

The Goodness of Every Friday

Can. 1250 *The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.*
(per the 1983 Code of Canon Law)

Scriptural Stations of the Cross

The following stations of the cross are based on those celebrated by Pope John Paul II on Good Friday 1991. They are presented here as an alternative to the traditional stations and as a way of reflecting more deeply on the Scriptural accounts of Christ's passion.

He summoned the crowd with his disciples and said to them,
"Whoever wishes to come after me must deny himself,
take up his cross, and follow me."
Mark 8:34 (NABRE)

Opening Prayer:

Minister:

God of power and mercy,
in love you sent your Son
that we might be cleansed of sin
and live with you forever.
Bless us as we gather to reflect
on his suffering and death
that we may learn from his example
the way we should go.

We ask this through that same Christ, our Lord.

All:

Amen.

First Station: Jesus in the Garden of Gethsemane

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak."

(Matthew 26:36-41)

Minister:

Lord,
grant us your strength and wisdom,
that we may seek to follow your will in all things.

All:

Lord Jesus, help us walk in your steps.

Second Station: Jesus, Betrayed by Judas, is Arrested

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

Then, while [Jesus] was still speaking, Judas, one of the Twelve, arrived, accompanied by a crowd with swords and clubs, who had come from the chief priests, the scribes, and the elders. His betrayer had arranged a signal with them, saying, "the man I shall kiss is the one; arrest him and lead him away securely." He came and immediately went over to him and said, "Rabbi." And he kissed him. At this they laid hands on him and arrested him.

(Mark 14: 43-46)

Minister:

Lord,
grant us the courage of our convictions
that our lives may faithfully reflect the good news you bring.

All:

Lord Jesus, help us walk in your steps.

Third Station: Jesus is Condemned by the Sanhedrin

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

When day came the council of elders of the people met, both chief priests and scribes, and they brought him before their Sanhedrin. They said, "If you are the Messiah, tell us," but he replied to them, "If I tell you, you will not believe, and if I question, you will not respond. But from this time on the Son of Man will be seated at the right hand of the power of God." They all asked, "Are you then the Son of God?" He replied to them, "You say that I am." Then they said, "What further need have we for testimony? We have heard it from his own mouth."

(Luke 22: 66-71)

Minister:

Lord,
grant us your sense of righteousness
that we may never cease to work
to bring about the justice of the kingdom that you promised.

All:

Lord Jesus, help us walk in your steps.

Fourth Station: Jesus is Denied by Peter

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

Now Peter was sitting outside in the courtyard. One of the maids came over to him and said, "You too were with Jesus the Galilean." But he denied it in front of everyone, saying, "I do not know what you are talking about!" As he went out to the gate, another girl saw him and said to those who were there, "This man was with Jesus the Nazorean." Again he denied it with an oath, "I do not know the man!" A little later the bystanders came over and said to Peter, "Surely you too are one of them; even your speech gives you away." At that he began to curse and to swear, "I do not know the man." And immediately a cock crowed.

Then Peter remembered the word that Jesus had spoken: "Before the cock crows you will deny me three times." He went out and began to weep bitterly.

(Matthew 26: 69-75)

Minister:

Lord,
grant us the gift of honesty
that we may not fear to speak the truth even when difficult.

All:

Lord Jesus, help us walk in your steps.

Fifth Station: Jesus is Judged by Pilate

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

The chief priests with the elders and the scribes, that is, the whole Sanhedrin, held a council. They bound Jesus, led him away, and handed him over to Pilate. Pilate questioned him, "Are you the king of the Jews?" He said to him in reply, "You say so." The chief priests accused him of many things. Again Pilate questioned him, "Have you no answer? See how many things they accuse you of." Jesus gave him no further answer, so that Pilate was amazed.... Pilate, wishing to satisfy the crowd, released Barrabas... [and] handed [Jesus] over to be crucified.

(Mark 15: 1-5, 15)

Minister:

Lord,
grant us discernment
that we may see as you see, not as the world sees.

All:

Lord Jesus, help us walk in your steps.

Sixth Station: Jesus is Scourged and Crowned with Thorns

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly.

(John 19: 1-3)

Minister:

Lord,
grant us patience in times of suffering
that we may offer our lives as a sacrifice of praise

All:

Lord Jesus, help us walk in your steps.

Seventh Station: Jesus Bears the Cross

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

When the chief priests and the guards saw [Jesus] they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him. I find no guilt in him." ... They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

(John 19: 6, 15-17)

Minister:

Lord,
grant us strength of purpose
that we may faithfully bear our crosses each day.

All:

Lord Jesus, help us walk in your steps.

*Eighth Station: Jesus is Helped by Simon the Cyrenian
to Carry the Cross*

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.

(Mark 15: 21)

Minister:

Lord,
grant us willing spirits
that we may be your instruments on earth.

All:

Lord Jesus, help us walk in your steps.

Ninth Station: Jesus Meets the Women of Jerusalem

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time, people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?"

(Luke 23: 27-31)

Minister:

Lord,
grant us gentle spirits
that we may comfort those who mourn.

All:

Lord Jesus, help us walk in your steps.

Tenth Station: Jesus is Crucified

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. [Then Jesus said, "Father, forgive them, they know not what they do."]

(Luke 23: 33-34)

Minister:

Lord,
grant us merciful hearts
that we may bring your reconciliation and forgiveness to all.

All:

Lord Jesus, help us walk in your steps.

Eleventh Station: Jesus Promises His Kingdom to the Good Thief

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise."

(Luke 23: 39-43)

Minister:

Lord,
grant us perseverance
that we may never stop seeking you.

All:

Lord Jesus, help us walk in your steps.

Twelfth Station: Jesus Speaks to His Mother and the Disciple

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

(John 19: 25-27)

Minister:

Lord,
grant us constancy
that we may be willing to stand by those in need.

All:

Lord Jesus, help us walk in your steps.

Thirteenth Station: Jesus Dies on the Cross

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last.

(Luke 23: 44-46)

Minister:

Lord,
grant us trust in you
that when our time on earth in ended
our spirits may come to you without delay.

All:

Lord Jesus, help us walk in your steps.

Fourteenth Station: Jesus is Placed in the Tomb

Minister:

We adore you, O Christ, and we bless you.

All:

Because by your holy cross you have redeemed the world.

Reader:

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.

(Matthew 27: 57-60)

Minister:

Lord,
grant us your compassion
that we may always provide for those in need.

All:

Lord Jesus, help us walk in your steps.

Closing Prayer:

Minister:

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, for ever and ever.

All:

Amen.

Scriptural Stations of the Cross source: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/stations-of-the-cross/scriptural-stations-of-the-cross.cfm>

Scripture excerpts are taken from the New American Bible with Revised New Testament
Copyright © 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All
rights reserved. Permission is hereby granted to reproduce these excerpts in free distribution of these stations.

1983 Code of Canon Law source: http://www.vatican.va/archive/cod-iuris-canonici/eng/documents/cic_lib4-cann1244-1253_en.html