



## **A WAY OF THE CROSS FOR WORKING ADULTS**

### **Opening Prayer:**

Lord Jesus, you made this journey to die for me because of your great love for me, even though I don't always love you as I should. But now I love you with my whole heart and I'm sorry for all my sins.

Forgive me, Jesus, and let me take this journey of the cross with you. As you died for love of me, help me to die to myself for the love of you. In life and death, I want to always be with you.

**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.*

Jesus, stands all alone before Pilate, standing before angry people. They scream at him. Yell lies about him, shouting out. But Jesus stays quiet, even though it's not true. He knows that His heavenly Father, is with him. He even asks God to help him forgive the people who are yelling.

### **Reflection:**

Have there been times when anyone has been mean or hurtful towards you, or has anyone ever told a lie/spread rumour about you? If someone did that to you, look at your heart and see 'how you feel. Maybe you were scared, or hurt, or felt very angry. You felt alone when no one stood up for you or defended you. You feel so unjust, though you have always been good with everyone.

Bring that feeling to Jesus. Jesus went through the similar pain like you have, He has been there and felt that; He can certainly help you and heal your heart and situation.

### **Prayer:**

Dear Jesus, it was not just Pontius Pilate who made you die, Lord, it was my own sins. You died so that I could be in heaven with you. I am sorry for my sins with all my heart. Help me be grateful for what you did for me. Help me to accept criticism and unfairness as you did, and not complain. Help me pray for those who have hurt me. (Pause)

**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.*

When the soldiers put a big, heavy cross on Jesus' shoulders, Jesus doesn't fight with them or say angry words to them. He accepted His cross; knowing fully well that the way will be rocky, difficult and uphill. Hard times ahead, but He chose that path to redeem you and me because he knew that God will give him the strength to carry on.

**Reflection:**

None of us like to face challenges and problems, we always want the easy way out in every situation. However, we are still faced with trials problems and tough situations. How many times have we accused the Lord for these trials; how many times have we rejected these challenges we had to face by getting upset with Jesus? Upset and disgruntled in my self-pity, I don't reach out to help. We need to carry on knowing that Jesus will be with us all through the journey

Take some time to look at what your heart feels like when these things happen. Bring to Jesus those feelings of anger. Let us ask Jesus to help you bring you peace and be more like him.

**Prayer:**

Dear Jesus, I will have hard things to do in this life. Please make me strong so that I can do all things with patience and do them well. When I am tempted to complain about all the problems that come my way, help me to remember you and the cross that you carried for me. (Pause)

**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.*

Jesus's cross is heavy and huge. He is weak and tired. Nobody wants to help him. The soldiers yell at him and try to get him up and moving again. The cross keeps pushing into his shoulder, and the stones on the road hurt his feet.

**Reflection:**

Very often we are stabbed or fall when helping others, when you are hurt and rejected by people or your loved ones. Have you felt dejected and lost? When things get hard, we want to give up. Can you remember a time when you fell, when your heart felt hurt? As you remember that time, bring that thought to Jesus. Let us ask Jesus to help you remember that he is always there with us.

**Prayer:**

Dear Jesus, the cross must have been so heavy for you but it was the heavy burden of my sins which hurt you most. I know there are many times when I give up before I should. When I fall, help me get up again and keep going. (Pause)

**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.*

Jesus is alone in His final journey; he finally sees a familiar face-His mother! What a soothing relief. While Mary can't make the hurting stop, but it certainly helps to know that she's on your side, that she is suffering with you. She does understand and care.

**Reflection:**

Have you recently felt alone, sad and lost? Being sad and depressed is not at all pleasant. With so many things going on, you always feel lost. You search for a familiar face in all this chaos; a familiar voice to share your troubled thoughts and can never find a friendly face. Can you turn to Jesus in these times and His Mother, who is ever so willing to help you as there is no sorrow so deep that God cannot heal.

**Prayer:**

Dear Jesus, help me to see those around me who love me. Help me to understand that I need them as much as they need me. When I feel alone, help me to remember to turn to my parents for help and most of all, to turn to You. (Pause)

Dear Mother Mary, pray for me... Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

**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.*

Jesus is so tired that the soldiers know he cannot carry the heavy cross by himself. This is taking longer than they thought it would. As he grows weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden, he is helping Jesus carry His cross.

