The Way of the Cross by Saint Alphonsus Liguori (1696-1787), with Scriptural references and the stanzas of the Stabat Mater added

SIGN OF THE CROSS AND FORMATION OF INTENTIONS

(Make the Sign of the Cross and say:)

In the name of the Father, and of the Son, and of the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.

(Now form the intention of gaining indulgences, either for yourself or for others)

ACT OF CONTRITION

My Lord Jesus Christ, Thou hast made this journey to die for me with love unutterable, and I have so many times unworthily abandoned Thee; but now I love Thee with my whole heart, and because I love Thee I repent sincerely for having ever offended Thee. Pardon me, my God, and permit me to accompany Thee on this journey. Thou goest to die for love of me; I wish also, my beloved Redeemer, to die for love of Thee. My Jesus, I will live and die always united to Thee.

FIRST STATION Jesus is Condemned to Death (John 3:16, Isaias 53:7, John 18:33-John 19:1-16)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider, that Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. My adorable Jesus, it was not Pilate, no, it was my sins, that condemned Thee to die. I beseech Thee, by the merits of this sorrowful journey, to assist my soul in its journey toward eternity.

I love Thee, my beloved Jesus; I love Thee more than myself; I repent with my whole heart of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Stabat Mater dolorosa (At the cross her station keeping) Juxta crucem lacrymosa (Stood the mournful Mother weeping) Dum pendebat Filius (Close to Jesus to the last)

SECOND STATION Jesus is Made to Bear His Cross (Isaias 53:4-6, Matthew 27:31, Luke 9:23)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider, that Jesus, in making this journey with the cross on His shoulders, thought of us, and offered for us, to His Father, the death that He was about to undergo. My most beloved Jesus, I embrace all the tribulations that Thou hast destined for me until death. I beseech Thee, by the merits of the pain Thou didst suffer in carrying Thy cross, to give me the necessary help to carry mine with perfect patience and resignation. I love Thee, Jesus, my love, I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

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Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Cujus animan gementem (Through her heart, His sorrow sharing) Contristatam, et dolentem (All His bitter anguish bearing) Pertransivit gladius (Now at length the sword had passed)

THIRD STATION Jesus Falls for the First Time (Isaias 53:6)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider, this first fall of Jesus under His cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that He could scarcely walk, and yet He had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

My beloved Jesus, it is not the weight of the cross, but of my sins, which has made Thee suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love Thee, O my Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza: O quam tristis et afflicta (Oh, how sad and sore distressed) Fuit illa benedicta (Was that Mother highly blessed) Mater Unigeniti (Of the sole-begotten One!)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider, the meeting of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

My most loving Jesus, by the sorrow Thou didst experience in this meeting, grant me the grace of a truly devoted love for Thy most holy Mother. And thou, my Queen, who wast overwhelmed with sorrow, obtain for me by thy intercession a continual and tender remembrance of the Passion of thy Son. I love Thee, Jesus, my love; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

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Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Quae moerebat, et dolebat (Christ above in torment hangs) Pia Mater, dum videbat (She beneath beholds the pangs) Nati poenas inclyti (Of her dying, glorious Son)

FIFTH STATION Simon Helps Jesus Carry His Cross (Matthew 27:30-32, Matthew 25:40, Galatians 6:2)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider that the Jews seeing that at each step Jesus, from weakness, was on the point of expiring, and fearing that He would die on the way when they wished Him to die the ignominious death of the cross, constrained Simon the Cyrenian to carry the cross behind Our Lord.

My most sweet Jesus, I will not refuse the cross as the Cyrenian did; I accept it, I embrace it. I accept in particular the death that Thou hast destined for me with all the pains which may accompany it; I unite it to Thy death, I offer it to Thee. Thou has died for love of me, I will die for love of Thee, and to please Thee. Help me by Thy grace. I love Thee, Jesus, my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Quis est homo qui non flerent (Is there one who would not weep) Matrem Christi si videret (Whelmed in miseries so deep) In tanto supplicio? (Christ's dear Mother to behold?)

SIXTH STATION Veronica Wipes the Face of Jesus (Isaias 52:14, John 14:9)



V. We adore Thee, O Christ, and we praise Thee. R. Because by Thy holy cross Thou hast redeemed the world.

Consider that the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a towel with which He wiped His adorable face, leaving on it the impression of His holy countenance.

My most beloved Jesus, Thy face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. Alas! my soul also was once beautiful, when it received Thy grace in Baptism; but I have disfigured it since by my sins. Thou alone, my Redeemer, canst restore it to its former beauty. Do this by Thy Passion, O Jesus. I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always, and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza: Quis non posset contristari (Can the human heart refrain) Christi Matrem contemplari (From partaking in her pain) Dolentem cum Filio? (In that Mother's pain untold?)

SEVENTH STATION Jesus Falls a Second Time (Hebrews 4:15)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider the second fall of Jesus under the cross—a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

My most gentle Jesus, how many times Thou hast pardoned me, and how many times have I fallen again, and begun again to offend Thee! Oh, by the merits of this new fall, give me the necessary helps to persevere in Thy grace until death. Grant that in all temptations which assail me I may always commend myself to Thee. I love Thee, Jesus, my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Pro peccatis Suae gentis (Bruised, derided, cursed, defiled) Vidit Jesum in tormentis (She beheld her tender Child) Et flagellis subditum (All with bloody scourges rent)

EIGHTH STATION Jesus Meets the Women of Jerusalem (Luke 23:27-31, John 15:6)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider that those women wept with compassion at seeing Jesus in so pitiable a state, streaming with blood, as He walked along. But Jesus said to them, "Weep not for Me but for your children."

