



*Way* of  
the *Cross*



**The Stations or Way of the Cross provide an opportunity for a meditative reflection on Jesus' journey to the cross.**

**These Stations of the Cross have been prepared for individual and group use, and are based on the Gospel of Luke. For each station, a biblical text is offered as a point for meditation, followed by a short thought to reflect on. The biblical text is drawn from the New Revised Standard Version of the bible. A suggested mantra for moving between stations is the Taizé chant 'Jesus remember me', the text of which is taken from Luke 34:42.**

### **OPENING PRAYER**

God of life and living, today, Good Friday, we recall the story of Jesus' life; we retell the story of his suffering, and we remember the sacred story of his death on the cross. Jesus lived, died and rose to help us understand more about you. In your graciousness, bless us on this most solemn of days and make us holy.

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

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

### **THE FIRST STATION: JESUS IS CONDEMNED TO DEATH**

**We remember and recall the stories  
of Jesus' work in the world.**

Now when all the people were baptised, and when Jesus also had been baptised and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

Jesus was about thirty years old when he began his work.

—Luke 3:21-23

*(Reflect) We pray for those we love.  
We commend them to the loving care  
of the Lord.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

## **THE SECOND STATION: JESUS ACCEPTS HIS CROSS**

**We remember and recall that there were  
times when Jesus was tested.**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness where for forty days he was tempted by the devil ...

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you, to protect you,"

and "On their hands they will bear you up, so that you will not dash your foot against a stone."

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."'

When the devil had finished every test, he departed from him until an opportune time.

—Luke 4:1-2, 9-13

*(Reflect) We think and pray for those who are tested in our society. We commend them to the loving care of the Lord.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

## **THE THIRD STATION: JESUS FALLS THE FIRST TIME**

**We remember and recall that Jesus prayed to God  
in the great moment of suffering and trial.**

He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place, he said to them, 'Pray that you

may not come into the time of trial.' Then he withdrew from them about a stone's throw, knelt down, and prayed, 'Father, if you are willing, remove this cup from me; yet, not my will but yours be done.' Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground. When he got up from prayer, he came to the disciples and found them sleeping because of grief, and he said to them, 'Why are you sleeping? Get up and pray that you may not come into the time of trial.'

—Luke 22:39-46

*(Reflect) We allow whatever is in our hearts to rise in prayer to our God.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

## **THE FOURTH STATION: JESUS MEETS HIS MOTHER**

**We remember and recall that Jesus was loved  
by his mother, Mary.**

After three days Mary and Joseph found Jesus in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers. When his parents saw him they were astonished; and his mother said to him, 'Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety.' He said to them, 'Why were you searching for me? Did you not know that I must be in my Father's house?' But they did not understand what he said to them. Then

he went down with them and came to Nazareth, and was obedient to them. His mother treasured all these things in her heart.

—Luke 2:46–51

*(Reflect) We think and pray for our own family. We commend them to the loving care of the Lord.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

**THE FIFTH STATION:  
SIMON HELPS JESUS CARRY  
HIS CROSS**

**We remember and recall that Jesus was loved  
by his disciples.**

Jesus got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore ... 'Put out into the deep water and let down your nets for a catch.' Simon answered, 'Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets.' When they had done this, they caught so many fish that their nets were beginning to break. So they signalled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, 'Go away from me, Lord, for I am a sinful man!' For he and all who were with him were amazed at the catch of fish that they had taken ... Then Jesus said to Simon, 'Do not be afraid; from now on you will be catching people.' When they had brought their boats to shore, they left everything and followed him.

—Luke 5:3, 4–9, 10–11

*(Reflect) We think about and pray for those we know who carry others' burdens. We commend them to the loving care of the Lord.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

**THE SIXTH STATION:  
VERONICA WIPES THE FACE  
OF JESUS**

**We remember and recall that Jesus  
inspired acts of love.**

A woman in the city, who was a sinner, having learned that he was eating in the Pharisee's house, brought an alabaster jar of ointment. She stood behind him at his feet, weeping, and began to bathe his feet with her tears and to dry them with her hair. Then she continued kissing his feet and anointing them with the ointment ... Then turning toward the woman, Jesus said to Simon, 'Do you see this woman? I entered your house; you gave me no water for my feet, but she has bathed my feet with her tears and dried them with her hair. You gave me no kiss, but from the time I came in she has not stopped kissing my feet. You did not anoint my head with oil, but she has anointed my feet with ointment. Therefore, I tell you, her sins, which were many, have been forgiven; hence she has shown great love. But the one to whom little is forgiven, loves little.' Then he said to her, 'Your sins are forgiven.' But those who were at the table with him began to say among themselves, 'Who is this who even forgives sins?' And he said to the woman, 'Your faith has saved you; go in peace.'

—Luke 7:37–38, 44–50



*(Reflect) We reflect on sin. We ask God to pardon our sins.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

### **THE SEVENTH STATION: JESUS FALLS THE SECOND TIME**

**We remember and recall that the people around  
Jesus struggled to understand his purpose.**

While everyone was amazed at all that he was doing, he said to his disciples, 'Let these words sink into your ears: The Son of Man is going to be betrayed into human hands.' But they did not understand this saying; its meaning was concealed from them, so that they could not perceive it. And they were afraid to ask him about this saying.