**Reflection:**

Can you think of a time when you were asked to help someone and did not want to help? Bring to Jesus that instance, your feelings when you helped that person. Maybe you can even hear Jesus' whisper, "Thank you for helping. " Let us pray that we may all have a Helpful heart.

**Prayer:**

Dear Jesus, blest, thrice blest was Simon who helped you to bear the cross. Give me a generous heart to be ever willing to give a helping hand to those in need especially to my own family members, even if it may cause me a little inconvenience. May I always remember that any kindness I extend to others, I really give to you. (Pause)

**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.*

Jesus is hot, tired, and sweating. His hair is all tangled, and he is covered in dust from the long walk. Suddenly, a woman pushes her way out of the crowd and stands in front of Jesus. She takes a clean cloth and gently wipes Jesus' face. Jesus is so thankful that he leaves a picture of his face on her cloth.

### **Reflection:**

Have you ever helped someone? Have you ever done something that helped someone feel better? Sometimes you may have done something that you thought was very small or unimportant: bringing a glass of water or juice to someone, or even giving someone a helping hand with a chore. Maybe you just smiled at someone who looked sad! As you think of the times you helped. As you bring these deeds to Jesus maybe you can also picture Jesus leaving a picture of his face on your heart. What a wonderful heart you have!

### **Prayer:**

Dear Jesus, Just as Veronica wiped Your face to comfort you, give me a compassionate heart to always help others in whatever way I can. Help me to be a friend to the ones who have no friends! (Pause)

**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.*

How very tired, weak, and sad Jesus is now, even though he keeps trying to walk with the heavy cross, he just can't keep going. The noise from the crowd and from the soldiers makes him feel even worse. Then Jesus falls, because he just can't take another step. As the cross grows heavier it becomes more difficult to get up. But He continues to struggle and try until he's up and walking again. You don't give up. (Pause)

### **Reflection:**

How many times have you fallen & give-in to the same sin? Maybe you can't do something the way you want, or you feel as if you keep messing up on something? How does your heart feel when that happens? Maybe your heart feels the way Jesus' heart felt when he fell this second time. Bring these thoughts to Jesus. Let us remember that Jesus knows how your heart felt, His heart probably felt the same way. Pray that we may not lose hope and try to stand up every time we feel burdened by things in life.! (Pause)

### **Prayer:**

Dear Jesus, it is much easy to not forgive and keep remembering all the bad things that others have done to me and very often I choose to do just that. But please help me to remember that each time I choose not to forgive; I am adding more weight to your cross. By your fall, help me to keep living in your grace and keep forgiving until I die. (Pause)

**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.*

Jesus, as He carries his cross, he sees a group of women crying. He stops to spend a moment with them, to offer them some encouragement. Although He himself is abandoned by his friends and is in pain, he stops and tries to help them.

### **Reflection:**

Sometimes I think a lot about myself and I am weighed down by my problems, worries and tensions. When I am suffering, I often become short-tempered and impatient with others. How does your heart look when you do that, when you think only about yourself?

Let us ask Jesus to help us have a heart like his, a heart that thinks about other people (Pause)

### **Prayer:**

Dear Jesus, although your suffering is great, you reach out to others. Help me think more about others. Help me to remember that others have problems, too. Give me the strength to remain gentle and loving even when I am confronted with a difficult situation. Help me respond to them even when I'm busy or preoccupied with my own problems. (Pause)

**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.*

Jesus's journey has been long. He falls again, beneath the weight of his cross. His earthly journey is coming to an end. He struggles and struggles but he gets up and keep going.

### **Reflection:**

Sometimes I fail time and time again and each time I fail, I begin to compare myself to others. Others seem to find things easier to do or to learn. Sometimes I find it hard to get along with my sisters and brothers, I find it hard to be honest, and sometimes I'm lazy. It's just too hard and I'm tempted to stop trying. Can you remember a time when you felt this tired in your heart, when you seemed to be having a sad or hard time with someone or something? ask God to help you when you feel this way (Pause)

### **Prayer:**

Dear Jesus, help me think of the cross you carried. Even when it's hard, help me to get up and keep trying as you did. You didn't give up. Help me do my best without comparing myself with others. When all my efforts seem to fail, help me to trust in your mercy and grace. (Pause)