My Jesus, laden with sorrows, I weep for the offenses that I have committed against Thee, because of the pains which they have deserved, and still more because of the displeasure which they have caused Thee, Who hast loved me so much. It is Thy love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Vidit suum dulcem Natum (For the sins of His own nation) Moriendo desolatum (Saw Him hang in desolation) Dum emisit spiritum (Till His spirit forth He sent)

NINTH STATION Jesus Falls the Third Time (Philippians 2:5-7, Luke 14:11)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners excessive, who tried to hasten His steps when He had scarcely strength to move. Ah, my outraged Jesus, by the merits of the weakness Thou didst suffer in going to Calvary, give me strength sufficient to conquer all human respect and all my wicked passions, which have led me to despise Thy friendship. I love Thee, Jesus, my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Eia Mater, fons amoris (Ah Mother, fountain of love) Me sentire vim doloris (make me feel the force of the sorrow) Fac, ut tecum lugeam (so that I may mourn with you)

TENTH STATION Jesus is Stripped of His Garments (John 19:23-25, Luke 14:33)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh and they dragged them off so roughly that the skin came with them. Compassionate your Saviour thus cruelly treated, and say to Him:

My innocent Jesus, by the merits of the torment which Thou hast felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in Thee, Who art so worthy of my love. I love Thee, O Jesus, with my whole heart: I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

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Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Fac ut ardeat cor meum (Make me feel as thou hast felt) In amando Christum Deum (Make my soul to glow and melt) Ut sibi complaceam (With the love of Christ, my Lord)

ELEVENTH STATION Jesus is Nailed to the Cross (Psalm 22:17-18, Zacharias 12:10, Luke 23:33)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider that Jesus, after being thrown on the cross, extended His hands, and offered to His eternal Father the sacrifice of His life for our salvation. These barbarians fastened Him with nails; and then, raising the cross, left Him to die with anguish on this infamous gibbet.

My Jesus, loaded with contempt, nail my heart to Thy feet, that it may ever remain there to love Thee, and never quit Thee again. I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza: Sancta Mater, istud agas (Holy Mother! pierce me through) Crucifixi fige plagas (In my heart each wound renew) Cordi meo valide (Of my Saviour crucified)

TWELFTH STATION Jesus Dies on the Cross (Luke 23:46, John 19:30, Philippians 2:8-9)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider how thy Jesus, after three hours of agony on the cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

O my dying Jesus, I kiss devoutly the cross on which Thou didst die for love of me. I have merited by my sins to die a miserable death, but Thy death is my hope. Ah, by the merits of Thy death, give me grace to die, embracing Thy feet and burning with love of Thee. I commit my soul into Thy hands. I love Thee with my whole heart; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Tui Nati vulnerati (Let me share with thee His pain) Tam dignati pro me pati (Who for all our sins was slain) Poenas mecum divide (Who for me in torments died)

THIRTEENTH STATION Jesus is Taken Down from the Cross (Luke 23:50-53, John 19:31-37, Luke 24:26)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider that, our Lord having expired, two of His disciples, Joseph and Nicodemus, took Him down from the cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

O Mother of Sorrow, for the love of this Son, accept me for thy servant and pray to Him for me. And Thou, my Redeemer, since Thou hast died for me, permit me to love Thee; for I wish but Thee, my Jesus, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

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Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Fac me tecum pie flere (Let me mingle tears with thee) Crucifixo condolere (Mourning Him Who mourned for me) Donec ego vixero (All the days that I may live)

FOURTEENTH STATION Jesus is Laid in His Tomb (Luke 23:50-56, John 19:38-42, John 12:24-25, Romans 6:10-11)



V. We adore Thee, O Christ, and we praise Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Consider that the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands. They then closed the tomb and all withdrew.

Oh, my buried Jesus, I kiss the stone that encloses Thee. But Thou didst rise again the third day. I beseech Thee, by Thy resurrection, make me rise glorious with Thee at the last day, to be always united with Thee in heaven, to praise Thee and love Thee forever. I love Thee, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee; and then do with me what Thou wilt.

All:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Stabat Mater Stanza:

Juxta Crucem tecum stare (By the cross with thee to stay) Et me tibi sociare (There with thee to weep and pray) In plactu desidero (Is all I ask of thee to give)

PRAYERS IN HONOR OF THE PASSION

O my Lord Jesus, in honor of Thy Passion and death, I offer the following prayers:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PRAYERS FOR THE INTENTIONS OF THE HOLY FATHER

O, my Lord Jesus, I offer the following prayers as my petition for this month's intentions of our Holy Father, the Pope:

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in Heaven. And give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

CLOSING PRAYER TO JESUS CHRIST CRUCIFIED

Behold, O kind and most sweet Jesus, I cast myself on my knees in Thy sight, and with the most fervent desire of my soul, I pray and beg Thee to impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul I contemplate Thy five most precious Wounds, having before my eyes that which David spoke in prophecy: "They pierced My hands and My feet; they have numbered all My bones." God has loved us from all eternity. So He says: "Remember I first loved you. You had not come to be, nor did the world yet exist, but I loved you already. From all eternity I have loved you."