Prayer (Altogether):**

My buried Jesus, I kiss the stone that encloses you. Teach me to recognize the loving mercy that made you to suffer for me and for all humankind. Help me to respond to your love through an increase in my own faith. In your burial you have taken on the death of the grain of wheat, becoming the lifeless grain which produces abundant fruit for every age and for all eternity. From the tomb shines forth in every generation the promise of the grain of wheat which gives rise to the true manna, the Bread of Life, in which you offer us your very self. Help us grow in love and veneration for your Eucharistic mystery - to make you, the Bread of heaven and the source of our life.

Almighty and eternal Father, on the edge of sadness when all seemed lost, you restored to us the Saviour we thought defeated and conquered. Help us understand the true meaning of kenosis, so that we might see your hand in every failure and your victory in every defeat. These things we ask in the name of your Son, Jesus Christ, who lives and reigns forever with You in the unity of the Holy Spirit. Amen.

**Leader:** *Have mercy on us O Lord*

**All:** *Have mercy on us.*

**FIFTEENTH STATION: The Resurrection**

**Leader:** *We adore you, O Christ, and we praise you.*

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

After the stations pray the “Our Father”, the “Hail Mary,” and the “Glory be to the Father,” honouring the five wounds of Christ and in honour his passion, and once for the intention of the Holy Father.

**Holy Scripture – Mark 16:1-6:** “When the Sabbath was past, Mary Magdalene and Mary the mother of James and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. And they were saying to one another, “Who will roll away the stone for us from the entrance of the tomb?” And looking up, they saw that the stone had been rolled back--it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe, and they were alarmed. And he said to them, “Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here. See the place where they laid him.”

**Closing Prayer:**

Lord Jesus, you washed us in your own blood and made us one with you. Teach me the lessons contained in your Cross, grant me the wisdom to understand its necessity and the fortitude that accompanies even the smallest cross. To you, O Jesus, whose presence, hidden and victorious, fills the history of the world, be honour and glory forever and ever. Amen

May the sign of the empty tomb speak to us and become a wellspring of living faith, generous love, and unshakeable hope. By the power of the Holy Spirit, you were drawn by the Father from the darkness of death to the light of a new life in glory.

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