**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.*

The soldiers notice Jesus has something of value. They remove His cloak and throw dice for it. His wounds are torn open once again. Some of the people in the crowd make fun of Him. They tease Him and challenge Him to perform a miracle for them to see. They're not aware that He'll perform the greatest miracle of all! (Pause)

### **Reflection:**

Do you sometimes like to keep everything for yourself? Do you ever let something of yours be the reason for bad feelings or bad words between you and someone else? If you remember a time when something like this happened, remember how your heart felt. Then, show your heart to Jesus. You can ask Jesus to help you to have a heart that is like his heart. (Pause)

### **Prayer:**

Dear Jesus, keep me pure and clean. Help me to get rid of things that take me away from you. Teach me to say things that build up people around me. May I always set a good example for others to follow.

**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.*

Jesus stretched out on the cross you have carried so far. The soldiers take big nails and drive them into His hands and feet. He feels abandoned by the people He loved so much. He has done nothing but good, yet they drive nails through your hands and feet. He looks at his mother and tells her to take care of others. Even when he is dying, Jesus is thinking of other people. (Pause)

### **Reflection:**

Can you think of a time when someone hurt you with unkind words or actions? Was it hard for you to forgive that person? Is forgiving hard for you. That's why Jesus will help to change your heart when you ask him to help you to forgive someone. See how beautiful your heart looks after you ask Jesus to do this. (Pause)

### **Prayer:**

Dear Jesus, help me look again at the people around me. Help me see the hurt and pain I have caused in others. Give me the courage to make amends for the harm I have done.

**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.*

As Jesus hung on the cross, he forgave the soldiers who had crucified him and prayed for his mother and brothers. Jesus wanted all of us to be able to live forever with God, so he gave all he had for us.

### **Reflection:**

Let us spend a few moments thanking Jesus in our hearts, for dying on the cross for us. (Pause)

### **Prayer:**

Dear Jesus, I kiss the cross on which you died for love of me. Because of my sins I am the one who should have died. By your death give me the grace to die to myself and to sin no more. I commend my life into your hands. Make of my life a source of joy, not pain, to others.

**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.*

Jesus, how brutally He was put to death. How gently He is taken down from the cross by your friends Joseph and Nicodemus. His suffering and pain is over, and his lifeless body is put in the lap of your mother. The dirt and blood are wiped away. He is finally treated with love.

### **Reflection:**

Sometimes the thought of death scares me. I feel hopeless. Is there someone you love who has died? The thought of that person can bring a lot of pain. Bring this pain to Jesus and show Jesus what you miss about the person who died. He can help your heart become more like his heart.

### **Prayer:**

Dear Jesus, your mother's grief is heart-rending when your life-less body is laid in her arms. Help me to know that I too must part from those I love and behold them as they lie in death. Give me the strength to let go and thus to discover new life and hope that will dawn. Help me to remember that all who die will rise with you on the last day.

**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.*

Jesus's body is prepared for burial. Joseph gave his own tomb. They laid His body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people. Now there is darkness

of the tomb where lies the saviour of the world, lifeless & powerless. But Is Jesus powerless even in that state?

### **Reflection:**

Can you remember a time when you were very sad to say "Good-bye" to someone? Maybe you were leaving the person for only a short time, or maybe it was for a long time. Maybe you said "Good-bye" to someone you loved when that person died. Take a few moments to think about one of those times you were sad saying "Good-bye, " Try to picture Jesus being with you in that sad time.

### **Prayer:**

Dear Jesus, help me think of Joseph of Arimathea, who risked his own life as he accepted Your body for burial. Joseph of Arimathea loved you so much that he gave You his own tomb. Help me to part with my things increasingly so that I may have no love for the things that I possess.

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

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

### **Closing Prayer:**

Oh, sweet Jesus, I kneel before you. I love you with all my heart. I am sorry for all my sins. Please help me never to be separated from you. Help me love you always and then do with me what you will.

The tomb that contains your body will soon be empty on Easter Sunday. By your resurrection make me rise with you on the last day and be with you in heaven to praise you with all your angels and saints for all eternity Amen.

### **For the intentions of our Holy Father.....**

*Our Father...*

*Hail Mary...*

*Glory be to the Father...*

*Prepared by Sara Joseph*

**Commission for Liturgy Archdiocese of Bombay**

**[www.liturgycentrebandra.org](http://www.liturgycentrebandra.org)**