—Luke 9:43–45

*(Reflect) We pray for all who are unjustly treated. We commend them to the loving care of the Lord.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**



---

### **THE EIGHTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM**

**We remember and recall that Jesus treated  
women with dignity, and that women  
were part of his journey.**

Soon afterwards Jesus went on through cities and villages, proclaiming and bringing the good news of the kingdom of God. The twelve were with him, as well as some women who had been cured of evil spirits and infirmities: Mary, called Magdalene, from whom seven demons had gone out, and Joanna, the wife of Herod's steward Chuza, and Susanna, and many others, who provided for them out of their resources.

—Luke 8:1–3

*(Reflect) We pray for those who model  
accompaniment through lives of service.  
We commend them to the care of the Lord.*

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

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

**Sing:** **Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

**THE NINTH STATION:  
JESUS FALLS THE THIRD TIME**

**We remember and recall that Jesus faced betrayal  
and death with courage.**

Jesus said, 'Simon, Simon, listen! Satan has demanded to sift all of you like wheat, but I have prayed for you that your own faith may not fail; and you, when once you have turned back, strengthen your brothers.' And Simon said to him, 'Lord, I am ready to go with you to prison and to death!' Jesus said, 'I tell you, Peter, the cock will not crow this day, until you have denied three times that you know me.'

—Luke 22:31–34

*(Reflect) We pray for those who find life a burden. We commend them to the loving care of the Lord.*

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

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

**Sing:** **Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

**THE TENTH STATION:  
JESUS IS STRIPPED**

**We remember and recall that Jesus suffered.**

Now the men who were holding Jesus began to mock him and beat him; they also blindfolded him and kept asking him, 'Prophesy! Who is it that struck you?' They kept heaping many other insults on him.

—Luke 22:63–65

*(Reflect) We pray for those whose lives are affected by violence. We commend them to the loving care of the Lord.*

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

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

**Sing:** **Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

**THE ELEVENTH STATION:  
JESUS IS NAILED TO THE CROSS**

**We remember and recall that Jesus suffered.**

Two others also, who were criminals, were led away to be put to death with Jesus. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, 'Father, forgive them; for they do not know what they are doing.' And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, 'He saved others; let him save himself if he is the Messiah of God, his chosen one!' The soldiers also mocked him, coming up and offering him sour wine, and saying, 'If you are the King of the Jews, save yourself!' There was also an inscription over him, 'This is the King of the Jews.'

One of the criminals who were hanged there kept deriding him and saying, 'Are you not the Messiah? Save yourself and us!' But the other rebuked him, saying, 'Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied, 'Truly I tell you, today you will be with me in Paradise.'

—Luke 23:32–43



*(Reflect) We pray for all those who suffer. We commend them to the loving care of the Lord.*

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

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

**Sing:** **Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

### **THE TWELFTH STATION: JESUS DIES ON THE CROSS**

**We remember and recall that Jesus died.**

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, 'Certainly this man was innocent.' And when all the crowds who had gathered there for this

spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

—Luke 23:44–49

*(Reflect) We pray for our dead. We commend them to the loving care of the Lord.*

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

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

**Sing:** **Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

### **THE THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS**

**We remember and recall that Jesus died.**

Now there was a good and righteous man named Joseph, who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly

for the kingdom of God. This man went to Pilate and asked for the body of Jesus.

—Luke 23:50–52

*(Reflect) We pray for those who seek to be free of burden and worry. We commend them to the loving care of the Lord.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**

---

### **THE FOURTEENTH STATION: JESUS IS LAID IN THE TOMB**

**We remember and recall that  
Jesus was laid in a tomb.**

Then he took the body of Jesus down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the Sabbath was beginning. The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments.

On the Sabbath they rested according to the commandment.

—Luke 23:53–56

*(Reflect) We ask you, Jesus, to open our hearts in order that we may know deeply the power of your resurrection.*

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

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

**Sing: Jesus, remember me,  
when you come into your Kingdom  
Jesus, remember me,  
when you come into your Kingdom.**



---

### **OUR FATHER**

---

#### **CLOSING PRAYER**

Loving God, we believe that in Jesus' life, death and resurrection, we have the great sign of hope for the world. In this world, people live prayerfully, simply and generously—always mindful of your abiding presence.

May we go this day: blessed by your great love, inspired by the selfless love of Jesus and enlivened with the hope of the Holy Spirit. Amen.

---

#### Image credits

Cover: *Christ*, detail from *Crucifixion* by Cimabue (San Domenico, Arezzo, Italy); page 5: *The Road to Calvary* by Maurice Denis; page 2: *Baptism of Christ* (12th c., mosaic) Cappella Palatina di Palermo; page 7: *Deposition of Christ* by Fra Bartolomeo, page 8: *Mary*, detail from *Descent from Cross* by Jacopo Pontormo. All images sourced from Wikipedia Commons.